



Xtreme Livin' – An 8-Week Series

Lesson 4: XTREME KINDNESS



The **it**

The **it** of the lesson is that ONE THING you say over and over so they understand it. If their parents ask, "What did you learn at church?", you want them to answer with the **it** of your lesson. If YOU ask the kids, "What am I trying to get you to learn/understand?" and they answer with this phrase, you can say, "That's **it**!"

THE **it** THIS WEEK IS: **I can stop and help.**



Story: The Good Samaritan

Scripture: Luke 10:29-37

Summary: The Good Samaritan, a fictional character without a name, was a man from Samaria famous for helping a Jewish man who had been attacked by robbers. This was significant because the Jewish people did not like Samaritans. By heritage, they were considered "half-Jewish" and thought less special or important as those who were direct descendants of Abraham. (See full summary in Tell it.)

Things you might need for this lesson:

FIND/GATHER/BUY:

- Fitness Outfit for Whyit (all 8 weeks)
- Balloon for Watch it
- Envelopes for Tell it
- Rock and Cotton Ball for Teach it
- Juices and Tasting Cups for Teach it

FROM DOWNLOADS:

- Fruit Images for Play it
- 'Kindness' Letters for Teach it
- Hints for Tell it
- True/False Signs for Show it
- Fruit Shapes with Names for Hide it
- Take it Mini Booklet
- IMAGES and VIDEO for projection



Whyit (Pronounced Wyatt)

Whyit is back with more health advice as your Xtreme Fitness Coach! When Whyit comes out he is 'zoned out'. Leader tries to get his attention, but he is totally blank, silent, and ignoring him. Leader says, "Hey, Whyit, I was wondering if you could help me out with something.... Whyit?" No answer. Whyit starts humming in a steady (meditative) tone. Leader gets a little bolder: "Whyit, I need your help to introduce the lesson today, so I thought maybe you could help me with it?" Whyit's humming gets louder. Leader gets more forceful, "WHYIT? Can you hear me?! I need your help!" Whyit whispers, "No can do." Leader asks, "What did you say?" Whyit repeats, "No can do. Can't help. Sorry." Leader is shocked, "You can't help me? You help every week. Why not this week?" Whyit whispers, not breaking his trance, "I am demonstrating a new Extreme Fitness Technique known as Extreme Focus. I am extremely focused on myself and my needs – so much so, I am blocking out all other people and their needs so that all I see or hear or respond to are my own needs. It's the new way. It's called Self Focus. Block out others, focus only on yourself." Leader says, "OK, I'll remember that the next time you need help from me. I'll just do a little self-focus and not help you out." Whyit snaps out of it. "Wait, if I need help, that's different!" Leader laughs. "Hold on a second! What happened to only focusing on yourself?" Whyit says, "Well, I can do it, but you can't." Leader says, "I see." Whyit says, "I guess that doesn't sound too good. Sorry, what do you need help with?" Leader says, "Well, I needed help introducing the lesson today." Whyit says, "OK, I'd be happy to!" Leader says, "No worries, you already did." Whyit says, "I did?" Leader says, "Oh, you sure did. You showed us all exactly what we should NOT do." Whyit says, "Oops. I did it again." Finish by having Leader explain that today we will be learning about the Extreme Fruit of Kindness.



Fruit Basket Game

NOTE: This game is ideal for small groups. For larger groups see option below.

PREPARATION: Print out enough of the fruit images in the lesson downloads so that you'll have at least one fruit per child. Determine how many types of fruit and how many of each to print based on the size of



your group. You want the groups sizes to be more or less even and at least 4-5 kids per group of fruit. (Leaders can and should play too!) Shuffle the cards so the same fruits are not next to each other in the stack.

PLAYING: Set up a circle of chairs facing in. The kids sit in a circle with one less chair than you have kids. The cards are passed out randomly, face down, so kids know what 'fruit' they have but not each other. (If kids show their neighbor their card, don't worry, it won't ruin the game.) You'll need one child in the middle of the chairs who calls out a fruit name. All the kids with that fruit card have to switch seats, *but* they can't move to a chair directly next to them. While they are changing seats, the child in the middle can go to any empty chair and sit down. Whoever is left without a chair is then in the middle and calls a new fruit. Eventually, the leader can allow "slushies" (combos of two flavors), and every now and then the leader can call out "FRUIT BASKET" which means EVERYONE has to move to a chair across the circle!

THE POINT: In this game, you were known by your fruit. In life, we too should be known by our fruit, but a different kind of fruit – the Fruit of the Spirit!

ALTERNATE GAME: For larger groups who can't form a circle of chairs, there is an alternate game in your downloads called **Pick a Fruit**. You can also download at Kidology.org/pickafruit.

WATCH it A video that sets it up



PREPARATION: The video is included in your lesson downloads. A screen shot is also included in your download to display on screen before you start playing the video.

VIDEO TITLE: OBEY

INTRODUCTION: Show an uninflated balloon. If you have one, show one that is the type used to make balloon animals (long and narrow - the technical name is a 260). Talk about how balloons need to be filled. The key to the Fruit of the Spirit is what the Spirit of God produces in our lives when we are "filled" with his Spirit, just like the things that can be made when a balloon is filled with air. In this video you see another amazing balloon creation as well as learn a little more about how we can be filled with the Holy Spirit so God can do amazing things with our lives through His Spirit.

OBEY
**HOW TO BE
FILLED WITH THE
HOLY SPIRIT**

SUMMARY: This video features Pastor Karl, the Kidologist, demonstrating how to make a balloon twisting creation while the kids in the audience try to guess what he is making. (Don't say what the creation is in advance since the children will be guessing.) In this lesson, Karl makes a crown and talks about how we need to **OBEY** God, our King.

Featured Verse: John 14:23



Story: The Good Samaritan

Scripture: Luke 10:29-37

Summary: The Good Samaritan, a fictional character who is never given a name, was a Samaritan man famous for helping a Jewish man who had been attacked by robbers. This was significant because the Jewish people did not like Samaritans. By heritage, they were considered “half-Jewish” and thought not as special or important as themselves who were direct descendants of Abraham. And yet, when a Jewish man was attacked and left for dead, his own Jewish people did not help him. Jews walked by refusing to help, lest they become ceremoniously 'unclean'. And yet the Samaritan man, who the Jewish man would have disliked, stopped, helped him, and even paid for his medical care. Jesus told this story in answer to the question, “Who is my neighbor?” to make very clear that your neighbor is anyone in need who you can help and show kindness to.



GAME SHOW: Name the Xtreme Bible Champion!

PREPARATION: See details in Lesson One.

PRESENTATION: Week Four – Xtreme Bible Champion: The Good Samaritan

This week the envelopes all have Oranges on them. Our Champion was a champ of Kindness and did a 'grape' deed. He showed us what it looks like to stop and help someone in need.

NOTE: As you remove and read the hints, they should be read as though they are super exciting and obvious, even as they may provide little to no help in identifying the Bible Champion.

HINT #1 – This Bible Champion isn't known by a name. In fact, he have no name, as he is a fictional character in a story that Jesus told.

HINT #2 – This Bible Champion is known for the kindness he showed to someone who was a different nationality than his own.

HINT #3 – The victim in this story was in great peril and need, near death, but his own people walked past him, not wanting to stop and help lest they become ceremonially 'unclean'.

HINT #4 – Even a priest ignored the man who had been attacked by robbers and lay dying. But our Bible Champion didn't see a foreigner; he saw only a man who was in need of kindness.

HINT #5 – Our Bible Champion stopped, tended to the dying man’s wounds, put him onto his own animal and took him to an inn where he could get more care and offered to pay any further expenses – all for a stranger!

HINT #6 – Jesus told this story in answer to a question he was asked: “Who is my neighbor?”

HINT #7 – Jews did not like the people this Bible Champion belongs to because they were only half Jewish and were considered less important and not worthy of being God’s People.

HINT #8 – Jesus wanted them to understand that our neighbor is anyone who is in need of kindness and help, regardless of who they are.

HINT #9 – This Bible Champion’s story can be found in Luke 10:29-37

WHO IS THIS BIBLE CHAMPION, THIS CHAMPION OF KINDNESS, WHO HELPED A STRANGER WHEN HE WAS IN NEED?

HE IS THE GOOD SAMARITAN!

TEACH it *The main points about it*



Kindness is Best!

OBJECT LESSON: An Opportunity for Kindness

PREPARATION: Print out the letters of 'KINDNESS' from your lesson downloads, then scramble them.



PRESENTATION: Bring out the kindness letters. Say that you are going to talk about kindness, and you’d like to talk about what that means. But as you speak, struggle to hold up the letters in order and then start to drop a few. As you pick up one, drop another. Continue to struggle, always dropping another as you pick one up. Turn around, picking them up and dropping more. Really struggle and act frustrated as you keep saying, “I want to explain to you what kindness means.” If you struggle enough, some kids will come up and start to help you. They may return to their seats, but as you keep struggling, some may offer to hold them for you as you continue to try and hold them in order to spell out the word. Eventually, accept their help and then say that you wanted to TELL them what kindness was but instead they got to SEE it. Kindness is simply helping others when we see a need, just like these kids did as they saw you struggling with these letters. (Have the kids return to their seats as you thank them.)

Kindness is looking out for the interest of others and lending a helping hand.

ASK: Let me ask you a question. Who is it easier to be kind to, someone who is nice to you, or someone who is mean? (Allow responses.) Obviously, it is easier to be kind to family, friends, and those who are kind to us. It is hard to be kind to those we don't think deserve it.

That's why Jesus told the story He did. He was asked what the greatest commandment was, and someone said, "Love God and love your neighbor." So, someone asked, "But who is my neighbor?" That's when Jesus told the story about the Good Samaritan. He wanted us to know that our neighbor is not just our friends or those who live next door, but anyone who is in need, even those we may not like. If they need kindness or help, then Jesus says they are our 'neighbor' and we should be kind to them.

READ: Luke 6:35

But love your enemies, do what is good, and lend, expecting nothing in return. Then your reward will be great, and you will be sons of the Most High. For He is gracious to the ungrateful and evil.

Look for ways to be kind to everyone. Kindness is looking out for the interest of others and lending a helping hand.

OBJECT LESSON: Rock vs. Cotton Ball

PREPARATION: You'll need a small rock and some cotton balls.

PRESENTATION: Call a volunteer to help you demonstrate. Ask them to hold a rock in one hand and a cotton ball in the other. Ask which one is softer? Which one is harder? Which one would hurt if someone threw it at you? Explain that our words and actions can be soft like the cotton ball and show kindness or they can be hard like a rock and hurt others.

If you ever wonder what is kind and what isn't, it's pretty easy to figure out. We often call it the "Golden Rule," - do to others as you would have them do to you.

READ: Matthew 7:12

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

OPTIONAL GAME: Name the Juice

PREPARATION: You will need several different flavors of juice and enough cups for each contestant to taste 3 different juices. Set a table on the stage with 3-4 sets of 3 different kinds of juice.

PLAYING: Call 3-4 volunteers up on stage. Each person takes a sip of the first cup and tries to guess the flavor. If they are correct, they score 10,000 points. If they are incorrect, have them

take a second guess or until they guess the correct flavor. Continue until all have sipped and guessed the juices. You can optionally blindfold the contestant, or you can do multiple rounds, all depending on your circumstances.

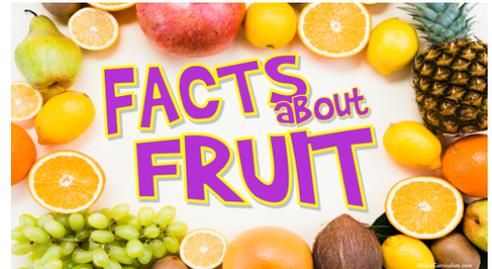
THE POINT: We are known by our fruit! Whether it is of God or the world.



SHOW it An object lesson or activity that illustrates it

FACTS ABOUT FRUIT!

PREPARATION: Print out the **FRUIT FACTS TRUE** and **FRUIT FACTS FALSE** signs from your lesson downloads and put them on the walls on opposite sides of the room. As you read the Fruity Facts, the kids will guess whether the fact is True or False and move to stand under the appropriate sign.



PRESENTATION: Show the fruit you are going to talk about today. (A real one is ideal to eat right there in front of the kids!) If you have a small group, you can have a snack of the fruit for them.

KINDNESS = Oranges

TRUE or FALSE FACTS ABOUT ORANGES:

Read the facts below one by one. Have the kids choose whether they think each is true or false before proceeding to the next fact.

NOTE: These are ALL TRUE – have fun changing a few facts to false on your own.

- Orange trees are actually classified as evergreens trees that rarely exceed 30 feet in height.
- Only 20% of the total orange crop worldwide is sold as whole fruit. The remaining 80% is used to make orange juice, extracts, and preserves.
- The country of Brazil currently produces the most oranges and grapefruits in the world. America is #2.
- The English word 'orange' was the name of the fruit for at least a few hundred years before it was the name of the color. The color was originally called 'Geoluhread', which means 'yellow red'.
- Navel oranges are named for their belly button like formations on the opposite side from the stem. As a general rule, the bigger the navel in the orange, the sweeter it will be.

FACTS ABOUT KINDNESS Have the kids return to their seats and let them know you want to share a few facts about today's Fruit of the Spirit, Kindness.

NOTE: 'Fruit' of the Spirit IS singular. The other 'fruits' are the result of love. It's worth mentioning to the kids, though you need not over-emphasize it. Refer to the final fact from Show It in Lesson One for more details on the singular 'Fruit'.

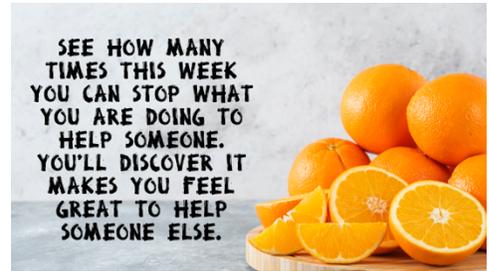
FRUIT FOCUS: Kindness

Kindness is looking out for the interest of others and lending a helping hand.

LIVE it The practical life application challenge so the kids can live **it** this week!



This Application Challenge is an opportunity for kids to LIVE IT – to allow God’s Spirit to produce this week’s fruit in their life! Download the LIVE IT slide to display on the screen as you talk about how they can LIVE IT this week.



See how many times this week you can stop what you are doing to help someone. You’ll discover it makes you feel great to help someone else.

TAKE it Take home tool to help parents review **it** with their kids



PREPARATION: Included in your downloads. Use as a paper handout to direct kids to the online digital tool they can use with their parents.

Print the tool as instructed in Lesson One. Have enough available each week for kids to take another one for themselves or to share with their friends!

INCLUDED FOR PARENTS:

- The **it** for the lesson
- **FIND IT** verses they can look up
- **HIDE IT** Xtreme theme verse in full to review
- **LIVE IT** application from the lesson
- **REVIEW** for parents to discuss the lesson with their children

XTREME LIVING! GUIDE
UNLEASHING THE FRUIT OF THE SPIRIT TO LIVE
A RADICAL LIFE FOR GOD!

XTREME VERSE:
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Galatians 5:22-23

MEMORIZE IT!

LOOKING AHEAD

Here is next week's lesson topic:

Lesson 5: Xtreme Goodness
I can do the right thing.



BONUS IDEAS!



it is always growing and adding NEW IDEAS!

Be sure you are a member of the **Kidology.org Facebook Group** so you don't miss out on BONUS IDEAS or COACHING VIDEOS that Pastor Karl or Doug often post to help make your Sunday Experience the best it can be! If they get new ideas, they will share them! AND if YOU come up with a great idea for this lesson, you can share it too!

VISIT OR JOIN AT: [Facebook.com/groups/kidologyorg](https://www.facebook.com/groups/kidologyorg)