

Day 2

Read Matthew 5:41

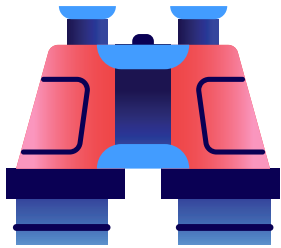
Unscramble the words below.

POUESPS EEONOSM SFROCE OYU
OT OG EON LIEM.

Now, if you'd like, you can unscramble these words too:

OG WOT ILEMS HWTI TMHE.

What did you choose to do? If you willingly unscrambled the second sentence, that's a little a bit what it looks like to live out Matthew 5:41—going above and beyond to show kindness to someone.



Suppose someone forces you to go one mile
Go two miles with them.

Day 3

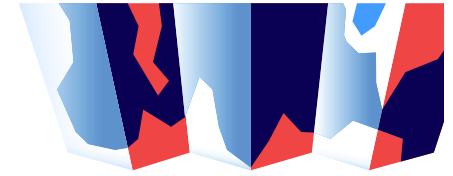
If weather—and a parent—allows, go for a walk outside.

(If not, you can walk around inside your house.) As you walk, ask God for help living out kindness by offering to go the “second mile” (or above and beyond) when someone asks you to do something. (Keep your eyes open as you pray so you don't run into something!) Ask God to show you someone to whom you can **be kinder than you have to be.**

Day 4

When have you been surprised by kindness?

The whole concept of going a “second mile” may be new to you, so find a few people to interview and ask them when they've experienced someone showing them kindness by going the second mile. (You may need to explain Matthew 5:14 to them!) Jot down their answers and keep them for ideas of ways you can surprise others by kindness.



Day 5

What are some things you get asked to do by your parents, teachers, siblings and friends throughout the week?

Write those under the first mile side. Then think about how you could go the second mile to really help that person. Write that under the second mile side. If you need some new ideas, look back to the answers you got yesterday!

FIRST MILE

1. _____
2. _____
3. _____
4. _____

SECOND MILE

1. _____
2. _____
3. _____
4. _____

Circle at least two that you can do TODAY!