



RHYTHM

OF LIFE

for primary schools

**In this season of Lent,
we choose to serve and
bless others in Jesus'
name. Amen**

Do you have a best friend?

Are you someone's best friend?

What makes a good friend?

One of the things we love about our friends is their kindness.

That usually means they do and say things that are warm and gentle and loving.

There is a saying:

**‘In a world where you can be anything,
Be KIND’**

What do you think it means?



Let's create a class kindness jar!

Every time you see or hear someone being kind, write their name on a slip of paper and pop it in the jar. You can write what you saw or heard them doing if you want to.

You can empty the jar every day and encourage one another to be kind by reading what others have said!

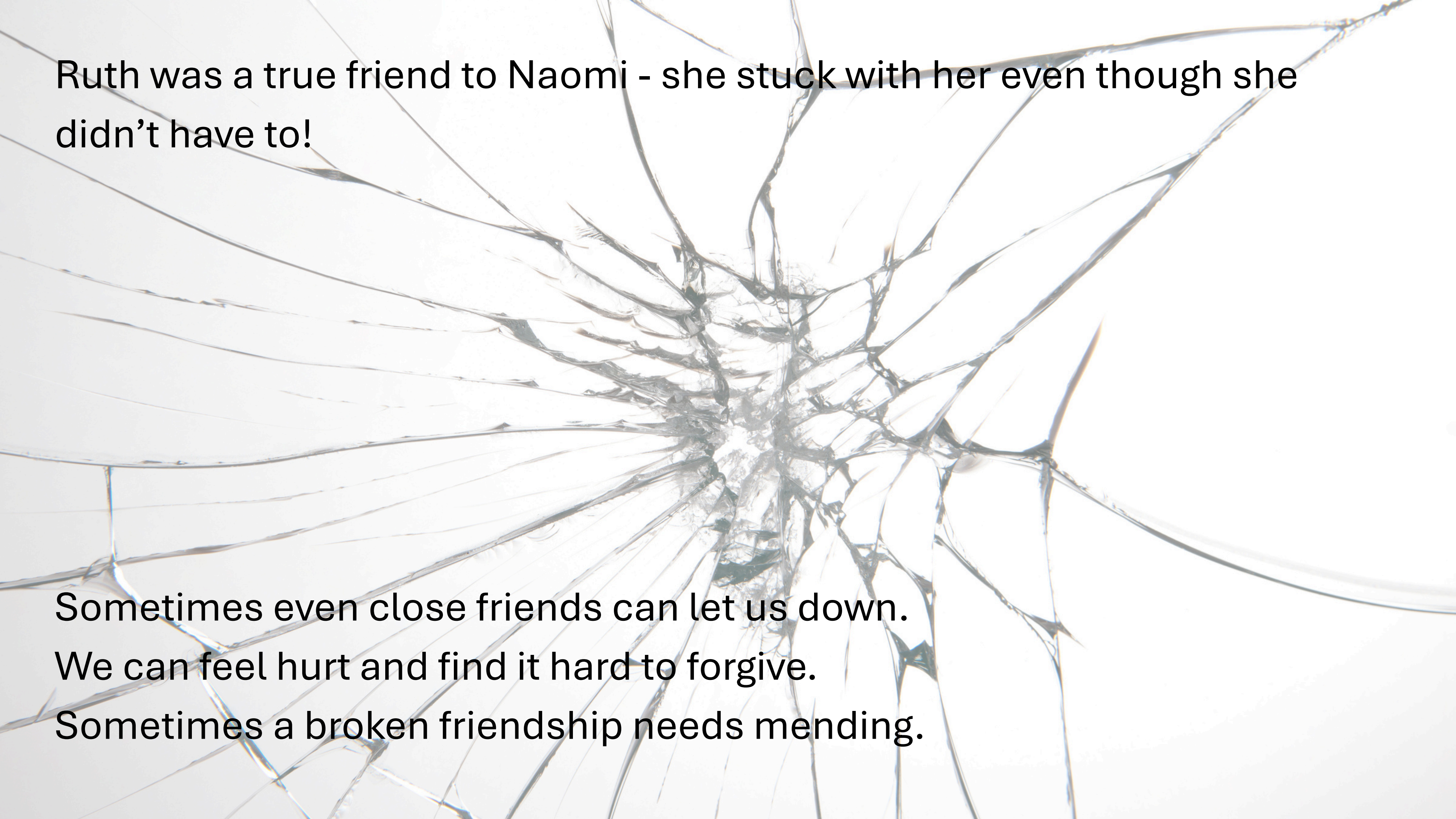


Can you remember the parable of The Kind Stranger?

He was a befriender!

We are going to hear another story today of kindness and friendship.

Read the story of Ruth and Naomi or watch it [here](#).



Ruth was a true friend to Naomi - she stuck with her even though she didn't have to!

Sometimes even close friends can let us down.
We can feel hurt and find it hard to forgive.
Sometimes a broken friendship needs mending.

Mia and Zoe were best friends.

They sat together at lunch, played football after school and told each other almost everything.

One day, Mia told Zoe a secret - she was nervous about trying out for the school team as she thought she might not be good enough. Mia made Zoe promise she wouldn't tell anyone.

But the next day in the playground, the girls were playing football with some other friends and one of them asked Mia if she was going to try out for the school team. Zoe blurted out,

‘Yeah but she’s scared she’s not good enough!’

Zoe didn't want to be mean, she just wanted to be part of the conversation. But when Mia heard her, she felt embarrassed and let down and didn't want to talk to Zoe.

What advice would you give Mia?

What advice would you give Zoe?

Sometimes it is easier to befriend than to mend.

Forgiving can be a hard choice!

Let's think

Who has let me down? Who do I need to begin to forgive?

How could I show **kindness** that will enable us to grow and flourish?

Let's pray

Lord Jesus

We pray that our school will be a place where everyone can grow and flourish. Please give us your kindness as we follow you. Teach us to bless and serve others as we wait for your Kingdom to come. **Amen**



Kindness **every day**

Let's sing

The Kindness Song





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