



NEW TESTAMENT 2019

Come Follow Me
with
Living Scriptures
STREAMING

Kindness Begins With Me

Galatians

Objectives:

- Talk about kindness and the fruits of the Spirit
- Emphasize the ways we can put kindness into action

Reinforces Principles of:

- Kindness

This Lesson contains 5 activities:

Choose the activities that fit your family's schedule.

Use on Mondays to introduce the topic, or the following Sunday to review.

Reverence Time: Song, prayer, scripture and video clip

Lesson Time: Lesson summary and points to ponder

Story Time: Story

Activity Time: Object lesson or activity

Treat Time: Prayer, theme related recipe



Reverence Time

Approximate Time: 5 minutes

Sing Together: “Kindness Begins With Me”, Children’s Songbook page 146b
If you wish to print sheet music or have an online music file to accompany you visit:
<https://www.lds.org/music/library/childrens-songbook/kindness-begins-with-me>

Prayer:

Scripture Time: Galations 5:22-23

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

Video Clip: Watch a clip from the Living Scriptures Streaming Library. You can find the clip at
<https://www.livingscriptures.com/fhe-lesson-kindness-begins-with-me>



Lesson Time

Approximate Time: 10-15 minutes

Lesson

Summary: The Galatians, like the Corinthians, were confused about how they should live the gospel. Many thought they should live the law of Moses. Paul wrote a letter to teach them how they should follow Jesus Christ.

He compared the results of living like Jesus Christ to the fruit of a tree. He taught us that we should “walk in the Spirit”, and that if we do, we will receive the “fruit of the Spirit”. He taught that the fruit of the Spirit includes being good, faithful, kind, meek, loving and we would feel love, joy, and peace.

In our lesson today, we’re focusing on being kind. How does being kind help us to “walk in the spirit”?

Points to Ponder:

What are some of the fruits of the spirit? (Love, joy, peace, gentleness, goodness, faith, etc.)

Is kindness a fruit of the spirit? (Yes)

How can we cultivate (help to grow) kindness? (Discuss ideas.)

Who should we show kindness to? (Discuss ideas.)

Why does being kind make the world a better place? (Discuss ideas.)

Quote: “Let each of us be ministers of loving kindness to those who will need us so much. If we will impart of our substance even though it may be but the widow’s mite, we will obtain from him who lives on high the blessings we need in our day here upon the earth. ...The Gospel of Jesus Christ is a gospel of giving, not only of our substance but of ourselves.”
George Albert Smith



Activity Time

Approximate time: 10 minutes

What you need: A copy of “Kindness Begins With Me” activity, scissors and tape or glue.
(If desired also print out posters to hang in your children’s bedrooms.)

Preparation

1. Put letter pages in a stack in order-spelling out kindness-with the (K) on top.
2. Cut out objects and place on the table.

Activity:

1. Tape letters on a wall while telling the “Kindness Begins With Me” story.
Let children take turns choosing the right object to tape to the letter.

(K) Karen Kangaroo was playing a game of kick ball with her friends when she noticed Isaac Inchworm watching them and she said to herself, “Remember this, kindness begins with me.”

What can Karen do to be kind to Isaac? (Kick the ball to Isaac.)

(I) Isaac Inchworm was passing out invitations to his birthday party when his best friend said “I’m not coming to your part if you invite Ned Newt.”
But, Isaac said to himself, “Remember this, kindness begins with me.”

What should Isaac do to be kind to Ned? (Invite Ned to his party.)

(N) Ned Newt knew Daisy Dalmatian would be a good class president, but if he nominated her the other boys would tease him, but he said to himself, “Remember this, kindness begins with me.”

What can Ned do to be kind to Daisy? (Nominate her for class president.)

(D) Daisy Dalmatian knew Norman Night-owl’s dad had lost his job and they didn’t have very much money for food, so she said to herself, “Remember this, kindness begins with me.”

What can Daisy do to be kind to Norman? (Donate some food to his family.)

- (N) Norman Night-owl was tending his little sister and her friend, Elizabeth Elephant. When it was time for them to go to bed he found out Elizabeth was afraid of the dark. So he said to himself, “Remember this, kindness begins with me.”

What can Norman do to show kindness towards Elizabeth? (Lend her his night light.)

- (E) Elizabeth Elephant walked into the classroom and saw unkind words written on the chalkboard about Stella Skunk and she said to herself, “Remember this, kindness begins with me.”

What can Elizabeth do show kindness to Stella? (Erase the unkind words.)

- (S) Stella Skunk had been taking singing lessons for years and was going to try out for the school talent contest. She found out that Sarah Squirrel wanted to try out too, but she was afraid. So, Stella said to herself, “Remember this, kindness begins with me.”

What can Stella do to be kind to Sarah? (Sing a duet with Sarah.)

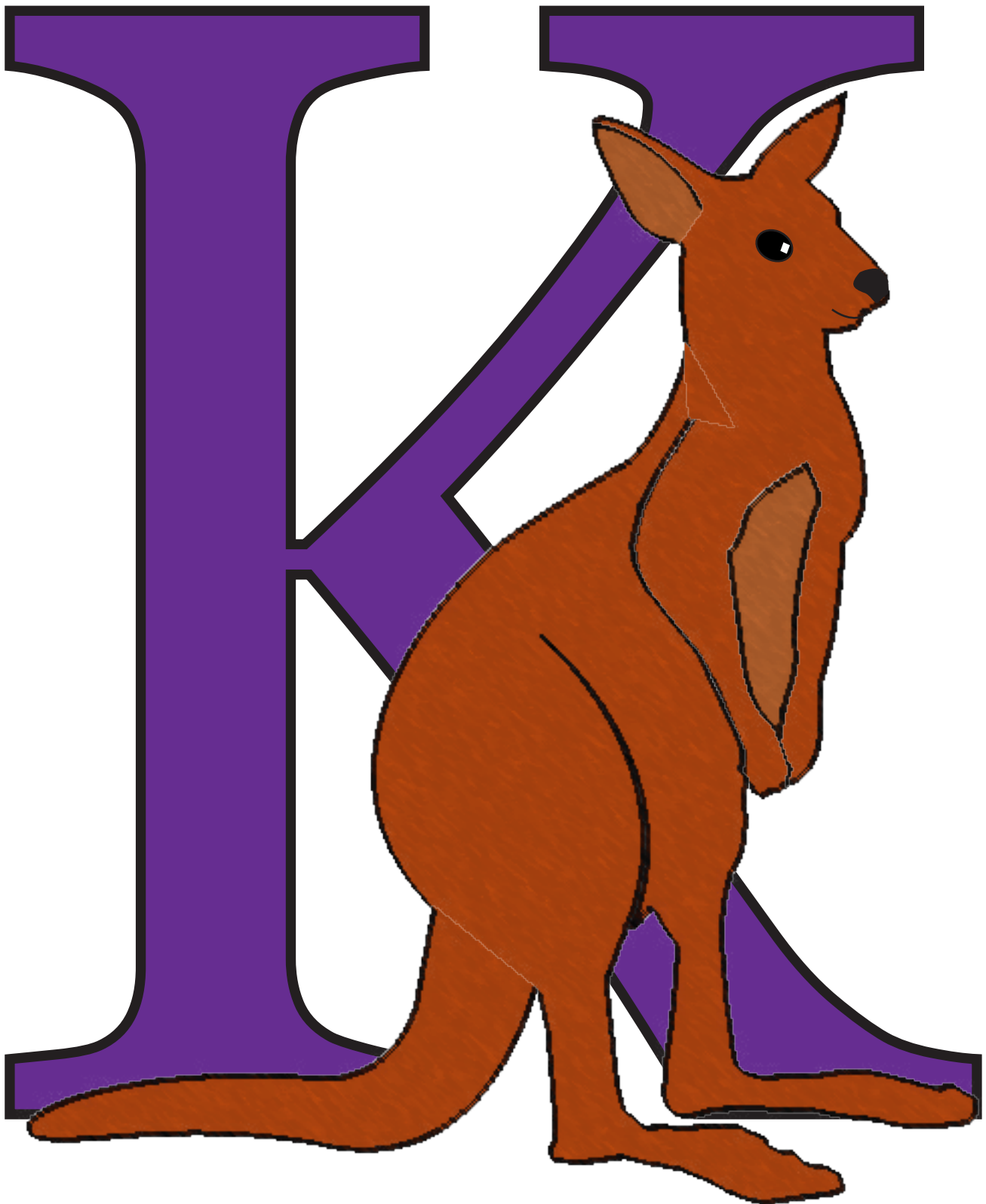
- (S) Sarah Squirrel and Karen Kangaroo went for a bike ride picnic. When they got to the park Karen realized her lunch wasn't in her pouch. Sarah was so hungry, but she said to herself, “Remember this, kindness begins with me.”

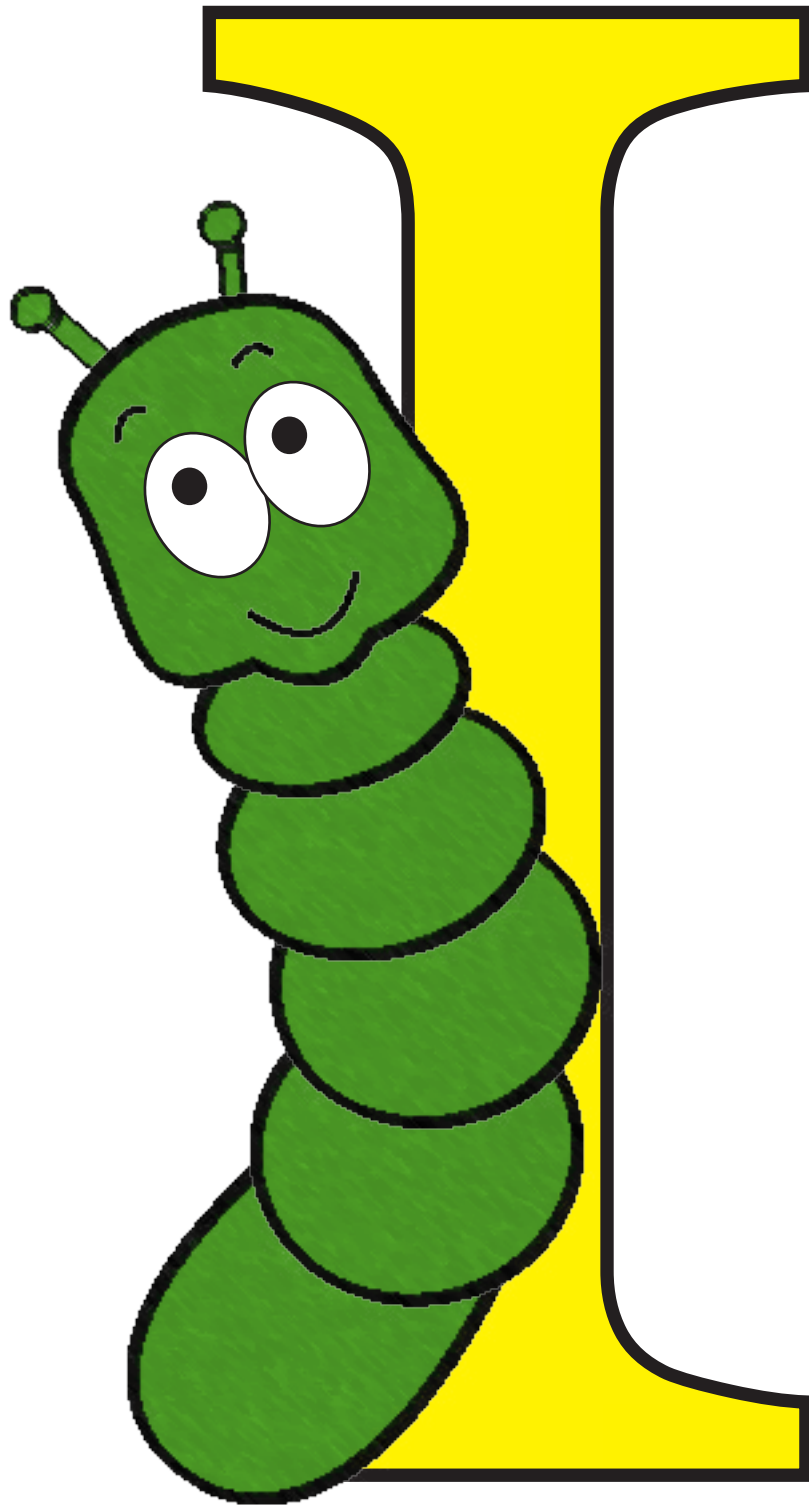
What can Sarah do to be kind to Karen? (Share her sack lunch.)

2. Ask: Do you think when Karen showed kindness towards Isaac she was being a good example to her friends? (Discuss ideas.)
3. Read: “Kindness, like a boomerang, always returns.” ~Author Unknown
4. Ask: How did Karen's kindness return to her? (Discuss ideas.)
5. Explain: When we are kind to others we feel good inside and it makes us happy and it makes Heavenly Father and Jesus happy.

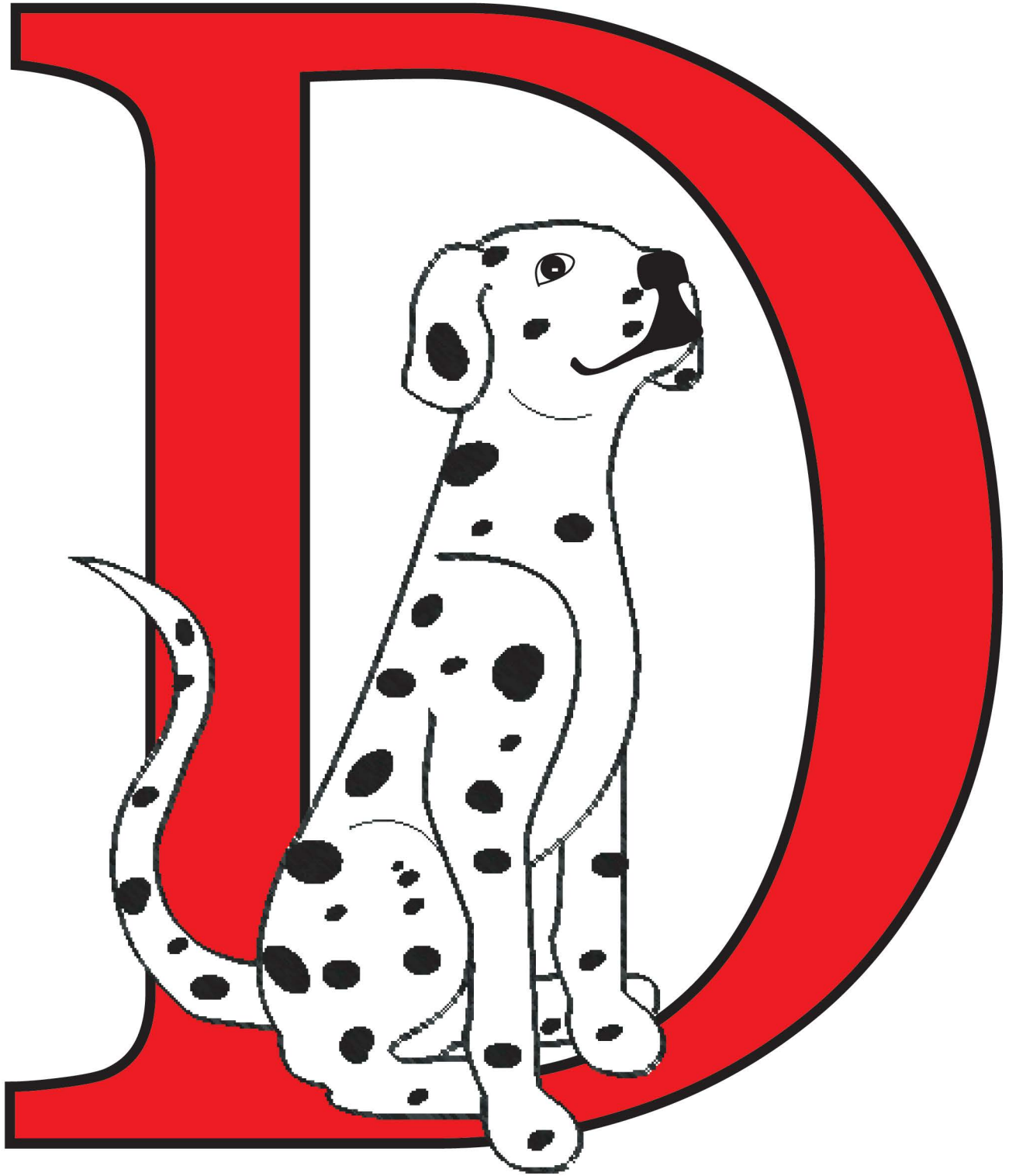
“And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.” (Matt. 25:45)













Story Time

Approximate Time: 3 minutes

The Unruly Man

By Margie Nauta Lee

Hannah clung to Mother's hand as they walked towards the temple. She was frightened by the people who were waving protest signs and shouting. Hannah buried her face in Mother's coat when a scary looking man with a long unkempt beard approached and handed Mother an Anti-Book of Mormon pamphlet.

"Thank you for your concern," Mother said to the man, "But, I've prayed about The Book of Mormon and the Holy Ghost told me it is true. Have you read it?" Mother asked in a kind voice.

"I ain't going to read a false book filled with lies," The grumpy man spouted.

"If you change your mind the missionaries in the Visitors' Center will give you a copy," Mother responded with a kind voice. "It's a wonderful book!"

Hannah peaked out from behind Mother's coat. The man's face had changed. Instead of looking mean and ornery, he looked forlorn and confused.

Mother reached out shook the man's grimy hand. "God bless you," she said, "I hope you change your mind and read The Book of Mormon someday. I promise you it will change your life and bring you closer to our Savior, Jesus Christ," she added before leading Hannah away through the crowd.

After arriving at the Joseph Smith Memorial Building they slipped into the rest room. Hannah looked at Mother as she washed and dried her hands.

"I didn't like that man. He was mean. Why did you talk to him and shake his dirty hand?" she asked in disgust.

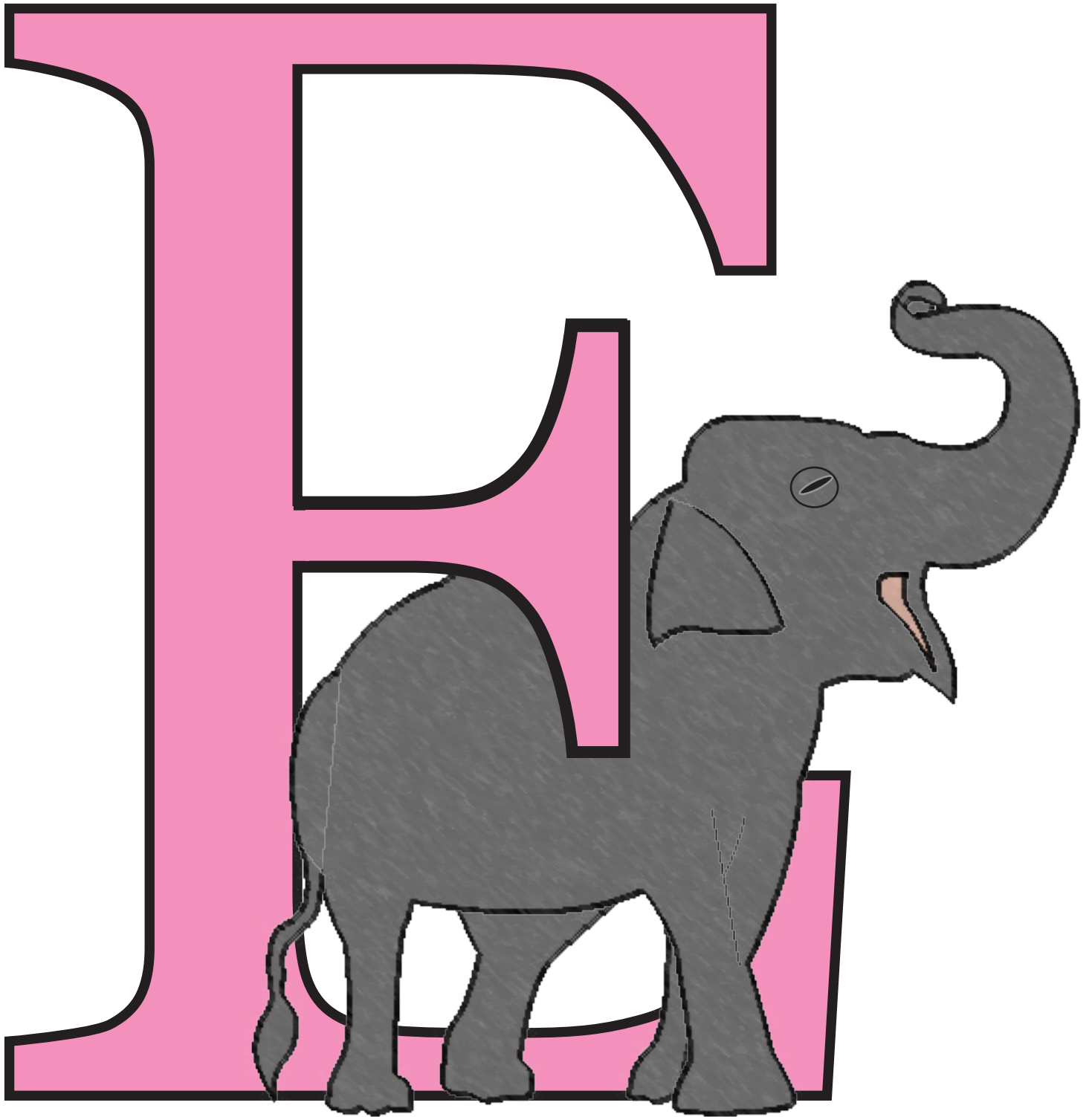
"Hands can be cleaned," Mother said, holding her hands up and turning them back and forth for Hannah to see.

Mother took Hannah by the hand and led her out the door and into the grand lobby where they found a bench to sit on and talk.

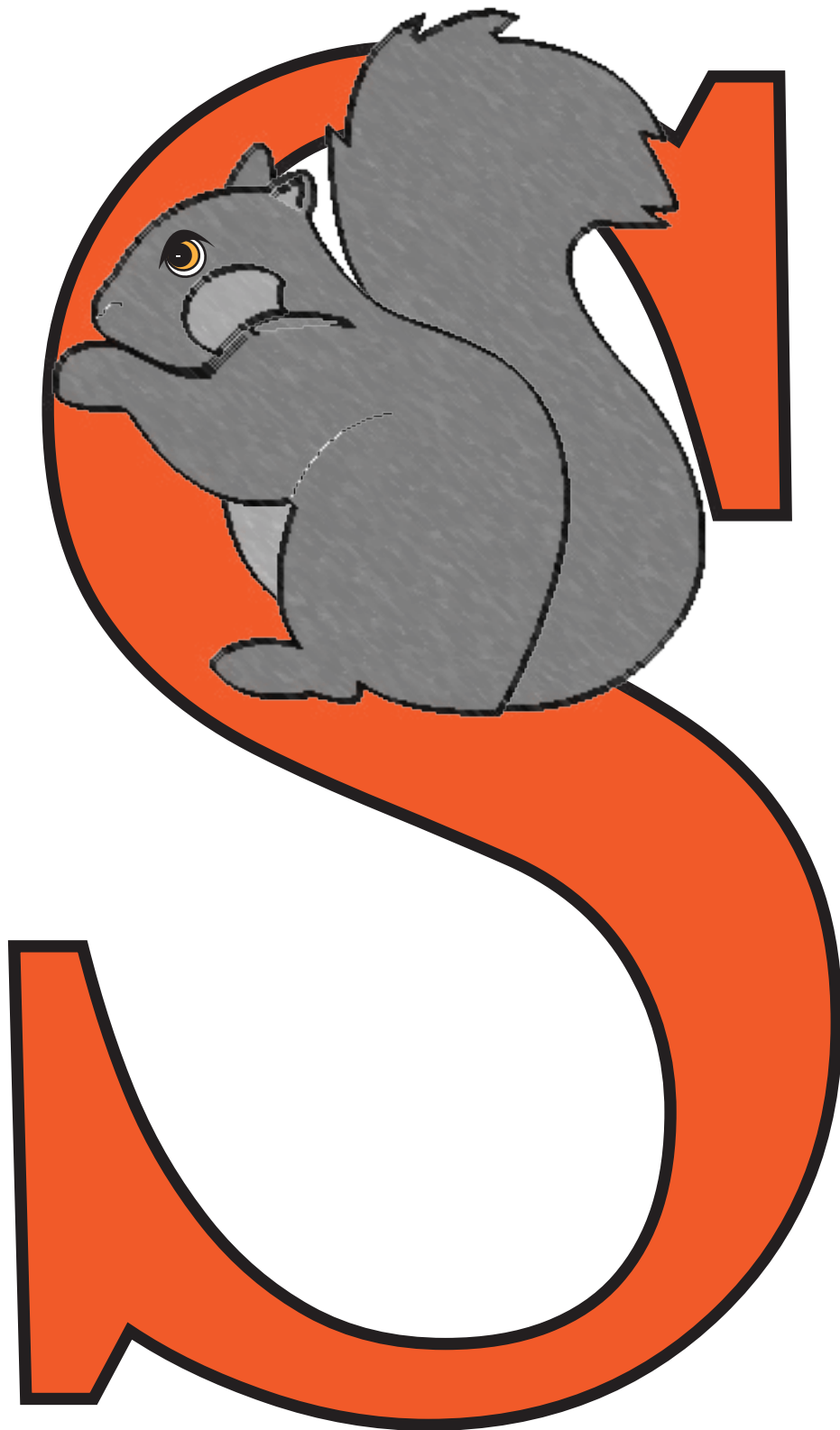
"Hannah, I know we've discussed how you shouldn't talk to strangers and I could have ignored him, but the spirit whispered to me that we were safe and if I was kind I could help soften that man's heart. Do you understand?"

While Hannah thought about Mother being kind to the unruly man the spirit whispered the words of a song to her. Smiling at Mother, Hannah nodded, "Yes," and then quietly sang, "I want to be kind to everyone, For that is right, you see. So I say to myself, 'Remember this; Kindness begins with me.'"







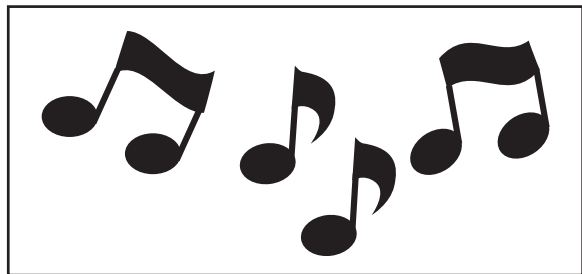
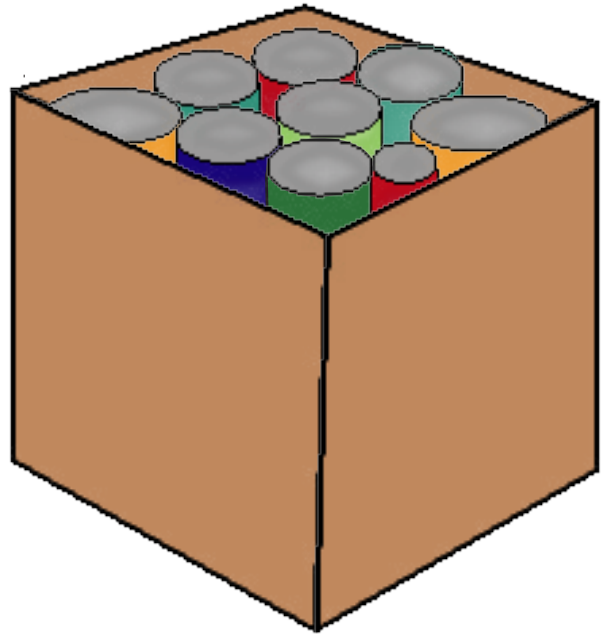
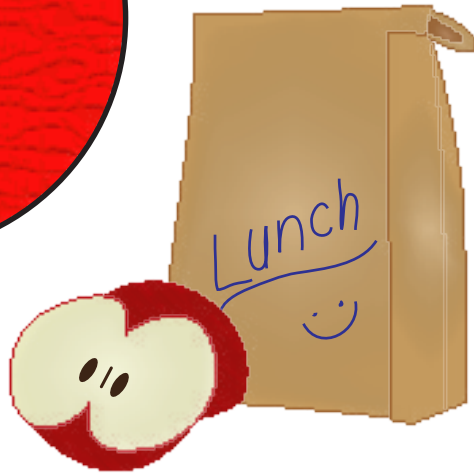
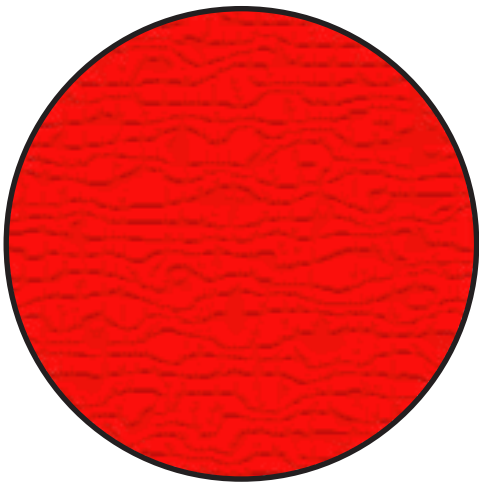
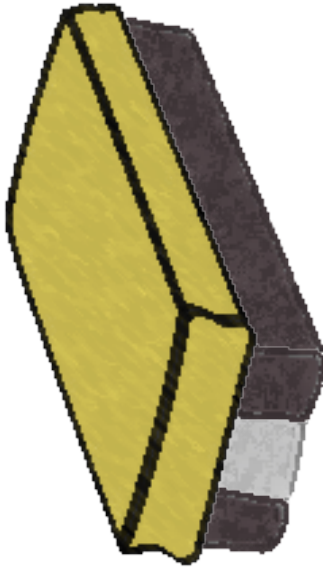


WINTER TIME



BEGINS







Treat Time

Approximate Time: 35 minutes

Prep Time: 5 minutes

Bake Time: 15 minutes

Cool Time: 15 minutes

“Kindness” Boomerang Cookies

1 ½ cups butter, softened

¾ cup powdered sugar

(Plus extra for dusting tops)

1 egg

1 t. vanilla or almond flavoring

2 ¾ cups flour

⅓ cup chopped walnuts or pecans (optional)



Preheat oven to 350 F. Beat butter and sugar fluffy. Beat in egg and flavoring. Slowly add flour. Fold in nuts.

Treat Time: Roll 2 tablespoons of mixture into logs on a powdered sugar dusted surface. Bend to make boomerang shapes. Place on parchment lined cookie sheet. Bake 15-20 minutes until edges are lightly browned. Dust with powdered sugar. Transfer to a wire rack to cool.

“Kindness, like a boomerang, always returns.” ~Author Unknown

Closing Prayer and blessing on the food.