



VIRTUE=STRENGTH.TM



KINDNESS

The strength to be friendly, thoughtful and welcoming to others.

VIRTUE=STRENGTH.[™]

DEFINITION

This week our strength building on the virtue of LOVE FOR NEIGHBOR is KINDNESS.

The strength to be friendly, thoughtful and welcoming to others.

THE GOLDEN RULE

Treat others the way you want to be treated.

“Do unto others
as you would have them do unto you.”

Matthew 7:12

KINDNESS



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KINDNESS

RESOLUTION

*Kindness is The strength to be friendly,
thoughtful
and welcoming to others.*

Is there a thoughtful action we all do to help others this week?

Examples:

Shoveling a neighbor's driveway or sidewalk.

Sharing something with a friend.

Doing a small chore for Mom without being asked.



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KINDNESS



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Matthew 4: 42-48

Give to the one who asks of you, and do not turn your back on one who wants to borrow. You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust.

For if you love those who love you, what recompense will you have? Do not the tax collectors do the same? And if you greet your brothers only, what is unusual about that? Do not the pagans do the same? So be perfect, just as your heavenly Father is perfect.

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I AM
THE WAY,
AND
THE TRUTH,
AND
THE LIFE.

NO ONE COMES
to the FATHER EXCEPT
THROUGH ME.

JOHN 14:6

KINDNESS

"The greatest kindness one can render to any man is leading him to truth."

- St. Augustine

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KINDNESS

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love."

- St. Basil





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MEANNESS

“BEING VERY RUDE TO OTHERS.”



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VICE

WHY ARE SOME PEOPLE SO MEAN?

- * Fear - some people have insecurities and vulnerabilities that they want to protect. Being mean is a self protective function that keeps people at a safe distance. If you respond to a person that is being mean that is motivated by a fear of getting hurt with a little sharpness from your end, you actually reinforce their motivation to be mean because you just fulfilled their fear that people can't be trusted.
- * Hurt - just like its twin sister Fear, when people have hurt feelings they go into self preservation mode and act like they are afraid.
- * Weakness - Sometimes people don't know any better. They think that being aggressive is just being assertive. Sometimes people will justify their meanness by explaining that they shouldn't have to sugar coat anything, or that they are just being honest.

There are many reasons and in the end there are no excuses.

We should always follow the Golden Rule!





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