

KINDNESS: PRACTICE, PRACTICE, PRACTICE

February 7, 2026

Bible Readings

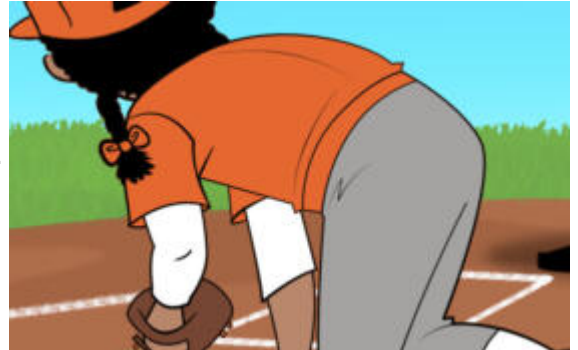
Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Titus 3:4-7

Memory Verse

²² God's Spirit makes us loving, happy, peaceful, patient, kind, good, faithful, ²³ gentle, and self-controlled. There is no law against behaving in any of these ways.

Galatians 5:22-23



CASEY'S DAY

written by Ron VandenBurg
illustrated by Chad Thompson



What kind of skills do you practice over and over again? Maybe it's that perfect changeup pitch? Or a card trick that you haven't got quite right. Maybe it's a song that you're performing for a talent show. Now, try this: Do you ever spend time practicing kindness?

God wants us to be kind! *Colossians 3:12* says, "God loves you and has chosen you as his own special people. So be gentle, kind, humble, meek, and patient."

Some people think kindness means letting others boss you around, but that's not true! Kindness is strong. It means standing up for what is right in a loving way. Jesus came to earth, served, and died as the way God showed us how good and kind he is ([Titus 3:4-7](#)).

Think about recess: Are you kind to your friends? Do you share, take turns, and play fair? What about at home? Do you speak kindly to your brother or sister? Do you listen to your parents and help when they ask? And what if someone disagrees with you—how do you respond?

Kindness is love in action. It spreads like ripples in a pond when you throw a rock. A simple act of kindness—like sharing, encouraging, or helping—can brighten someone’s day and inspire them to be kind too.

The best way to grow in kindness is to practice it every day! Surround yourself with kind friends, and always choose love. Do one kind thing for someone today; maybe a smile, a hug, or a helping hand. You never know how much it might mean to them!

Prayer

Dear God, thank you for loving me and teaching me to be kind. Help me show kindness to my family, friends, and even those who are not kind. Give me a heart like Jesus that loves, forgives, and spreads goodness. Let my kindness shine so others can see your love through me. Amen.

written by Ron VandenBurg

<https://kidscorner.net/devotions/kindness-practice-practice-practice>
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