



Learning to Be Kind Like Jesus



Explore how children can embrace kindness like Jesus through 7 days of Scripture and reflection.



Table of contents

<u>Introduction</u>	3
<u>Day 1: ✨ Kindness Starts with the Heart</u>	4
<u>Day 2: 🤝 Serving Others with Joy</u>	10
<u>Day 3: ❤️ Loving Like Jesus Loves</u>	16
<u>Day 4: 🌱 Growing Patience in Kindness</u>	22
<u>Day 5: 🎁 Giving Freely from the Heart</u>	28
<u>Day 6: 😊 Welcoming Everyone with Kindness</u>	34
<u>Day 7: ✨ Reflecting Jesus' Kindness Every Day</u>	40



Introduction

Welcome to your 7-day journey on learning to be kind like Jesus! Children have a unique way of connecting with the world around them through kindness, curiosity, and love. This study will help you understand how Jesus exemplified kindness and how you can follow His example daily.

Kindness is more than just being nice — it's a powerful expression of God's love in action. Jesus showed kindness in every interaction, embracing children and teaching about the value of love and compassion. As we dive into Scripture, we'll discover practical ways to reflect Jesus' heart in how we treat others.

This plan invites you to think deeply about how kindness transforms relationships and communities. Each day, you'll explore a Scripture passage, reflect on the lessons Jesus teaches, and be encouraged to pray and journal about your personal journey toward becoming more like Him.

Whether you are a child, parent, teacher, or anyone wanting to grow in kindness, these readings and reflections will inspire your heart. Let's embark on this adventure together and learn how to be kind like Jesus, day by day! ✨





Day 1: ✨ Kindness Starts with the Heart



Day 1: ✨ Kindness Starts with the Heart

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 3:12 - "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."*
- *Proverbs 11:17 - "Those who are kind benefit themselves, but the cruel bring ruin on themselves."*



Day 1: ✨ Kindness Starts with the Heart

Devotional: Kindness Begins with a Loving Heart

Kindness begins inside us. The Bible teaches that being kind and compassionate flows from a heart that reflects God's love. Ephesians 4:32 reminds us that forgiveness and kindness are linked because Christ forgave us first. When we accept His forgiveness, it changes us from the inside out.

Children often show kindness naturally, but Jesus challenges us to make it a daily practice. Clothed in compassion and humility, we can impact those around us like never before. The Proverbs verse helps us understand that kindness not only helps others but brings joy and blessings to ourselves.

Think of kindness as a fruit growing inside, nurtured by God's love. As you start this study, ask God to open your heart to kindness and help you forgive quickly, following Jesus' example.



Day 1: ✨ Kindness Starts with the Heart

Reflect and Apply

1. How has someone's kindness impacted your life recently?

2. What does forgiveness have to do with kindness in your daily life?

3. In what ways can you show compassion today, even when it's hard?



Day 1: ✨ Kindness Starts with the Heart

Journaling Prompts

1. Write about a time you experienced forgiveness and how it felt.

2. List three ways you can show kindness to your family or friends this week.

3. Reflect on what makes it hard to be kind sometimes and how Jesus can help you.



Day 1: ✨ Kindness Starts with the Heart

Prayer for Today

Dear Jesus, thank You for showing us how to be kind and forgiving. Help me to open my heart and reflect Your love to everyone I meet. Teach me to forgive quickly and be compassionate, just like You. Guide my thoughts and actions today so they bring kindness to others. Help me remember that kindness starts in my heart. *Amen.* 🌸 ❤️ 🙏 ✨





Day 2: 🤝 Serving Others with Joy



Your Verse

Mark 10:14 - "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Supporting Scriptures

- *Galatians 5:13 - "Serve one another humbly in love."*
- *Philippians 2:4 - "Let each of you look not only to his own interests, but also to the interests of others."*



Day 2: 🧡 Serving Others with Joy

Devotional: Joyful Serving Reflects Jesus' Heart

Jesus welcomed children warmly and valued their humility and trust. In Mark 10:14, Jesus reminds us that the kingdom of God belongs to those who come with openness and humility. Service is a way to show kindness by putting others first.

Galatians encourages us to serve one another with a humble heart—this means doing kind acts not to be noticed but simply because we care. When we think about others' needs as Philippians 2:4 says, our kindness grows beyond ourselves.

Serving others can be simple: helping a friend, sharing a toy, or listening when someone is sad. By following Jesus' example and joyfully serving, we build a kinder world step by step.



Reflect and Apply

1. How does Jesus' welcoming of children inspire you to serve others?

2. What does it mean to serve humbly in love?

3. Who around you might need a kind act today?



Journaling Prompts

1. Write about a time serving someone made you feel joyful.

2. List ways you can humbly serve family or friends this week.

3. Think about someone you find hard to help—why is that, and how can you pray for them?



Day 2: 🧡 Serving Others with Joy

Prayer for Today

Lord Jesus, thank You for teaching us to serve others with joy and humility. Help me to see the needs of those around me and respond with kindness. May my heart be open and willing to serve, just like the children You welcomed. Give me courage to put others first today. *Amen.* 🙌 🧡 🌈 🙏





Day 3: Loving Like Jesus Loves



Your Verse

John 13:34 - "A new command I give you: Love one another. As I have loved you, so you must love one another."

Supporting Scriptures

- *1 John 4:7 - "Dear friends, let us love one another, for love comes from God."*
- *Matthew 22:39 - "Love your neighbor as yourself."*



Devotional: Love Others as Jesus Loves You

Jesus gave us a command to love each other just as He loves us. This love is kind, patient, and selfless. Through John 13:34, we learn that Jesus' kind of love is our model to follow, especially as children learning to be kind.

1 John 4:7 explains that love comes directly from God, so when we love others, God's spirit is at work in us. Loving your neighbor as yourself means treating others with the same kindness and care you want for yourself.

This kind of love goes beyond feelings—it shows up in our actions and choices every day. When you love like Jesus, you spread kindness that changes hearts and builds community.



Reflect and Apply

1. How can you show Jesus' love to friends and family?

2. What does it mean to love someone 'as yourself'?

3. How does God's love help you be kind even when it's difficult?



Journaling Prompts

1. Write about a time you felt deeply loved—how did that affect your kindness?

2. Think of someone you find hard to love; pray about ways to show kindness to them.

3. Describe how loving others like Jesus could change your school or community.



Day 3: ❤️ Loving Like Jesus Loves

Prayer for Today

Dear God, thank You for loving me perfectly and showing me how to love others. Help my heart to be open and forgiving. Teach me to love with kindness and patience, even when it's not easy. Fill me with Your love so that others can see You in me. *Amen.* ❤️ ✨ 🙏 😊





Day 4: 🌱 Growing Patience in Kindness



Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."*



Day 4: 🌱 Growing Patience in Kindness

Devotional: Patience Strengthens Kindness Daily

Patience is a vital part of kindness. Galatians reveals that kindness is a fruit of the Spirit, connected closely to patience and gentleness. When we grow in these qualities, our kindness becomes stronger and more beautiful.

James 1:19 teaches us to listen more and speak thoughtfully — key steps in being kind. Proverbs reminds us that gentle words can calm situations rather than create anger.

Children often learn patience when they wait their turn or forgive a friend who hurts their feelings. Patience helps kindness last even when things are tough or slow. Ask the Holy Spirit to help you grow patience this week so your kindness shines bright.



Reflect and Apply

1. When is it hardest for you to be patient and kind?

2. How can listening well help you show more kindness?

3. What does gentleness look like in your words and actions?



Journaling Prompts

1. Describe a situation where patience helped you be kind.

2. List ways you can practice being slow to anger this week.

3. Write about how you will ask God to help with patience.



Day 4: 🌱 Growing Patience in Kindness

Prayer for Today

Holy Spirit, teach me to be patient and gentle like Jesus. Help me listen carefully and respond with kind words. When I feel angry or rushed, remind me to pause and choose love. Grow Your fruit in my heart so kindness can flourish. *Amen.* 🌱 🙏 🙏 ❤️





Day 5: 📺 Giving Freely from the Heart



Day 5: 📁 Giving Freely from the Heart

Your Verse

2 Corinthians 9:7 – "Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

Supporting Scriptures

- *Acts 20:35 – "It is more blessed to give than to receive."*
- *Luke 6:38 – "Give, and it will be given to you."*



Day 5: 📁 Giving Freely from the Heart

Devotional: Cheerful Giving Shows True Kindness

Kindness often shows through giving from our hearts. Whether it's time, a smile, or a helping hand, God loves cheerful givers who share freely. 2 Corinthians 9:7 encourages us to give not because we have to, but because we want to bless others joyfully.

Jesus reminds us in Acts that it's more blessed to give than to receive. Giving in kindness spreads God's love in powerful ways. Luke 6:38 promises that kindness and generosity are never wasted but come back to us in good ways.

Children can practice giving by sharing toys, helping clean up, or simply encouraging a friend. When kindness flows from the heart, it makes both the giver and receiver happy.



Day 5: 📁 Giving Freely from the Heart

Reflect and Apply

1. What kinds of things can you give to help others?

2. How does giving with a cheerful heart feel different from giving because you have to?

3. Who might need your kindness through giving today?



Day 5: 📁 Giving Freely from the Heart

Journaling Prompts

1. Write about a time you gave something to someone and felt joy.

2. Plan one way to give your time or attention this week.

3. Think about how giving kindness can change someone's day.



Day 5: 📺 Giving Freely from the Heart

Prayer for Today

Dear God, teach me to give with joy and kindness. Help me share what I have freely, knowing You delight in cheerful hearts. Guide me to be generous in ways big and small to reflect Jesus' love. Bless others through my giving today. *Amen.* 📺💖🙏😊





Day 6: 😊 Welcoming Everyone with Kindness



Day 6: 😊 Welcoming Everyone with Kindness

Your Verse

Romans 15:7 - "Accept one another, then, just as Christ accepted you, in order to bring praise to God."

Supporting Scriptures

- *Hebrews 13:2 - "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."*
- *Matthew 25:40 - "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."*



Day 6: 😊 Welcoming Everyone with Kindness

Devotional: Kindness Welcomes All Like Jesus

Kindness means welcoming others warmly, no matter who they are. Romans 15:7 tells us to accept others just as Christ accepts us. Jesus showed kindness by welcoming everyone, including children, strangers, and those often left out.

Hebrews encourages hospitality, reminding us that welcoming others can be powerful in God's eyes. Matthew 25:40 teaches that when we care for others, we are caring for Jesus Himself.

For children, this means inviting friends to play, including those who feel lonely, or simply smiling at someone new. A kind welcome reflects God's heart and opens doors for friendship and love.



Day 6: 😊 Welcoming Everyone with Kindness

Reflect and Apply

1. Who are some people you can welcome or include this week?

2. How does Jesus' acceptance of you inspire your kindness toward others?

3. What is one way you can show hospitality or friendliness today?



Day 6: 😊 Welcoming Everyone with Kindness

Journaling Prompts

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

2. Think about someone new or lonely you can invite to join your group or games.

3. Describe how you can show kindness to strangers or classmates.



Day 6: 😊 Welcoming Everyone with Kindness

Prayer for Today

Jesus, thank You for welcoming me just as I am. Help me to show kindness by accepting and including others. Teach me to be friendly and open my heart to everyone I meet. May my kindness bring praise to Your name and build loving friendships. *Amen.* 🤝💖🙏🌈





Day 7: ✨ Reflecting Jesus' Kindness Every Day



Day 7: ✨ Reflecting Jesus' Kindness Every Day

Your Verse

Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Supporting Scriptures

- *John 8:12 - "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*
- *Ephesians 5:8 - "For you were once darkness, but now you are light in the Lord. Live as children of light."*



Day 7: ✨ Reflecting Jesus' Kindness Every Day

Devotional: Shine Kindness to Glorify God

Jesus calls us to shine kindness and love like a bright light. In Matthew 5:16, we learn that kind actions reveal God's glory to others. As children learning to be kind like Jesus, our daily choices can point others to God's love.

Jesus declared Himself the light of the world. When we follow Him, Ephesians says we live as children of light, walking away from darkness and into kindness and goodness.

This last day invites you to reflect on how your kindness can shine every day: at school, home, or play. Your small acts of kindness carry big meaning when they come from a heart following Jesus.



Day 7: ✨ Reflecting Jesus' Kindness Every Day

Reflect and Apply

1. How can your kindness shine brighter each day?

2. What does it mean to live as a child of light?

3. Who might see Jesus' kindness in you and be encouraged?



Day 7: ✨ Reflecting Jesus' Kindness Every Day

Journaling Prompts

1. Write about ways you can show kindness at school or home daily.

2. Reflect on how following Jesus helps you be kind.

3. Plan a special kind act to do this coming week to shine His light.



Day 7: ✨ Reflecting Jesus' Kindness Every Day

Prayer for Today

Lord Jesus, help me to shine Your kindness wherever I go. May my actions reflect Your love and bring glory to God. Teach me to live as a child of light, spreading joy and compassion. Let my heart always be ready to share kindness and shine brightly for You. *Amen.* ✨💡🙏🌟





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.