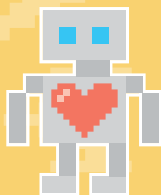


# LIFE APP



WHAT GOD IS DOING IN YOU  
TO CHANGE THE WORLD  
AROUND YOU

**BOTTOM LINE:** Be kind to everyone.

Read Luke 6:31

DAY **1**

## Be a Bucket Filler

Being a bucket filler means filling up someone's heart by speaking kind words and showing them kindness. Below are two buckets: a happy face bucket and a sad face bucket. Sit down with someone else and take turns pointing at each bucket. If the happy face bucket is pointed to, talk about ways that you would fill up someone's bucket like complimenting them or sharing your favorite toy with them. If the sad face is pointed to, talk about things that would not fill up someone's bucket like saying mean words or not taking turns with a friend. What can you do today to fill up someone's bucket?

**KNOW** that choosing to be kind is a gift to everyone.



DAY **2**

## Itty Bitty Bible Verse

With the help of an adult, look up and read this week's Bible verse: **Luke 6:31**. Grab some paper and something to write with. Now, write out the Bible verse as small as you can! Don't just write it once, write it as many times as you would like! Even try writing it in fancy handwriting or cursive. When you are finished, see if you can say the verse without looking!

**ASK** God to treat others the way you want to be treated.

DAY **3**

## Random Acts of Kindness

Below is a list of random acts of kindness. Read through the list, and circle at least three that you can do this week to show some kindness. If you love filling someone's else's bucket, pick a few more!

1. Let a sibling go first.
2. Say "hello!" to a neighbor.
3. Play with someone new.
4. Give someone a flower.
5. Color a picture for someone.
6. Clean up without being asked.
7. Say "thank you."
8. Hold the door for someone.
9. Pick up trash without being asked.
10. Give a hug.

**LOOK** for ways that you can show kindness in action to others around you!

DAY **4**

## Create a Prayer

Grab some paper and coloring supplies. Spend some time drawing a picture of your prayer to God. You can draw yourself being kind to someone who it is hard to be kind to or you can draw yourself doing one of your random acts of kindness.

**THANK** God for giving us an example of how to show kindness to everyone.

