



WEEK ONE

TITUS 3:4-7

Kindness Principle

SAY THIS

**Be kind to others because
God is kind to you.**

DO THIS



MORNING TIME

Write this on your child's mirror or in their lunchbox for them to see first thing! "God will love us forever, just like my love for you."

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE APP

KINDNESS – Showing others they are valuable
by how you treat them

RAISING A KIND PERSON

by Reggie Joiner

So how kind have your kids been lately?

That is one of your goals as a parent right? Along with a good education, health, financial autonomy, and faith in God, you hope your kids will be nice, at least some of the time.

That's because most of us believe life in general just works better when everyone is treating each other kindly.

Actually being kind, like other positive character qualities, makes you not only happy, but it also makes you healthy. According to one scientist, David Hamilton, kindness changes the brain, impacts the heart and immune system, and may even be an antidote to depression.

But sometimes it's just hard for kids to be kind, especially when . . .

a sister ruins a favorite sweater.
a brother eats the last piece of cake.
a friend stabs you in the back.

At the risk of sounding like a broken record, (most parents over 40 will understand that cliché), there is one big reason you should remind your kid's to be kind . . . God! The idea that we are made in the image of God should be a compelling reason to teach kids they should be kind. Most of the time when a kid asks, "Why?" your answer can be, "because you are made in the image of God!"

It's definitely the answer in this case. Since God created all of us in His image, we should be kind to one another. Maybe that's why Jesus said . . .

Do to others as you want them to do for you, (Luke 6:31, NIV).

That makes a great motto for any home, worthy enough to be put on a plaque, especially since Jesus said it. It's the perfect line to drop when you've been dragged in to referee a disagreement or when you need to silent a vengeful tattler. But really, it's true. When our kids learn empathy for others, it can have an impact on how they treat them.

So, help your kids learn to start thinking about the feelings of others. Ask questions like, how would that make you feel, or how do you think that made *him* feel?

Being kind and raising kind people is actually a really good goal to have as a parent, because kind people have better relationships, and they ultimately live a healthier, happier, more successful life.

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