



KINDNESS

Showing others they are valuable by how you treat them

WEEK

2

MEMORY VERSE | Luke 6:31

FOOD for THOUGHT :

Twenty year old Fraser is showing senior citizens in a Scottish nursing home just how valuable he sees them, as he shows up several times a week to take them on carriage rides. Fraser pushes the carriage with his bike, using his time and energy to show kindness to the elderly riders, who pay him back with stories and songs. "Everyone has some time in their lives that they could give back to the elder generation and offer them opportunities like this that they wouldn't get otherwise, and really share their stories and celebrate how they've lived their lives," Fraser says.

Who do you know in your life that needs to be reminded how valuable they are? What is something you could do to show that person—or group of people — their value? What might it cost you to do that? (Time, money, energy, etc.) How can you push past the cost to show kindness this week?

Just for
FUN!

Watch Fraser's kindness in action: <http://bit.ly/2vxSy7b>

