

TOTAL REVOLUTION of VALUES

Session #5 – From Selfishness to Kindness

Session Objective: This session will:

- Introduce the concepts that selfishness is focused on self whereas kindness is focus on the other person
- Challenge students to make kindness the 'new normal'

THIS SESSION REQUIRES EXTENDED PREPARATION

Leader Note: This session is designed for action. We encourage you to challenge your students to make kindness 'the new normal' by taking action. Therefore, we encourage you to plan ahead, use the session introduction and make this session into a "Kindness Night". Here are a few ideas:

- Develop a list of random acts of kindness and take some time to live them out. A random act of kindness is an action that serves another in love – ideas could include: delivering flowers/candy/pop/baked goods to group members/parents, church members, or strangers, cleaning snow off parked cars, paying for the person behind you at a drive thru, encouragement notes, etc. **To make this session run smoothly, you may need to prepare a week or night ahead with a smaller group of students – i.e. having a baking night, gathering supplies, etc. This night can be a fun night of added relational ministry.**

If you are delivering things unsolicited to people's homes, you may consider dropping off a letter of explanation on church letterhead the day before – simply to give the recipients a sense of safety in an age where kindness is rare.

After your "Kindness Night" have students share their experiences. Ask questions like:

- 1. How did people respond to your act of kindness?**
- 2. Were people surprised or untrusting? Why do you think they felt that way?**
- 3. What feelings did your experience bring out in your life?**
- 4. What holds us back from kindness?**

Options: Our focus on self, time, fear, etc.

5. How can we make kindness the ‘new normal’ in our daily lives?

6. What act of kindness do you want to focus on this week?

Session Introduction Options

- Open with a movie clip from “**Pay It Forward**”. In this movie a young boy is given a project: Come up with an idea that will improve the world. His little idea (of paying good deeds forward) sweeps across the country and creates a media stir. Watch the whole movie and select a possible clip or show the whole thing. The application is clear: Just like the small seed that becomes the great tree, so God can take our small offerings and multiply and grow them into **TOTAL REVOLUTION!**

And/or

- **Leader Say:** (As opener): Tonight, as we continue to seek a *TOTAL REVOLUTION OF VALUES*, we are going to take action to turn from self-focus to kindness or focus on others. Ironically, we are often consumed with ourselves – so much so that selfishness is normal in our society and kindness is abnormal. Unfortunately, this isn’t anything new – our natural pattern is to look first and sometimes only to ourselves. Kindness is one of the fruit of the Spirit (supernatural living). One great illustration of our goal to live lives of kindness is Paul’s letter to the Philippians. Read Philippians 2:19-21 We need to be people like Timothy, who look out for the interests of Jesus Christ.

And/or

- Parable of the Good Samaritan (Luke 10:25-37)

Comments and Feedback

Leader Note: This is your place each week to record significant sharing or growth in the lives of your students for subsequent follow up. You can also use this space to provide feedback on the material. All suggestions are welcome.

Please see the following handout. You have permission to reproduce these handouts for your group.