

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 4 • Unit 9 • Week 3

### KINDNESS

#### **OBJECTIVE:**

To show that treating others with kindness is God's way and to show that if you sow kindness you will reap kindness in return.

#### **ATTENTION GETTER:**

Prepare: Write one of the following kind actions on 3 by 5 inch cards or pieces of paper. Fold in half and toss into basket, bucket or box. Note: Feel free to add your own kind actions to the following list and be sure to bring the items needed for the creative actions you will think up. Also if time permits, let each child do two or three of the kind actions.

Supplies: A snack (crackers or cookies)  
Cups  
Some juice and/or drinking water  
A seat cushion  
A few extra pens  
Crayons, markers or colored pencils for making a few thank you notes  
Heavier paper for making cards (or some blank note cards)  
Chocolate Kisses

Say: In this basket are cards with kind deeds written on them. These acts of kindness can be performed right here in class. Each person will draw one card out of the basket and will do the kind act, which is written on their card.

Do: Play the "Kind Action" game. Have each child pick an action card out of the basket and perform the action.

1. Feed another person a snack.
2. Tie another person's shoes.

3. Serve someone a drink.
4. Give someone a soft seat cushion.
5. Let someone use your pen or pencil.
6. Serve another person a drink of water.
7. Write five kind things on a card to give to a parent, brother, sister or friend.
8. Write five kind words on a card and give to your minister.
9. Invite someone to sit in the seat next to you.
10. Break a cookie in half and share it with someone in the class.
11. Write a thank you note to Mom or Dad and take it home to give to them.
12. Give the person next to you a neck massage.
13. Write a kind note to your favorite teacher and take it to school to give to her/him.
14. Give another person a chocolate Kiss and keep one for yourself.
15. Ask a classmate to help you make a nice card for the minister.
16. Serve someone a drink of juice with a snack.

## **BIBLE LESSON:**

### RUTH REAPS THE REWARD OF HER KINDNESS

Two women, Naomi and Ruth, set out on a difficult hundred-mile journey down the mountains, across the floor of the Jordan Valley and through the wilderness of Judea. Naomi wanted to return to Bethlehem after living in the land of the Moabites for over 10 years. Her husband and her two sons had passed away. Her daughter-in-law, Ruth, a Moabitess, refused to let her go alone and so they traveled together, arriving wearily in Bethlehem.

Since they were both hungry and in need of food, Ruth said to her mother-in-law, "You stay here and rest and I'll go to the field and pick up grain that the reapers have left behind."

Say: The poor were allowed to walk behind the reapers to pick up, or "glean," anything the reapers had missed.

Do: Read Deuteronomy 24:19-22.

So Ruth went and gleaned after the reapers and she happened to stop at a field that belonged to Boaz who was a relative of Naomi's dead husband, Elimelech.

When Boaz arrived at his field he blessed his reapers with kind words. He said, "The Lord be with you." The reapers replied, "The Lord bless you also."

Say: The kind words came back to him as they so often do when we use them.

When Boaz saw Ruth in his field, he asked his servant who was in charge of the reapers, "Who is that new girl I see picking up grain after the reapers?"

The servant explained that Ruth had come to the area with Naomi who had come back from the country of Moab.

Ruth asked permission to continue to gather behind the reapers when Boaz came to talk to her.

Boaz said, "Listen, my daughter, don't go to any other field to gather." He granted her request and continued, "Stay here with my other field girls. Just follow after them into whichever field they go reaping. I have ordered the young men not to bother you. When you are thirsty, help yourself to a drink of water. If you need a break, take a little rest in the house."

Ruth was so grateful for being treated so kindly that she bowed humbly in front of Boaz to thank him and asked, "Why are you so kind to me? I am a foreigner in your land."

Boaz replied, "I am aware of all the kind things you have done for Naomi, your mother-in-law ever since her husband passed away and of how you helped her travel a great distance. You gave up your own family just to come here with her. You have come to this land to take refuge under the wings of the God of Israel. He will repay you for your acts of tender mercies and kindness."

Ask: Does the Bible say, "Whatever a man sows, that he will reap"?

Do: Read Galatians 6:7.

Say: If you are kind to others during your lifetime, it will eventually come back to you. Others will treat you kindly in return.

At mealtime Boaz invited Ruth to eat some of his bread dipped in wine and oil. She sat beside the workers and they shared their roasted corn with her. She was given extras to take home to share with her mother-in-law.

Boaz was very kind and protective of Ruth. He ordered his workers to let her pick grain anywhere she wanted to. They were not allowed to hassle her efforts, and they were to leave extra handfuls on the ground just for her.

So Ruth spent the whole day picking barley and other grains. When she returned to her mother-in-law, Naomi asked, "Where did you work? In whose field did you spend the day?"

Ruth replied, "In the field of Boaz."

Naomi was happy to hear this because, she said, "Boaz is a relative of ours. He has a right to claim us."

Say: According to the law, a relative had a right to reclaim something that belonged to another relative.

Do: Read Leviticus 25:25.

Ruth said, "Boaz told me to stay close to his young men during the entire harvest."

Then Naomi replied, "This is a good thing. Boaz is very kind to protect you from others who may not be so kind and who might abuse you."

Ruth gleaned in the field of Boaz until the end of the barley and wheat harvest and she lived with her mother-in-law during that time.

Ask: Is kindness one of the fruits of God's Spirit?

Do: Read Galatians 5:22.

Say: The Scriptures say that kindness is a fruit of God's Spirit. God used Boaz, who showed the fruit of kindness, to bless Ruth. Ruth had been a very kind person during her life and God granted her kindness in return.

### **LESSON APPLICATION:**

Prepare: Make copies of the "Kind Deeds" activity.

### **MUSIC:**

Sing "Praise Ye The Lord, the Almighty" from the United Church of God hymnal.

### **MEMORY VERSE:**

1 Corinthians 13:4 (first part) "Love suffers long and is kind...."

Say: Kindness is an attribute of love.

Ask: What are some of the things you can do everyday to be kind? [Possible answers/starter ideas: Give a soft answer, be hospitable, show appreciation, put a smile on your face, be gentle, forgive others their mistakes, touch someone's hand.]

Ask: How can we be sure we are being kind?

Say: The answer is to turn the situation around and put yourself in the other person's shoes. Ask yourself, "How would I like to be treated in this situation?"

# *family activity*

## **THE POINT:**

To show that treating others with kindness is God's way and to show that if you sow kindness you will reap kindness in return.

## **ASK ME...**

- What are some facets of kindness that you learned from doing the "Kind Deeds" sheet?
- What are some of the facets of kindness, which appeared in the scriptures on the activity sheet: giving, helping the injured, carrying someone's load, feeding the hungry, protecting someone, making things for others, blessing others, being hospitable and touching.

## **FAMILY TOGETHER TIME:**

As a family, plan to do something special for a relative, a special friend or a neighbor. For example: Give them some flowers, fix a desert or offer to help with a chore.

## **MEMORY VERSE:**

1 Corinthians 13:4 (first part) "Love suffers long and is kind..."

# KIND DEEDS

The Bible has many examples of kindness. Fill in each blank with the deed of kindness described in the scripture that follows.

1. Abraham let Lot have first choice of \_\_\_\_\_ (Genesis 13:8-12).
2. Jesus was presented \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ by the wise men (Matthew 2:1-11).
3. The good Samaritan helped a man who was robbed, by \_\_\_\_\_ his wounds (Luke 10:30-37).
4. Jesus praised a widow because she gave \_\_\_\_\_ (Luke 21:1-4).
5. Simon, a Cyrenian, carried Jesus' \_\_\_\_\_ (Luke 23:26).
6. Mary anointed Jesus' feet with \_\_\_\_\_ (John 12:3).
7. Boaz rewarded Ruth because of her kindness to her \_\_\_\_\_ (Ruth 2:5-11).
8. David allowed Mephibosheth to \_\_\_\_\_ for Jonathan's sake (2 Samuel 9:6-7).
9. Rahab aided the spies by letting them down \_\_\_\_\_ through a window (Joshua 2:1-15).
10. Jonathan gave David a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ (1 Samuel 18:4).
11. Dorcas made \_\_\_\_\_ and \_\_\_\_\_ for widows (Acts 9:39).
12. Jesus took the children in His arms and put His \_\_\_\_\_ on them and He \_\_\_\_\_ them (Mark 10:13-16).

## KIND DEEDS

### (Answers)

1. Abraham let Lot have first choice of *all the Jordan Valley* (Genesis 13:8-12).
2. Jesus was presented *gold, frankincense and myrrh* by the wise men (Matthew 2:1-11).
3. The good Samaritan helped a man who was robbed by *dressing or binding up* his wounds (Luke 10:30-37).
4. Jesus praised a widow because she gave *all that she had* (Luke 21:1-4).
5. Simon, a Cyrenian, carried Jesus' *stake, post or cross* (Luke 23:26).
6. Mary anointed Jesus' feet with *ointment* (John 12:3).
7. Boaz rewarded Ruth because of her kindness to her *mother-in-law* (Ruth 2:5-11).
8. David allowed Mephibosheth to *eat at his table* for Jonathan's sake (2 Samuel 9:6-7).
9. Rahab aided the spies by letting them down *by a rope* through a window (Joshua 2:1-15).
10. Jonathan gave David a *robe, sword, bow and his belt* (1 Samuel 18:4).
11. Dorcas made *coats and garments* for widows (Acts 9:39).
12. Jesus took the children in His arms and put His *hands* on them and He *blessed* them (Mark 10:13-16).