



RANDOM ACTS OF KINDNESS

Do Kindness

September 10, 2022

1 PREPARING

A. THE SOURCE

Genesis 39:20-23 (NIV) • “But while Joseph was there in the prison, the Lord was with him; he showed him kindness and granted him favor in the eyes of the prison warden. So the warden put Joseph in charge of all those held in the prison, and he was made responsible for all that was done there. The warden paid no attention to anything under Joseph’s care, because the Lord was with Joseph and gave him success in whatever he did.”

1 Samuel 20:12-15 (NIV) • “Then Jonathan said to David: ‘I swear by the Lord, the God of Israel, that I will surely sound out my father by this time the day after tomorrow! If he is favorably disposed toward you, will I not send you word and let you know? But if my father intends to harm you, may the Lord deal with Jonathan, be it ever so severely, if I do not let you know and send you away in peace. May the Lord be with you as he has been with my father. But show me unfailing kindness like the Lord’s kindness as long as I live, so that I may not be killed, and do not ever cut off your kindness from my family—not even when the Lord has cut off every one of David’s enemies from the face of the earth.’”

Acts 4:8-10 (NIV) • “Then Peter, filled with the Holy Spirit, said to them: ‘Rulers and elders of

the people! If we are being called to account today for an act of kindness shown to a man who was lame and are being asked how he was healed, then know this, you and all the people of Israel: It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stands before you healed.’”

Romans 2:1-4 (NIV) • “You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things. Now we know that God’s judgment against those who do such things is based on truth. So when you, a mere human being, pass judgment on them and yet do the same things, do you think you will escape God’s judgment? Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God’s kindness is intended to lead you to repentance?”

Ephesians 2:6-9 (NIV) • “And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”

Titus 3:3-7 (NIV) • “At one time we too were foolish, disobedient, deceived and enslaved by

all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life.”

Luke 6:35 (NIV) • “But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.”

Ephesians 4:32 (NIV) • “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

2 Timothy 2:24 (NIV) • “And the Lord’s servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful.”

(See additional passages in student material.)

B. WHAT’S TO BE SAID ABOUT “RANDOM ACTS OF KINDNESS”

Kindness has a way of speaking in ways that words cannot. This is the power behind kindness. Sometimes we qualify ideas such as “love in action” or “faith that works” to show more clearly what the concept is like. Kindness is the action. You can’t be considered a “kind” person without demonstrating acts of mercy, grace, and help. Kindness causes people to feel valued. Because it goes against self-centered human nature, kindness is rare enough, and appears strange to others when they witness it. For this reason, agents in God’s kingdom who commit kindness through the power of His Holy Spirit may at times be misunderstood.

This lesson has to do with deliberately doing random acts of kindness for others. How

can it be deliberate and random at the same time? To choose to practice kindness is a way to discipline yourself to do for others what they need when they need it, instead of when it is convenient for you. We are deliberate in that we intentionally look for opportunities to show kindness. It is random in that anyone, anywhere, at any point in the day may be your opportunity to show kindness.

So part of our task will be to create ways to remind each other and ourselves of the work of kindness that God calls us to and empowers us for.

C. WHERE WE’RE GOING WITH “RANDOM ACTS OF KINDNESS”

As a result of this lesson we would like the students to be able to:

1. Understand the role of kindness in the life of the Christian and their relationship to God.
2. Deepen their sense of the value in doing works of kindness for others.
3. Construct a lifestyle of kindness instead of a variety of service projects.

D. MATERIALS NEEDED

Beginning • (Activity A) pen, paper; (Activity B) glasses, water, droppers or straws, newspapers.

Connecting • Bibles, student lessons.

2 BRIDGING

A. THE WEEK IN REVIEW

Allow 10 minutes as students are arriving to:

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
3. Say the Bible memory text either individually or in a group.

B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at www.realtimefaith.net)
- >> Service project reports

3 BEGINNING

NOTE TO TEACHER: Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

A. BEGINNING ACTIVITY

Get ready • The purpose is to have students experience how random acts of kindness continue to have an effect even after the act is done. All you will need is a pen and a piece of paper. Divide the class into groups of five to 10 and seat them in a circle.

Get set • On the top of the page write an act of kindness—be specific (example: I will do the dishes when it's your turn and you have a lot of homework.). The object is to hand the paper to one person in the circle. **Ask: If someone were to do this for you, what might you be inspired to do for someone else?** The person you have given the paper to is to then write an act of kindness that they might do for the person to their right. The rules: When it is their turn, each person should think of an act of kindness that has not already been mentioned, and it must be realistic and within their power and sphere of influence.

Go • Have the group(s) begin, and as each person reads the kindness written and passed to them, they add their own original kindness and pass it to the person on their right. When the list

has completed the circuit, let them all look at the list together.

Debriefing • Ask: What was your reaction to the list as you saw it? Do the acts seem realistic? When someone does something nice for you, what is your response? (I'm thankful. I feel like doing something nice for others. I wonder what they are up to.) **Why do you think acts of kindness have tremendous force for good in our world?**

B. BEGINNING ACTIVITY

Get ready • The purpose of this exercise is to demonstrate two things: (1) it takes a lot of little deeds of kindness to fill a person in a world of unkindness; (2) it takes only one drop to go from full to overflowing. You will need glasses, water, and droppers (or straws, anything that allows for single drops of water to fall), and several thicknesses of newspaper to put underneath each glass to absorb spills.

Get set • Have the students pair up or get in small groups of three to six. Each pair/group has a glass. Fill the glass halfway, then fill it so the water is a millimeter or two from the top. Try to get each glass close to the same level.

Go • Then ask the students to take turns adding single drops of water into the glass. Make sure they count how many individual drops it takes to get the glass to the point of overflowing. When they get to that point, one drop will do it. Make sure they make note of the number of the drop that caused the overflow.

Debriefing • Ask: How many drops did it take? Can you make a connection between the drops of water and acts of kindness in the lives of people? In the course of a day, does it matter which drop causes the overflow?

C. BEGINNING ILLUSTRATION

In your own words, tell the following story:
Consider this random act of kindness and

the endless course of good it started:

On a cruise from Mexico to Hawaii in 1979, Los Angeles lawyer John Peckham and his wife, Dottie, put a note in a bottle and tossed it into the Pacific. Three years and 9,000 miles later, Vietnamese refugee Nguyen Van Hoa leaned down from a tiny, crowded boat and plucked the bottle from the South China Sea—amazed to find a name and an address, a dollar for postage, and the promise of a reward. “It gave me hope,” said Hoa, who had escaped from a prison camp in Vietnam. Safe in a United Nations refugee camp in Thailand, Hoa wrote the surprised Peckhams. For two years they corresponded; Hoa married and had a son. Then the Peckhams agreed to sponsor the emigration of Hoa, now 31, and his family. They finally arrived for an emotional meeting with the Peckhams—and a new life from an old bottle.

—James S. Hewett, *Illustrations Unlimited (Wheaton, Ill.: Tyndale House Publishers, Inc., 1988)*, pp. 114, 115.

Debriefing • Say/Ask: Imagine if the Peckhams on their cruise had only thought about reaching out with the message in the bottle. How many times do we just think about kind things to do and fail to follow through? Follow-through is a must, which is why practicing random acts of kindness is a way to develop the kindness muscle. If you want to live a life of kindness, you have to begin practicing moments of kindness throughout the day. What other skills can you think of that require learning/practicing a little at a time?

4 CONNECTING

A. CONNECTING TO THE KINGDOM

Present the following ideas in your own words:

A young pastor responded to an invitation to attend a baby shower. His wife could not attend, so he went alone to take their gift, anticipating some cake and punch. When he entered the party he immediately noticed that he was the

only male present. He automatically felt that this event was a “girl thing.”

Isn't it amazing how you can notice what certain groups are “all about” almost immediately? Shouldn't it be obvious what we are about in God's kingdom? What is the first impression people see or feel when they walk into your church? Kindness in the kingdom has two parts: (1) it grows out of a genuine belief that everyone matters and is valuable, and (2) it must be acted on, otherwise it is not kindness. Another way to say it is “You can't be just kindhearted; you must also be kindhanded.”

B. CONNECTING TO THE LESSON ILLUSTRATION

Ask someone beforehand to read or tell the story from Sabbath's section of the lesson.

Ask: What random acts of kindness can you remember observing or being part of during the past few weeks? Encourage students to each think of something to share. This will help them to connect the ideas in this lesson to possibilities in their everyday lives.

C. CONNECTING TO LIFE

Pose the following scenario:

Kindness will cost something. It could be time, reputation, money, the spotlight, even your pride. Belinda was getting ready to go to the river with her friends. As she looked out the window she noticed an older woman patiently weeding in her front yard. The yard was overgrown because the woman had been sick for a few weeks. Belinda felt torn. She knew the woman across the street really needed help, but her friends might misunderstand if she stayed to help. She finally decided to call her friends and tell them that she was going to help her neighbor instead of going to the river.

Debriefing • Ask: According to the wise king in Proverbs, what can Belinda expect as benefits for putting kindness before her own agenda? Read the promises from Proverbs

in the student lesson and discuss what you find out about the benefits of kindness and the warnings about not showing kindness. **Ask:** **How have you seen these promises played out in real life?**

D. CONNECTING TO THE WORD

Have the students look at the rest of the verses about “kindness” in the student lesson, then ask the following questions:

1. What does kindness look like, sound like, feel like?
2. What is the source of a person’s kindness? Where does it start? (Remind the students that we are born with a sinful and self-centered nature, and only the grace of God, administered by the Holy Spirit, can prompt us to do acts of kindness other than from a self-centered motive.)
3. How do we know when to act aggressively with kindness? (Remind the students that there are times when it is not kind to do something for someone when they can and should do it for themselves. The Holy Spirit’s wisdom and direction are needed in these circumstances.)
4. Do you have to feel kindness for someone before you show it? Or does it work the other way around? Are both scenarios true? Why?

E. CONNECTING TO THE WORD

Distribute the various references found in the Preparing section of this teacher lesson. Give a reference to each student or group of students. **Say:** **Each of these stories or verses describes a perspective on kindness. Read the verse or verses carefully and discuss what this passage teaches about kindness. Then I am going to ask some questions and you decide if it is your passage that answers it or not. When you feel your verses are answering the question, stand and read the passage aloud to all of us.**

1. Which passage shows that people will misunderstand you and persecute you for

your kindness? (see **Acts 4:8-10**)

2. Which passage has someone pleading for the kind of kindness God shows? (see **1 Samuel 20:12-15**)
3. Which passage describes a kindness that comes from God in the way of protection and prosperity? (see **Genesis 39:20-23**)
4. Which passage addresses how kindness softens our hearts for repentance? (see **Romans 2:1-4**)
5. What else does the Bible say about kindness? (Read the other verses that apply.)

5 APPLYING

A. APPLICATION ACTIVITY

Ask: **We have been talking about kindness, but why “random acts of kindness”? Why is it important that it be random? What do you think?** Let the students make several suggestions.

Make the following points in your own words:

Everyone put your hand on one of your biceps. (Your own please!) How do you get the biceps muscle stronger? Reading about weight lifting? Watching other people work out and becoming an expert on technique? What about diet? Can eating vegetables make your biceps bigger and stronger? What if once a week you lift one heavy box with your biceps, will they become stronger and bigger? Of course not. We all know how our muscles grow and develop—exercise. But before we exercise kindness, one thing has to be present: a sense of someone else’s value. If we don’t like or don’t know someone, what are the chances of our feeling compelled to show kindness to them on the spur of the moment? One of the ways to prepare yourself for random acts of kindness is to practice giving value to anyone, even strangers.

Ask: **Whom do you think it is more difficult to do random acts of kindness for: family, friends, strangers, enemies? Why? Does random mean “without thought”? Can you**

be intentional and spontaneous? (Clarify the meaning of both terms.)

Share the following information in your own words:

There is a worldwide organization whose purpose is to spread kindness everywhere. (Check it out at www.randomactsofkindness.org.) The mission statement says: *The Random Acts of Kindness Foundation inspires people to practice kindness and to “pass it on” to others.* RAOK wasn’t something that just happened—it was planned. The founders planned to fit into their lives the value of serving others in kindness when the opportunity arose.

Say: Consider the story in the illustration section of the student lesson and think about an average day for you. In groups of three or four talk about opportunities for RAOK that you can seize when the opportunity arises.

Debriefing • Have the students share their ideas. **Ask:** Why is it so important to be intentional about looking for opportunities?

B. APPLICATION QUESTIONS

1. What examples of kindness do you remember from the life of Christ?
2. What experiences have you had developing good habits? What did you do?
3. How does our own selfish human nature react to doing kindnesses that take time, trouble, or effort? Where does the power come from to overcome those lazy tendencies?
4. If God were to ask you to go outside now and look for an opportunity to do a kindness, what do you think you might find? Do you have to look very far?

5. What do you think is the overall value of kindness?
6. What impact do you think RAOK would have on school cliques?
7. How would RAOK affect church life if a whole church were to practice it?
8. For whom do you think God is calling you to practice doing acts of kindness?

6 CLOSING

SUMMARY

In your own words, conclude with the following ideas:

At the very heart of this lesson is the example of God handing His gift of grace to us. Kindness is one of the colors of God’s glorious personality and one of the elements that is so scarce in our world today. Think about all the people who spend so much energy on being unkind. Consider people who live for doing good to others and ask yourself, “Which life do I want?” The Random Acts of Kindness movement did not start as a religious organization. But, for acts of kindness to be genuine, it must be the Holy Spirit motivating people’s naturally selfish hearts to be kind even when it doesn’t benefit them.

This should be the primary mission of the church—extending kindness freely. The Sabbath and the Second Coming are primary teachings that we live for and experience as Adventists. However, when we are making a first impression with people, are those beliefs what they will notice first? Could it be that when people notice our kindness they might wonder what the source is? “By this everyone will know that you are my disciples, if you love one another” (**John 13:35, NIV**).



STUDENT LESSON

RANDOM ACTS OF KINDNESS

Do Kindness

September 10, 2022

Sabbath

FOR STUDY

- » **Memory Text:** “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires” (Galatians 5:22-24, NKJV).
- » **Our Beliefs, no. 11, Growing in Christ:** “In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the church. We are also called to follow Christ’s example by compassionately ministering to the physical, mental, social, emotional, and spiritual needs of humanity.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 80-82

DO KINDNESS

“All the guy was trying to do was rob a bank. And all the little old lady was trying to do was a good deed. She saw this young man park his car . . . [and] that he had left the keys in the ignition switch. So she grabbed the keys and trailed him into the bank, where she found him talking with a teller.

“‘Young man,’ she scolded, ‘you’re going to get your car stolen if you don’t stop leaving your keys.’

“The man had just told the teller he had a gun and wanted a lot of money. But the kindly old woman kept on scolding him. He stared at her and finally gave up. Snatching the keys, he dashed out of the bank and drove away.

“Although this story is rather unique, it does illustrate a vital point. Good deeds make a difference. The wise man states: ‘Do not withhold good from those to whom it is due, when it is in the power of your hand to do so’ (Proverbs 3:27).”—Mark Finley, *Solid Ground*, p. 133.

Sunday

RESPONDING

- » Read Matthew 25:34-40.
- » Paul has been a Christian all his life. Ever since he can remember he has been involved in church activities. Lately he has been feeling unmotivated. When he heard about people doing Random Acts of Kindness he wanted to be involved in some kind of service project as well. He shared the idea with his friends, but they were not excited about his idea. “How can you help others catch the vision to be involved in service projects?” he asks.
- » What would you suggest? What is the best way to spread the kindness movement? Is he on his own or should he find a partner?

How do you think he could spread the word in his church to get people more interested in doing random acts of kindness in their community?

Monday

BIBLE ANSWERS ON GROWING IN CHRIST

- » Read Psalm 77:11-12; John 20:21; Colossians 2:6; James 1:27.
- » As we pray, read, and study our Bibles we learn more about how much God loves us. We see how Jesus interacted with others while on earth—He showed kindness, caring, and love. As His children, we are to show the same love, caring, and kindness to those around us.
- » Find an opportunity and do a random act of kindness this week.

Random Acts of Kindness From the Bible

- » Find the Bible reference that goes with each statement and write the person's name on the lines provided.

John 12:3
Acts 9:36
2 Kings 5:1-4, 14-16
Luke 10:30-37
Genesis 24:10-21
1 Samuel 25:18, 19
John 6:9
2 Samuel 9:3, 4, 6, 7

1. He was hated among the Jews, but he stopped to save a life anyway.

2. Someone asked her for a drink of water and she gave water to him and all 10 of his camels. _____

3. She was a disciple who always did good to others. _____

4. She was the maid of her master's wife. She helped save her master's life.

5. Andrew asked him to share his lunch.

6. His father's best friend showed him kindness and cared for him.

7. He took food to an army of men. _____

8. Jesus cast demons out of her more than once (Mark 16:9). She loved Him very much. _____

Tuesday

REFLECTING

- » Read John 13:35.
- » We know that God is the source of all true love and kindness. So who should be the kindest people around?
- » There are some who will aspire to greatness by being the best student, the best musician, the best looking, the best athlete. Those who are great in those ways get a temporary reward but their satisfaction and happiness do not last. Nothing that we do for selfish purposes will bring lasting happiness. But ask anyone who spreads kindness around what the reward is. They'll no doubt tell you that it is the greatest experience in the world. The only way to discover how awesome it is to spread kindness is to do it. And who gives you the desire and the power to give of yourself like that? God's Spirit.

- » What does John 13:35 say? What is it that will tell others if we are followers of Jesus?

Wednesday

BIBLE INSIGHTS

- » Fill in the blanks from the New International Version, using Biblegateway.com.

1. "Those who are _____ benefit themselves, but the cruel bring ruin on themselves" (Proverbs 11:17).
2. "_____ weighs down the heart, but a _____ word cheers it up" (Proverbs 12:25).
3. "It is a sin to despise one's _____, but _____ is the one who is kind to the _____" (Proverbs 14:21).
4. "Whoever _____ the poor shows _____ for their Maker, but whoever is kind to the _____ honors God" (Proverbs 14:31).
5. "Whoever is _____ to the _____ lends to the Lord, and he will reward them for what they have done" (Proverbs 19:17).
6. "Love is _____, love is _____. It does not _____, it does not _____, it is not _____" (1 Corinthians 13:4).
7. "Make sure that _____ pays back wrong for wrong, but always strive to do what is _____ for each other and for everyone else" (1 Thessalonians 5:15).
8. "For this very reason, make every effort to add to your faith _____; and to _____, _____; and to _____, _____;

and to _____,
 _____;
 and to _____,
 _____; and to
 _____, mutual
 _____; and to mutual
 _____, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ" (2 Peter 1:5-8).

Thursday

CONNECTING

- » Read Colossians 3:12-14.
- » Review the memory text.
- » "Father, forgive them" is the most heartfelt plea of all time. What about the promise, "You will be with me in paradise"? That's a promise made to a dying man! When the weight of sin crushed the heart of Christ on the cross He cried, "My God, My God, why have You forsaken Me?" (**Matthew 27:46, NKJV**). These were the words Jesus spoke as He paid the highest cost of setting us free at Calvary. "Well done!" will be one of the most joyous phrases that human ears will ever hear when Jesus welcomes us home to heaven.
- » These short statements depict the very heart of God for people. You can pack a lot of love in little statements. Yet those little statements are lifeless without the actions behind them. But we can be sure of this: God loved people so much that He wasn't content to just tell them. He was determined to show them His love. God wants us to do the same thing. We should not only tell others about His love, but show them with our kind actions and words that God cares for each one of them!

Friday
APPLYING

- » Read 2 Peter 1:5-8.
- » The key to developing RAOK (random acts of kindness) as a way of life for you and your friends is a three-part process. We have to be kindheaded, kindhanded, and kindhearted. Often, showing kindness to someone you don't like is a sheer act of will based on the knowledge (kindheaded) that Jesus loves them. But claim the power of God's grace and just do

something kind for them (kindhanded). While you may not have an overnight change of heart, over time you will change. You will experience a different kind of love (God's agape love) and you will never be the same (kindhearted). Think of people you have a hard time extending kindness to. You don't have to start there, but doing random acts of kindness is about being ready for anything. After practicing a few RAOK, take a few minutes and reflect on the experience and what you learned from it.

