

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.

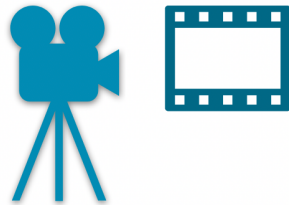


<https://www.thekindnessrocksproject.com>

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!

Email kkidsontheirknees

for a story that goes with this lesson.

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



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 and helping others.



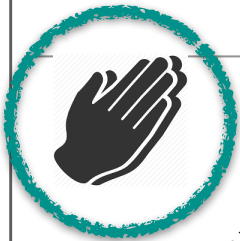
**Kingdom Kids On Their Knees -
Leaders' Booklet #6**

Forgiveness is 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.



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** when you have prayer time, "Pray It, Don't Say It." If someone has a prayer need, they can just pray about it out loud and others can also pray about it with them.
- **Don't forget to praise the Lord** and thank Him for His answers and blessings!

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.

By Larry Hiller

Malcolm Tent was just fine. He was doing OK,
Till he went to his classroom one dark, stormy day,
And his teacher, Ms. Krabb, blew her cork, flipped her lid,
Blaming Malcolm for something that someone else did.

"It just wasn't fair! It just wasn't right!"
Malcolm said to himself at the bus stop that night.
"I will not forgive, and I will not forget!"
He promised himself in the cold and the wet.

Looking down as the rain soaked his left shoe and sock,
He saw something shiny, a rain-slickened rock.
"What a perfect reminder, my best idea yet!
This rock will remind me to never forget."

But Malcolm soon found one rock wasn't enough.
Turns out he was bothered by all kinds of stuff.
Malcolm got quite annoyed with the things people do
'Cause he didn't remember that he's "people" too.

So finding more pebbles, more stones, and more rocks,
He put them in pockets—even down in his socks.
(If you want to stay grumpy and grouchy all day,
A good friend's the best thing your Malcolm would say.)

A colorful illustration of a young boy standing in the rain. He is wearing a brown and orange striped raincoat with a large yellow letter 'B' on the chest, blue pants, and a red cap. He has a sad expression. The background shows rain falling and a dark, stormy sky.

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>