

Make Waves: What you do today can change the world around you.

Read: Galatians 6:10

DAY
1

Go You!

Make a poster for a friend that could use some encouragement. Make it fun, colorful, and encouraging! Ask an adult to help you deliver it to them. Hold it out for them to see and tell them how you see the good in them and that you are cheering them on!

LOOK for ways to encourage others.

DAY
2

Do It!

Think of someone in your home or neighborhood that you can show God's goodness to. Choose a person and something you can do for them this week. Think of something that would be a blessing to them. Invite someone over who doesn't have a lot of friends, bake cookies, take your neighbor's dog for a walk. What can you do that is really special for someone else in your life this week?

ASK God to show you a way to make someone's week special.

DAY
3

Everyone for Everyone

Galatians 6:10 talks about doing good to everyone. Read it together with an adult. Talk about some things that you and your family can make a part of your weekly rhythm to do good to others.

KNOW that you can do good.

DAY
4

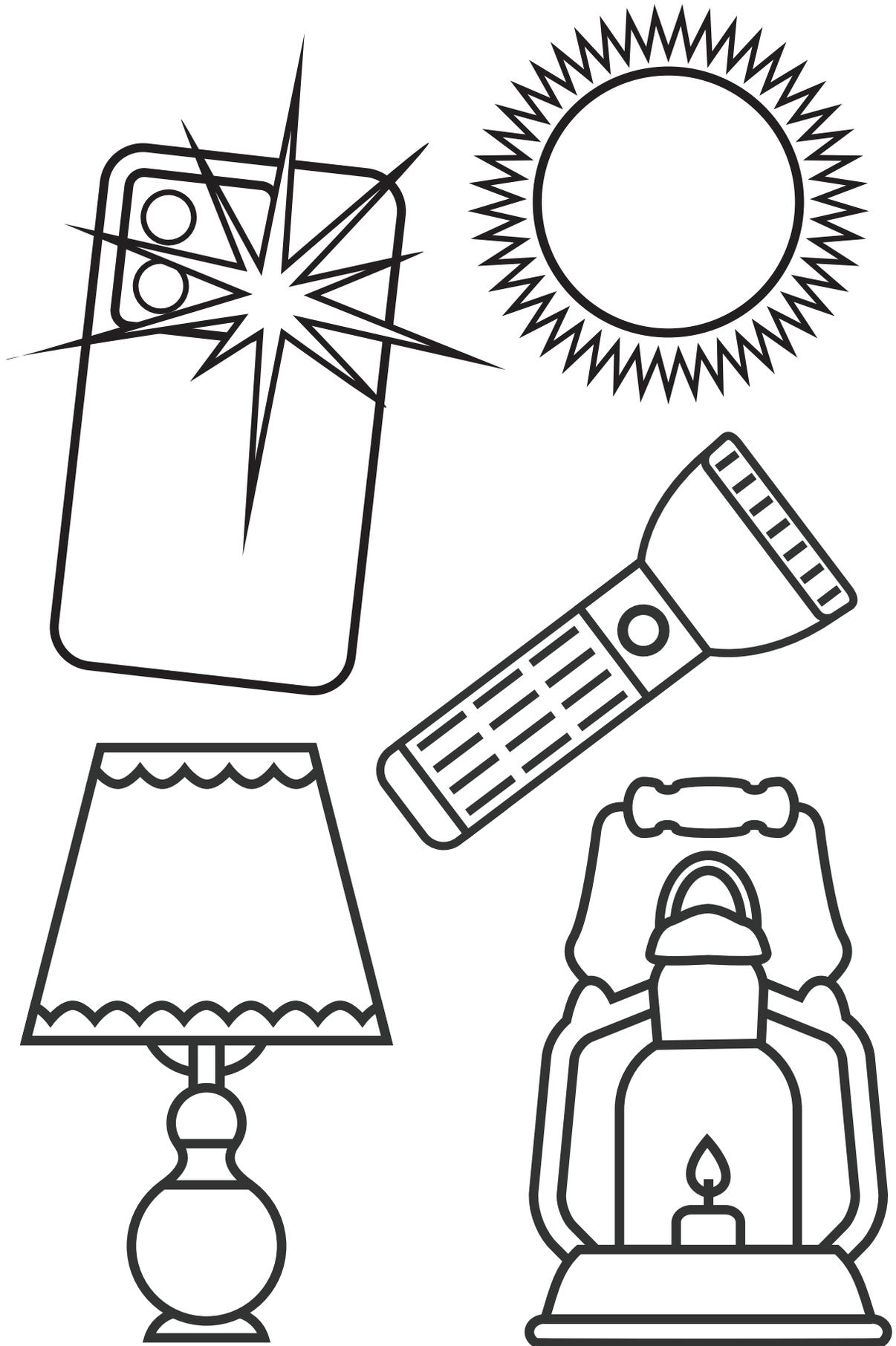
God's Goodness

God is so good. Say a prayer thanking Him for His goodness.

Dear God, You are so good. Thank You for teaching us what goodness looks like. You taught us how to treat others and I pray that I can show others Your goodness today. Amen.

LOOK for God's goodness in what is around you.

Show God's
goodness to others.



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DAY 1

Read Nahum 1:7

We love to use the word “good” to describe things.

How’s your day? Good.

How are you feeling? Good.

How’s the pizza? Good.

When we use the word “good” we often think of it as “average” or just “okay.” But God not “average” or “just okay!” God always does what is right and is perfect. Because of the goodness of God we can trust Him no matter what. We can show God’s goodness to others.

Verb Verse

Fill in the missing verbs or action words in today’s verse. Cross out the words “people,” “they” and “those” and replace them with your name. Reread the verse aloud, thank God for His goodness and ask Him to help you share it with the people around you.

“The Lord is _____. When people are in trouble, they can _____ to him for safety. He _____ good care of those who _____ in Him.” Nahum 1:7

DAY 2

Read Matthew 5:14-16

Jesus is the light of the world! He came to show us the way to God. And when we put our trust in Jesus, we can reflect His light to the world around us.

Bright Light/Blocked Light

1. Go grab a flashlight and a bowl.
2. Turn on your flashlight.
3. Read the examples below. If it’s an unwise choice, block the light by covering it with the bowl. If it’s a wise choice, shine the light all around the room.

- ➔ You copy your neighbors test when you don’t know the answer.
- ➔ Your mom asks how long you’ve been playing on your tablet. You choose to be honest and tell her your time is up.
- ➔ Your friend is sad so you sit down next to her on the curb at recess and ask what’s wrong.

You can show God’s goodness to others by making wise choices that honor God and the people around you. When you do, you’ll be shining a light that helps others to follow Jesus.

DAY 3

Read Romans 12:9

How do we know what is “good” and what is “bad”? After all, we all like different things. You might say chocolate ice cream is good but strawberry is bad. Or hot dogs are bad but hamburgers are good.

But the “good” in today’s verse has nothing to do with our personal likes and dislikes. When God asks us to do what is “good,” His standard is always love. In other words, we do good by showing love to others. When we have a choice to make, if that choice leads us to show love to others, then it’s always the wise choice. We do good when we show love.

Hold On to Heart

1. Grab a piece of paper and draw a big heart in the center of the page.
2. Write the words of today’s verse in the center of your heart and then color or decorate it any way you choose.
3. Ask God to help you “hold on to what is good” this week by showing love to the people around you.

DAY 4

Read Galatians 6:10

This week, we’ve talked about God’s goodness and how we can make waves when we do good to others. Doing good means we help, we encourage, we tell the truth, we honor others and put them first. Today’s verse reminds us that when we follow Jesus, we are to do good to everyone, whenever we can.

Do you have a pet at your house? When you feed your dog, what does your dog do? You probably see a lot of tail wagging! When you pet your cat, what does your cat do? You might hear a whole lot of purring! When you add bird seed to your outdoor bird feeder, you probably see some happy squawking birds flock to the feeder to fill their bellies.

Those responses from your animal friends are their way of saying, “Thank you for taking care of me! Thanks for being good to me.”

And all that good care can be extended to the people around you! You can show goodness to others with God’s help. This week, when you have an opportunity to do good, take it. When you can, show God’s goodness to others.

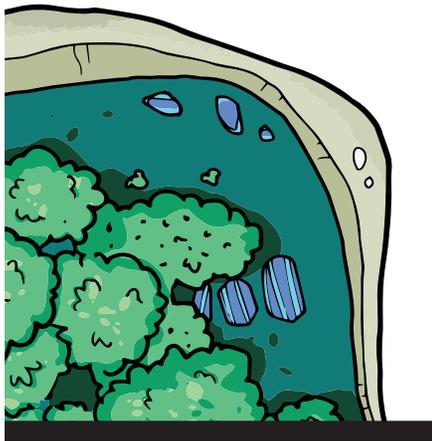
Show God’s
goodness to others.

Day 2

Read Matthew 5:14-16

Before you read, go find a flashlight, a bowl, and a mirror. Then read Matthew 5:14-16 twice, first to yourself, and the second time out loud, turning off the lights before the second reading. As you read it out loud, use the items you gathered to illustrate what you are reading. Turn on the flashlight when you read the word “light” for the first time. Put the light under the bowl when you get to that part, and then hold up the light on the “hill” section. Lastly, use the mirror to reflect the light beam and notice how the light spreads.

In the same way, when you shine your light, showing goodness to others, God’s light spreads around, making waves that change the world around you!



Day 3

Showing God’s goodness to others may seem like a big task, but it’s important to remember you’re not showing your goodness, but God’s!

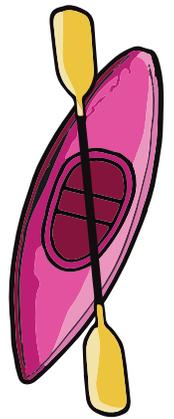
That means that you can rely on God’s power to help you be honorable and true in everything you do. Take a minute to ask God right now to help you shine a light of goodness—being truthful, kind, and compassionate to everyone around you.

On one of your hands, write the word ‘goodness,’ but write it like this: **GOoDness**, to remind you to ask God throughout the day to help you shine God’s light and show God’s goodness to others!

Day 4

In order to show God’s goodness to others, you have to start by recognizing God’s goodness in your life and the world.

Start making a list of all the ways you have seen God’s goodness, and then ask others where they have seen God’s goodness too. You can ask family members, message your small group leader and church friends. Add their answers to your list as well, and hold on to your list for tomorrow.



Day 5

How can you show God’s goodness to others?

Take a look at your list from yesterday of examples of God’s goodness. Do you see any common themes? God’s goodness showing up as met needs, unexpected blessings, the kindness of others. **How can you show God’s goodness to others?** Pick one of the ways God has shown goodness and figure out how you can pass that on to others. You could do a random act of kindness for a stranger or help an elderly neighbor with carrying groceries or yard work or spend time with a little kid who looks up to you. And if you happen to receive gratitude, be sure and explain that you’re just living out the goodness God has shown you!