

faith at home

Weekly Resources for Collective Worship, Spiritual
Development and Pastoral Care

PHASE: PRIMARY

**WEEK 7 THEME:
KINDNESS**





KEY CONCEPT/MESSAGE:

Kindness is one of the most powerful ways we show that we love and care, for ourselves, others and the natural world. The Gospels show many examples of Jesus showing kindness to all in society. Sometimes a simple act of kindness can be transformational.



BIBLE STORY OF THE WEEK:

The Parable of the Good Samaritan (Luke 10: 25-37) (Good News Translation)

And Jesus concluded, “In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?”

The teacher of the Law answered, “The one who was kind to him.”

TO CONSIDER AS YOU PREPARE

KEY QUOTE OF THE WEEK:

'We grow in kindness when our kindness is tested.' Archbishop Desmond Tutu

LISTEN: The first two songs explore Christian understandings of kindness. Both are underpinned by the belief that Christians have an invitation and choice to answer God's call to *be* a neighbour.

A sung version of Teresa of Avila's 'Christ has no hands' prayer:

<https://www.youtube.com/watch?v=bi9p888x38Q> or
<https://www.youtube.com/watch?v=w7ymxW3rndk>.

'Here I am, Lord', a hymn which encourages people to offer themselves in service:

<https://www.youtube.com/watch?v=EcXOkht8w7c>

'I'll stand by you' by Bruce Springsteen. This is a good accompaniment to the Good Samaritan parable. There is a sense of real deep commitment to being alongside another person in all situations: <https://youtu.be/hwfPtkxF0aA>.

WATCH:

This beautiful 'real-life video about simple acts of kindness that change both the giver and receiver: <https://youtu.be/GdYJr03ejjE>.

And this video on acts of kindness to make you smile, although it makes a serious point too: <https://youtu.be/qGVOrvDTIBU>.

THINK:

Can you think of a time when someone was unexpectedly kind to you? Maybe it changed your life?

What do you think Desmond Tutu was meaning when he said that kindness grows when it is tested? Have you experienced your kindness being difficult, being tested, being rejected?



PRAY:

Be thankful for those who have shown you kindness.

Think of others as you say these words:

*May you feel safe,
May you feel happy,
May you feel healthy,
May you live with ease.*

And be kind to yourself as you say:

*May I feel safe,
May I feel happy,
May I feel healthy,
May I live with ease.*

Finally ask for guidance and strength to be kind today, and eyes to see where kindness is needed.

“
THE SMALLEST ACT
OF KINDNESS IS
WORTH MORE THAN
THE GREATEST
INTENTION.

”
OSCAR WILDE

I. COLLECTIVE WORSHIP - *Invitational, Inclusive, Inspiring*

GATHER:

Find a place where you can be still, without interruptions. You might like to light a candle as you begin.

Can you think of a time when someone was really kind to you? Was it something they did, said or thought?

How did this act of kindness make you feel?

Can you think of a time when you were really kind to someone? Think about it now - what was the look on their face when they realised what you had done for them?

I wonder how this made you feel?

ENGAGE:

There are many stories at the moment of people sharing kindness to those around them. I wonder what kind acts you have seen? I wonder if you have done anything kind for others?

Today, we are going to read a famous story Jesus told called *The Parable of the Good Samaritan*. Let's read the story together:

<https://www.biblegateway.com/passage/?search=Luke+10%3A25-37&version=GNT>

You can also watch the Parable through one of these videos:

<https://www.youtube.com/watch?v=fO4qSAhIIsI>

<https://youtu.be/RMjQezZExh0?list=PLliUcCNmcMHKya3adISoxG8No8w2fNNc>

In the Good News Translation, we see the importance of kindness coming through:



And Jesus concluded, “In your opinion, which one of these three acted like a neighbour toward the man attacked by the robbers?”

*The teacher of the Law answered, “The one who was **kind** to him.”*

Jesus replied, “You go, then, and do the same.”

In the time and place that this parable was told, Samaritans were not popular; it was certainly not expected that *this* person, from *that* place, would be willing to help the beaten man lying helpless in the road!

How did the Samaritan show kindness to man attacked by robbers?

I wonder how the beaten man felt when the Samaritan helped him by showing kindness? I wonder how he felt when the others walked past and ignored him?

What difference do you think this act of kindness meant to the beaten man? To the Samaritan?

Why do you think Jesus decided to tell this story? What do you think he wanted those listening to think about?

Sometimes our acts of kindness, however big or small, can really make a difference in someone’s life. In the Parable of the Good Samaritan, Jesus helped the teacher of the Law realise that **being** a neighbour and showing kindness was much more important than deciding who is or isn’t a neighbour. Jesus’ call to ‘Go and do likewise’ has inspired many Christians to ‘love your neighbour as yourself’.

Sing: You might like to sing or listen to this song by Watoto Children’s choir. It is called ‘We will go’ <https://youtu.be/tCEGDkdXOcM>

One of the lyrics says, “I will be your hands and feet”. I wonder what you think this means?

Do you think that by being kind people can be God’s hands and feet, spreading kindness and love to others?

REFLECT:

I invite you to watch this video. It is really inspiring and shows what can happen when people spread kindness.

https://www.youtube.com/watch?v=X3ld9_p2bS0

At the moment, we can’t go out onto our streets like the people in the video, but we can still do something to spread kindness.

Sit quietly, be still and think about all you have heard in this act of worship. I wonder what words or images have made you think today?

I wonder what you might do after watching and listening today?

I invite you to join with me in a prayer. For Christians, prayer is just talking to God, who they know listens and hears their prayers. If you agree with what I have said, then please join me in saying, 'Amen'.

Dear God, thank you for all those who are sharing kindness in our communities. Thank you for their acts of kindness, generosity and love. Help me to be kind through my words, actions and attitude. Please show me if one of my family members (or friends) needs me to be extra kind to them today. Thank you, God, for inspiring us to be kind through your love for the world. Amen.



SEND OUT:

Consider this statement about 'Random Acts of Kindness':

"Kindness is giving hope to those who think they are alone in the world."

I wonder if there are people living near you or a relative that feels they are alone? I wonder what you could do this week to let them know they are not alone by sharing your kindness with them? Who needs you to be a neighbour?

Go in peace to share love and kindness with all you meet.

2. SPIRITUAL DEVELOPMENT

(practical ways to help us explore faith and develop spiritually at home together)

EXPERIENCES that can help us ENCOUNTER:

We can show kindness to others but also the world around us, which unites as our common home. What does it mean to you to show kindness towards God's creation? You could reflect on this by writing a poem, drawing a picture, making a video, or any other creative way you can think of. Think about what acts of kindness you'd like to see shown to the natural world by our leaders, whether they're big or small.

And what acts of kindness might you be able to do as part of being a good neighbour to our planet? Send your reflection to Letters for Creation, which is a project inviting children and young people to reflect on what caring for creation means to them, and your submission could be featured as part of a national exhibition. For more information, visit www.churchofengland.org/lettersforcreation.



Use the **EXAMEN** prayer to reflect on kindness. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for people who have shown kindness to you recently
2. ASK FOR HELP in thinking about ways you could show kindness to others this week
3. REFLECT on your day and think about the ways you have been kind to others 😊, and the times you may have been unkind 😞
4. SAY SORRY for the times you may have been unkind
5. DECIDE how you will be a 'good neighbour' tomorrow

ACTIVITIES that can help develop PRACTICES-HABITS:

How amazing does it feel when someone shows you a random act of kindness? Kindness can be shared in so many ways from a quick smile to holding a door open for someone to giving a bunch of flowers because you were thinking of friend.

Have a look at this list from <https://www.mentalhealth.org.uk/blog/random-acts-kindness>. Challenge yourself to fulfil as many of these 'Random Acts of Kindness Ideas' with your family and friends. I wonder if there are any other ideas you can think of that are missing from this list? Remember to be safe during these times of social distancing! A hug, for example, may have to be a virtual hug.

Create a 'bingo game' with your family using acts of kindness examples. They could include things like 'make a hot or cold drink for a family member', 'share a positive compliment' or 'do your brother or sister's chores for them'. Play the game throughout the week, ticking off or colouring in each act you complete, and share how many things you were able to complete at the end of the week. Have a conversation with your family about what it felt like to give and receive the acts of kindness. Perhaps you could record this in your journal?

CONVERSATIONS STARTERS that can help develop RELATIONSHIPS-COMMUNITY:

How does it feel to be able to give an act of kindness to someone you know? How about someone you don't?

When is it difficult to be kind to people?

Who do you need to be kind to right now and why?

What does it feel like when someone has shown you an act of kindness?

How can we grow kindness in our community?

In a world where
you can be
anything,
BE KIND.

3. PASTORAL CARE - ideas for looking after...

Ourselves & Our staff

Be kind to yourself:

- Allow yourself time to do the things you want to do – without feeling guilty.
- Take a walk and listen to the sounds of the natural world – everything seems much louder now the skies and roads are less congested.
- Declutter your house and mind. Save some of your unwanted items that could become treasures to others.
- Build a series of playlists to capture different moods – share ideas with staff:
 - Inspirational and uplifting
 - Music for restful sleep
 - Relaxing music

Read the Serenity Prayer:

*God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.*

Our staff:

- Send an email to a member of staff – checking that they are doing OK during this strange time.
- Leave an anonymous note in a pigeon-hole thanking a colleague for something they have done.

Our families & Our community

Our families

Build a list of random acts of kindness:

Make a list of 5-10 people in your family. Take time to think of each person on your list: what do they like doing; what might they need help with; what random act of kindness could you do for them.

Our community

There are so many ways to show kindness in the community - even a simple gesture, like a smile, could make all the difference to someone.

50 ideas for random acts of kindness can be found on www.mentalhealth.org.uk/blog/random-acts-kindness. Why not have a read and see how you could make a transformational act this week?



GOING DEEPER/FURTHER RESOURCES

Read the poem *Kindness* by Edgar Albert Guest.

One never knows
How far a word of kindness goes;
One never sees
How far a smile of friendship flees.
Down, through the years
The deed forgotten reappears.

One kindly word
The souls of many here has stirred.
Man goes his way
And tells with every passing day,
Until life's end:
'Once unto me he played the friend'.

We cannot say
What lips are praising us to-day.
We cannot tell
Whose prayers ask God to guard us well.
But kindness lives
Beyond the memory of him who gives.

What words or acts of kindness have really stayed with you?

I wonder if you have ever been blessed by an unexpected act of kindness?

Which couplet resonates with you the most? I wonder why that might be?

Read a book which champions kindness, such as *Horton Hears a Who* by Dr Seuss. An audio drama is available here: <https://www.youtube.com/watch?v=lgPcAxkxoi0>

Explore more worship and creative activities based on kindness and the Parable of the Good Samaritan.

An active reading of the Parable of the Good Samaritan - <https://engageworship.org/ideas/good-samaritan-active-reading>

A collective worship plan about helping others - <https://www.barnabasinschools.org.uk/idea/good-samaritan-helping-others>

Kindness Postcard activity -

https://www.prayerspacesinschools.com/upload/home_resources/downloads/37223730b578222f20e9f622a68b28ea.pdf

Watch

This clip from the film *Evan Almighty*. 'You want to know how to change the world...Through one random act of kindness at a time' - <https://www.youtube.com/watch?v=T4cOQZG0IYE>

Colour Your World with Kindness video - <https://www.youtube.com/watch?v=rwelE8yyY0U>

COLLECTIVE WORSHIP – OUR APPROACH

INVITATIONAL

Everyone is welcome to take part in collective worship, as much or as little as they or their parents and carers are comfortable with. This means we use invitational language and consider carefully our choice of words and songs. Children are invited to pray but are not compelled or expected to do so; they always have a choice. We invite them to pray or reflect in whatever way they would usually as a family, if that is part of their home experience.

INCLUSIVE

Acts of worship need to be inclusive of all. Therefore, we choose topics and ideas that are shared by different faiths and worldviews. When we present Christian teaching, we make it clear that this is 'what Christians believe', saying things like:

'I wonder why this story might be important to Christians?'

'The story today comes from the Bible (the holy book of Christians), which teaches that ...'

Our worship should be accessible for children and young people with a range of different backgrounds, and so we take care that activities do not require expensive resources. We also offer a variety of activities, so that children and young people with differing needs can all find something they can engage with.

INSPIRING

We aim for our acts of worship to inspire those engaging with them. How might it engage their emotions, enabling a sense of peace, comfort, hope or motivation? How might it inspire them into action, into thinking differently and considering their behaviour or actions? How might it inspire them to reflect on their faith or beliefs, and on the faith or beliefs of others?