



WEEK TWO

RUTH 1 & 2

Ruth and Boaz

ASK  
THIS

When is it hard to be kind?



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RUTH 1 & 2

Ruth and Boaz

ASK  
THIS

When is it hard to be kind?

DO  
THIS



BED TIME

What is something kind you did for someone in your family or a friend? Was it easy or difficult? We all know that we should be kind to the people we're close to, but that can sometimes be hard to do! Think about Ruth. When things got tough she chose to treat Naomi with kindness. Pray, that instead of getting frustrated with your family or friends, you will all choose kindness.

REMEMBER THIS

"Do to others as you want them to do to you."  
Luke 6:31, NIV

LIFE  
APP

**KINDNESS** – Showing others they are valuable by how you treat them

DO  
THIS



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## PROVE YOU LOVE THEM

by Kristen Ivy

I love my kids.

If I'm really honest, there's something inside me that wants them to know how much I love them. I'm not sure why. Maybe it's because I know how significant love is in the life of a child and I just hope they know—really know—how much they are loved, but they don't. How could they? They're kids. They might never understand or appreciate the way I love them.

That's okay. A kid doesn't have to understand or appreciate a parent's love in order to be affected by it.

So, what if the best thing we can do for our kids is not to get them to understand how much we love them, but to prove to them that we love them enough. What does enough mean? Maybe, in their world, it's as simple as SHOWING UP.

We can show up predictably. Whatever your work schedule, or your activity schedule, or your school schedule, you can show up in predictable ways. It's how you greet them in the morning, how you meet them at the end of the school day, how you end the day together and how you spend your weekend. It's the small ways that you show up in their world, day after day, week after week, that communicates love.

We can show up mentally.

Okay, this won't apply all the time. There are sometimes when our mental energy is somewhere else, that's just life. But there are moments when we can show up mentally more than others. We can plan strategic moments to disconnect and focus on what they have to say. One of the best times to show up mentally might be riding in the car. Some research actually shows that conversations happen more easily when we don't have direct eye-contact.

We can show up randomly.

These are the really fun moments. The surprises. It can be an unexpected note in the lunch box or a text in the middle of the day. It can be a non-traditional dinner night doing exactly what they want to do. Whatever it is, when you show up randomly, you have an opportunity to show your kid that you are thinking about them when they least expect it.

In the ways we show up for our kids, we can reveal small pieces of our indescribable love, so that they will know that they are lovable and that they have worth.

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