



WEEK ONE

TITUS 3:4-7

Kindness Principle

SAY  
THIS

Be kind to others because  
God is kind to you.

DO  
THIS



MORNING TIME

Write this on your child's mirror or in their lunchbox for them to see first thing! "God will love us forever, just like my love for you."

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

RAISING A KIND PERSON

by Reggie Joiner

So how kind have your kids been lately?

That is one of your goals as a parent right? Along with a good education, health, financial autonomy, and faith in God, you hope your kids will be nice, at least some of the time.

That's because most of us believe life in general just works better when everyone is treating each other kindly.

Actually being kind, like other positive character qualities, makes you not only happy, but it also makes you healthy. According to one scientist, David Hamilton, kindness changes the brain, impacts the heart and immune system, and may even be an antidote to depression.

But sometimes it's just hard for kids to be kind, especially when . . .

a sister ruins a favorite sweater.  
a brother eats the last piece of cake.  
a friend stabs you in the back.

At the risk of sounding like a broken record, (most parents over 40 will understand that cliché), there is one big reason you should remind your kid's to be kind . . . God! The idea that we are made in the image of God should be a compelling reason to teach kids they should be kind. Most of the time when a kid asks, "Why?" your answer can be, "because you are made in the image of God!"

It's definitely the answer in this case. Since God created all of us in His image, we should be kind to one another. Maybe that's why Jesus said . . .

*Do to others as you want them to do for you,* (Luke 6:31, NIV).

That makes a great motto for any home, worthy enough to be put on a plaque, especially since Jesus said it. It's the perfect line to drop when you've been dragged in to referee a disagreement or when you need to silent a vengeful tattleteller. But really, it's true. When our kids learn empathy for others, it can have an impact on how they treat them.

So, help your kids learn to start thinking about the feelings of others. Ask questions like, how would that make you feel, or how do you think that made *him* feel?

Being kind and raising kind people is actually a really good goal to have as a parent, because kind people have better relationships, and they ultimately live a healthier, happier, more successful life.

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WEEK TWO

RUTH 1 & 2  
Ruth and Boaz

SAY  
THIS

Be kind to your family  
and friends.

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

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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WEEK THREE

MATTHEW 25:35-40

The Least of These

SAY  
THIS

Be kind to people who  
are overlooked.

DO  
THIS



DRIVE TIME

Share the kindness! Have each person in the car take turns talking about how another person in the car showed them kindness that week or month. Expand even further and talk about what your kid might have seen someone at school do that showed kindness to another person. Encourage one another to spread kindness wherever they are!

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

FIVE PRINCIPLES OF PARENTING

From *Parenting Beyond Your Capacity*  
by Carey Nieuwhof and Reggie Joiner

Here's a few things we know will always  
be true about you as a parent:

You will get tired.  
You will struggle with what you should  
do in a number of situations.  
Your kids will not always behave  
exactly the way you want.  
You will stay awake sometimes,  
worrying about them.  
You will wonder, more than you should,  
if you're a good parent.

But we think there are five principles  
that will help you as a parent navigate  
through a variety of different seasons.  
And that if you begin to instill them  
into your parenting, your relationship  
with your children, and with the other  
people they need in their lives, will  
move in a better direction to parent  
beyond your own capacity.

We want to invite you to engage your  
family in a bigger story, a story that will  
expand their perspectives and reveal  
a significant role in this world. It's a  
story that involves more than just your  
family; it involves other influencers  
who are on a journey to discover who  
God is and why a relationship with  
Him really matters.

We want to encourage you to establish  
a lifestyle as a parent where you . . .

WIDEN THE CIRCLE

Invite others to invest in your children,  
so your sons and daughters have  
other voices that will help shape and  
determine the direction of their lives.

IMAGINE THE END

Focus your energy and effort on the  
issues that will make a lasting impact.

FIGHT FOR THE HEART

Create a culture of unconditional love  
in your home to fuel the emotional  
and moral health of your children.

CREATE A RHYTHM

Tap into the power of quality moments  
together, and build a sense of purpose  
through your everyday experiences.

MAKE IT PERSONAL

Allow your kids to see how you strive  
to grow so they can understand how  
to confront their own limitations and  
pursue character and faith.

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and parenting resources, visit:  
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WEEK FOUR

**MATTHEW 5:43-48**

Love Your Enemies

SAY  
THIS

**Be kind to people who  
aren't kind to you.**

DO  
THIS



MEAL TIME

Q & A for kids: What is the most valuable thing you own? How do you treat it?

Q & A for parents: What is the kindest thing anyone has ever done for you?

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

**RULES OR RELATIONSHIP:  
A SIMPLE MAXIM FOR PARENTS**

by Carey Nieuwhof

My guess is that in your house—like my house—there's a constant tension between rules and relationships. Your nine-year-old is supposed to help wash the car, but instead decides that riding his bike is a far more important to the functioning of the universe than cleaning your dirty minivan. How do you respond?

On the one hand, you need . . . rules—boundaries, guidelines, and limits that make life work and shape character. On the other hand, you need . . . relationships—love for each other, respect, and even some basic kindness.

But rules and relationships always seem to be in tension with each other, don't they? Clamp down too hard on the rules, and the relationship suffers. Or work hard on relationship and the temptation is to slack off on the rules.

To make matters more confusing, in most families, one parent tends to be the relationship parent and the other tends to be the rules parent.

If you're like me, a rules guy, you are tempted to ground your nine-year-old for life, pull all video gaming privileges and be angry enough that most observers would assume you discovered your son had joined a super-villains army, not failed to pick up a sponge.

If you're more the relationship type, you'll abandon your bucket in the driveway, get on your bike and go have a picnic

in a green field with your new found best friend while gentle music plays in the background and your rules-loving spouse drives the car to the junkyard in protest.

Here's a maxim that I think can help those of us who struggle with this tension, which definitely includes my family:

Never ruin a relationship over a rule.  
Never ruin a rule over a relationship.

We need them both, because as even we learn, far more freedom is found in keeping good rules than in breaking them. And so much freedom is found in great relationships. It's a both/and approach that wins in the end, not an either/or.

So how do you solve the car wash situation with your mildly rebellious nine-year-old? You hang in the tension of rule and relationship long enough to save both.

I know this isn't an easy tension to manage, but it is a tension almost every family experiences. If you commit to honoring both rules and relationships, your kids might emerge into adulthood a few years from now with respect for both rules and relationships in place.

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