

7-Day Kindness Challenge

Choose one loving action each day. At the end of the week, gather together and share what God taught you.

Day 1

- Encourage someone with a note. Tell them something you appreciate or add a Bible verse.

What happened? _____

Day 2

- Help before you are asked. Look for a chore or task that makes someone's day easier.

What happened? _____

Day 3

- Invite someone to join you. Include them in a game, conversation, meal, or activity you enjoy.

What happened? _____

Day 4

- Thank someone who serves you: a parent, teacher, pastor, ministry leader, caregiver, coach, or neighbor.

What happened? _____

Day 5

- Pray for someone who is hurting, including children who need food, safety, care, or family.

What happened? _____

Day 6

- Share something you enjoy: coloring, playing, cooking, reading, Bible study, music, or time with friends.

What happened? _____

Day 7

■ Tell your family where you saw kindness this week—especially kindness you noticed at home.

What happened? _____

Family reflection: Where did we see God's love at work?
