

Project

Kindness Rocks

Turn some rocks into Kindness Rocks and give them to others. Paint encouraging sayings on them and share them. Take them to a park or a rest home or somewhere that people can enjoy them.

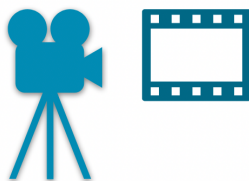
<https://www.thekindnessrocksproject.com>



Challenge

Next time a movie starts playing in your head

about something that hurt you, that's a rock. It's hurting you and others around you. It makes you feel heavy inside.



- Confess it to God. Say, "God, this really hurt me. But, I know you don't want me to have rocks in my heart. Can you help me to forgive them?"
- When you are ready, forgive them and ask God to bless them. Luke 6:28 *bless those who curse you, and pray for those who spitefully use you*

Throw that rock away and try not to pick it back up!

You will feel so free and light!



Look up the story Out of the Darkness on
kingdomkidsontheirknees.com



6. Forgive

Drop the Rocks



Ephesians 4:32

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you

Forgiveness is also a response of love. Forgiveness has nothing to do with people deserving to be forgiven.

No one deserves forgiveness. That is what grace is all about. None of us deserve it, but God gives it to us when we repent and forgive others. (Romans 5:8, Ephesians 2:8-9)

When we truly understand how much He loves us and He loves others, forgiveness becomes a joy.

Forgive

- In the Lord's Prayer, Forgiveness is the second part of Repentance. "... as we forgive those that trespass against us."
- Unforgiveness to others blocks God's forgiveness to us.
- Unforgiveness is like rocky soil for the plant of God's spirit. The hurts (rocks) keep His Spirit from being healthy and strong in us.
- Holding onto grudges and hurts weigh us down and keep us from feeling joy.



Prayer

- **Pray a group prayer of praise.** Something like, “Father, you are a good father! We thank you for this day. You are good/ holy/ mighty...” Let the kids fill in their own words to the prayer.
- Continue praying for the church, pastor, members, etc.
- Ask Jesus to help you wear His righteousness and ask Him to pull the weeds of disobedience.

Pray it, Don't Say It

- **Sometimes we spend so much time talking about prayer** requests, there isn't much time for prayer.
- Instead of asking for prayer requests, tell the kids to “pray it, don't say it.” If they have a prayer need, they can just pray it and others can also pray about it with them.

Rock Relay

- **Use river rocks to do a relay** or some kind of activity where one rock is added at a time.
- Demonstrate how it gets heavier and heavier.
- Discuss what happened during the relay and how it relates to forgiveness.

Rocks are Heavy!

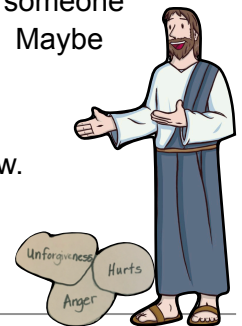
There's a story about a man who picked up a rock for every time someone was unkind to him. Anytime something hurt his feelings, he picked up a rock, any old rock, to help him remember to be mad. As you can imagine, that began to be pretty heavy!

You can read the story or poem by looking up Pockets Full of Rocks by Larry Hiller.

Drop the Rocks

Can you think of a rock in your life? Maybe someone hurt you. Maybe you are still angry with them. Maybe something bad happened and you blame someone, yourself or even God for it.

Pretend to hold that rock in your hand right now. Name that rock. Which hurt is weighing you down? Can you lay that rock down at the feet of Jesus?



Videos

Sometimes it's really hard to forgive people who have hurt us. It's not easy. These illustrations might help.

• **Scripture stories: Joseph forgives his brothers** <https://www.youtube.com/watch?v=ndETu4bzwAY>

• **Corrie Ten Boom** - maybe a retelling of this story. This might be better for older children or those who have gone through hard experiences. <https://youtu.be/3cfp5ivLZb4>