



Kindness in What You Say and Do: A Children's Guide



Explore biblical guidance that teaches children kindness in words and actions through seven inspiring daily devotions.



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Introduction

Welcome to a special Bible study plan designed just for children! In this journey, we will discover how kindness is a powerful way to show God's love to everyone around us. Kindness isn't just about what we say; it's also about what we do. Our words can build others up or hurt them, and our actions can be a reflection of the love Jesus shows us every day.

Throughout these seven days, we'll learn about the importance of gentle words, helpful deeds, and a loving heart. We'll explore stories and verses from the Bible that remind us to be kind, to speak with care, and to act with compassion. You'll find practical ways to live out kindness in school, at home, and with friends.

As you read each day's devotion, take some time to think about how you can be kinder today than you were yesterday. Remember, even small acts of kindness can make a big difference! Let's begin this adventure of filling our hearts and hands with kindness, following Jesus' example every step of the way.





Day 1: ✨ Speak with Kindness



Day 1: ✨ Speak with Kindness

Your Verse

Ephesians 4:29 – "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs."

Supporting Scriptures

- *Proverbs 16:24 – "Gracious words are a honeycomb, sweet to the soul and healing to the bones."*
- *Colossians 4:6 – "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."*



Day 1: ✨ Speak with Kindness

Devotional: The Power of Kind Words

Words have power. When we choose to speak kindly, we encourage and uplift others. Think about a time someone said something nice to you—how did it make you feel? The Bible teaches us to avoid harmful words and instead use our speech to help others feel loved and understood. Kind words are like sweet honey, making people happy and even helping them heal.

Today, try to catch yourself before you say something unkind or hurtful. Choose words that make your family, friends, and teachers smile. Your kind words will show God's love to the world around you.



Day 1: ✨ Speak with Kindness

Reflect and Apply

1. How do your words affect the feelings of others around you?

2. Can you think of a time your kind words helped someone?

3. What kind words could you say today to encourage a friend or family member?



Day 1: ✨ Speak with Kindness

Journaling Prompts

1. Write about a time someone spoke kindly to you and how it made you feel.

2. List three kind words or phrases you could use when talking to others.

3. Describe a situation where kind words could help solve a problem.



Day 1: ✨ Speak with Kindness

Prayer for Today

Dear God, thank You for the gift of words. Help me to speak with kindness every day so that others feel loved and encouraged. Teach me to think before I speak and to always use words that build others up. Fill my heart with Your love, so my words can shine bright and show Your grace. Thank You for always listening and loving me no matter what. Amen. 🙏💬❤️





Day 2: Helping Hands



Day 2: 🧡 Helping Hands

Your Verse

Galatians 6:2 – "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- *Hebrews 13:16 – "Do not forget to do good and to share with others, for with such sacrifices God is pleased."*
- *1 Peter 4:10 – "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*



Day 2: 🧡 Helping Hands

Devotional: Serving Others with Joy

Helping others is a way to show kindness in action. Sometimes friends or family may feel sad, tired, or need an extra hand. When we help carry their burdens—even little things like picking up toys or sharing snacks—we are living out Jesus' love. The Bible reminds us that doing good and sharing what we have pleases God and makes the world a better place.

God has given each of us special gifts to serve others. Today, look for ways you can help at home, school, or with friends. Small acts of kindness can brighten someone's day and bring joy to your heart too!



Day 2: 🧡 Helping Hands

Reflect and Apply

1. What are some ways you can help those around you today?

2. Why do you think God is pleased when we help others?

3. How do you feel when someone helps you when you need it?



Day 2: 🧡 Helping Hands

Journaling Prompts

1. Write about a time you helped someone and how it made you feel.

2. List three helpful things you could do for your family or friends today.

3. Describe a gift or talent God has given you to serve others.



Day 2: 🧡 Helping Hands

Prayer for Today

Lord Jesus, thank You for showing me how to love by helping others. Please open my eyes to see who needs help today and give me the willingness to serve with joy. Help me share what You have given me and be kind in my actions. Amen. 🙏❤️👐





Day 3: Loving Your Neighbor



Day 3: ❤️ Loving Your Neighbor

Your Verse

Luke 6:31 - "Do to others as you would have them do to you."

Supporting Scriptures

- *Matthew 22:39 - "Love your neighbor as yourself."*
- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*



Day 3: ❤️ Loving Your Neighbor

Devotional: The Golden Rule: Love Others

Jesus teaches us to love others the way we want to be loved. This Golden Rule helps us think about how our words and actions affect people. Loving your neighbor means being kind, respectful, and treating others how you want to be treated. Sometimes neighbors can be people we see every day, or even classmates and friends.

Today, think about how you can show love by listening carefully, sharing, and being patient. When we choose kindness, we create friendships and strengthen our communities.



Day 3: ❤️ Loving Your Neighbor

Reflect and Apply

1. Who are some neighbors or friends you can show kindness to today?

2. How does treating others the way you want to be treated change your actions?

3. What are some ways you can show respect and honor to those around you?



Day 3: ❤️ Loving Your Neighbor

Journaling Prompts

1. Write about a time you followed the Golden Rule with a friend.

2. List ways to show love to neighbors, classmates, or family members.

3. Describe a challenge you might face in showing love and how to overcome it.



Day 3: ❤️ Loving Your Neighbor

Prayer for Today

Dear God, help me love others as You love me. Teach me to treat everyone with kindness and respect, just like I want to be treated. Fill my heart with Your love so I can be a light to those around me. Amen. 🙏❤️🌍





Day 4: 😊 Smile and Encourage



Day 4: 😊 Smile and Encourage

Your Verse

Proverbs 12:25 - "Anxiety weighs down the heart, but a kind word cheers it up."

Supporting Scriptures

- *1 Thessalonians 5:11 - "Therefore encourage one another and build each other up."*
- *Ecclesiastes 3:4 - "A time to weep and a time to laugh, a time to mourn and a time to dance."*



Day 4: 😊 Smile and Encourage

Devotional: The Gift of Encouragement

A smile and kind words can lift someone's spirit immensely. Everyone has days when they might feel sad or worried. When we smile and speak words of encouragement, it helps others feel better and know they are not alone. The Bible shows us that comforting words and kindness bring hope and joy to others' hearts.

Try to notice when someone might be sad today and offer a smile or a kind word. Your encouragement can make a big difference and reflect God's love through you.



Day 4: 😊 Smile and Encourage

Reflect and Apply

1. How does a smile or kind word change how people feel?

2. Can you remember a time when someone encouraged you? How did it help?

3. How can you be more aware of others' feelings around you?



Day 4: 😊 Smile and Encourage

Journaling Prompts

1. Write about someone who encouraged you when you needed it.

2. List things you can say or do to encourage friends at school.

3. Describe how you feel when you encourage someone who is sad.



Day 4: 😊 Smile and Encourage

Prayer for Today

Heavenly Father, thank You for reminding me that a smile and kind words can brighten someone's day. Help me to be aware of those who may need encouragement and give me the courage to speak kindly and brighten their hearts. Fill me with Your joy so I can share it with others. Amen. 🙏 😊 🌈





Day 5: 🙌 Forgive and Be Kind



Day 5: 🧡🧡 Forgive and Be Kind

Your Verse

Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone."*
- *Matthew 18:21-22 - "...Jesus answered, 'I tell you, not seven times, but seventy-seven times.'"*



Day 5: 🤝 Forgive and Be Kind

Devotional: Choosing Forgiveness and Kindness

Kindness includes forgiving others when they hurt or upset us. Holding onto anger makes our hearts heavy, but forgiveness sets us free. The Bible tells us to be kind and compassionate, forgiving others as God has forgiven us through Jesus. Forgiving doesn't mean forgetting; it means choosing love over hurt.

When someone wrongs you, try to forgive them today. Ask God to help you have a kind and courageous heart that chooses peace and love.



Day 5: 🧡🧡 Forgive and Be Kind

Reflect and Apply

1. Why is it sometimes hard to forgive others?

2. How does forgiveness show kindness in difficult situations?

3. How has God forgiven you, and how can that inspire you to forgive others?



Day 5: 🧡🧡 Forgive and Be Kind

Journaling Prompts

1. Write about a time you forgave someone and how it felt.

2. List ways you can practice forgiveness with family or friends.

3. Describe why forgiveness is important in showing kindness.



Day 5: 🧡🧡 Forgive and Be Kind

Prayer for Today

Lord God, thank You for forgiving me and loving me no matter what. Help me to forgive others when they hurt me, even when it's hard. Fill my heart with kindness and compassion so I can follow Your example. Teach me to love freely and forgive with grace. Amen. 🙏❤️✝️





Day 6: Growing in Patience



Day 6: 🌱 Growing in Patience

Your Verse

James 1:19-20 - "Everyone should be quick to listen, slow to speak and slow to become angry."

Supporting Scriptures

- *Galatians 5:22 - "But the fruit of the Spirit is... patience."*
- *Proverbs 14:29 - "Whoever is patient has great understanding, but one who is quick-tempered displays folly."*



Day 6: 🌱 Growing in Patience

Devotional: The Fruit of Patience in Kindness

Patience is an important part of kindness. Sometimes, it's hard to be patient with others when things don't go our way. James reminds us to be quick to listen and slow to get angry. When we practice patience, we show understanding and love. Patience is like a fruit that grows in our hearts when we follow the Holy Spirit.

Today, try to be patient when waiting your turn, listening to others, or when something feels frustrating. Let God help your heart grow in patience and kindness.



Day 6:  Growing in Patience

Reflect and Apply

1. Why is it important to listen before speaking?

2. How does being patient help you show kindness?

3. What can you do when you feel angry or frustrated?



Day 6: 🌱 Growing in Patience

Journaling Prompts

1. Write about a time when you practiced patience and what you learned.

2. List ways you can be more patient with friends or family.

3. Describe how patience is connected to kindness.



Day 6: 🌱 Growing in Patience

Prayer for Today

Dear Holy Spirit, please help me grow in patience each day. Teach me to listen well, control my anger, and be kind even when I am frustrated. Fill my heart with Your fruit so I can reflect Jesus to those around me. Amen. 🙏🌿🍎





Day 7: 🏠 Reflecting God's Love



Day 7: 🏠 Reflecting God's Love

Your Verse

1 John 4:7 - "Dear friends, let us love one another, for love comes from God."

Supporting Scriptures

- *John 13:34 - "A new command I give you: Love one another. As I have loved you, so you must love one another."*
- *Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*



Day 7: 🏠 Reflecting God's Love

Devotional: Shining God's Love Through Kindness

At the heart of kindness is love that comes from God. When we love others, we show God's light and goodness to the world. Jesus gave us a special command: to love one another as He loves us. This love helps us be patient, forgiving, encouraging, and kind in everything we say and do.

Today, think about how your kind words and actions reflect God's love. Your kindness can help others see Jesus through you and inspire them to love too. Let's shine brightly with kindness, reflecting God's amazing love!



Day 7: 🏠 Reflecting God's Love

Reflect and Apply

1. How does your kindness reflect God's love to others?

2. Why is it important to love others as Jesus loves us?

3. How can your actions help others know God better?



Day 7: 🏠 Reflecting God's Love

Journaling Prompts

1. Write about how you have seen God's love through kindness this week.

2. List ways you can reflect God's love more in your daily life.

3. Describe how you want to grow in kindness and love in the coming days.



Day 7: 🏠 Reflecting God's Love

Prayer for Today

Heavenly Father, thank You for loving me so much and showing me how to love others. Help me reflect Your love in every word I speak and action I take. May my kindness shine bright for all to see, drawing others closer to You. Fill my heart with Your love always. Amen. 🙏 ✨ ❤️





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