

Compassion is caring enough to do something about someone else's needs.

DAY 1

Read Matthew 14:19–20

What do you usually find in your lunch box?
Draw a picture of your typical lunch in the space below.

Fun fact: the kid who gave up his meal to the disciples probably didn't give up lunch. Most likely, it was supposed to be his dinner. When he left home that day, he had NO idea how far that one small meal would go. But because he was willing to use what he had to help, Jesus multiplied it to feed thousands of people.

There are BIG needs all around us. And sometimes, it might feel like your value-sized meal's worth of help won't make enough of a difference. Don't let that stop you from helping! You might not be able to help everyone, but you can help someone.

Packed with Compassion

Write "Use what you have to help others" on a piece of masking tape and stick it to the bottom of your lunch bag as a reminder to show compassion this week.

DAY 2

Read Ephesians 4:32

What matters to you? Set a timer for 30 seconds and write down the things you value most in the box.

What's Important to Me

When it comes to compassion, we can show others that they matter. Today's verse gives us a few clues.

1. Choose kindness: What does kindness mean to you?
 - Kindness is showing concern for others, putting others first, and helping even if it costs you something.
2. Be tenderhearted: What does it mean to be tender towards someone else?
 - Being tenderhearted means showing concern for others, listening and caring.
3. Forgive: Why is forgiveness important?
 - Forgiveness is being willing to overlook a wrong—to let it go.

Did you name anyone in your list above? How could you show compassion to that person this week? Ask God to help you choose kindness, be tenderhearted, and forgive.




DAY 3

Read Hebrews 13:16

What was the last thing you forgot? Maybe you forgot to...

- Finish your homework
- Plug in your iPad or computer for school
- Take out the trash
- Close the fridge all the way
- Say "thank you" when someone helped you

We all forget things sometimes. That's why the writer of Hebrews is reminding us to show compassion by doing good and by choosing to share. One trick to help you remember is when you see a need, repeat these two key questions below to yourself. Once you have an answer, get busy using what you have to help others. Know that when you do, God is so pleased.



Two Key Compassion Questions

- ➔ How can I "do good"?
- ➔ What can I share?



DAY 4

Read 1 Thessalonians 5:11

Do you like to build things? Maybe you're a Lego or K-Nex kid. Maybe you love to stack things to build the tallest tower. Today's verse is talking about a different kind of "building." To build others up means to encourage, to literally give courage where it is needed.



You can encourage by:

- ➔ Praying for others
- ➔ Speaking words that are true and helpful
- ➔ Offering to help

There are lots of ways you can encourage others that don't cost anything. You can use what you have (your prayers, your words, and your good deeds) to show compassion!

Build the Verse

Grab a set of Jenga blocks or Lego bricks and masking tape. Write out the words of today's verse on small pieces of tape to attach to the front of each block or brick, then build the verse by stacking up the words in verse order. Don't forget to include the reference (1 Thessalonians 5:11) at the end.



Use what you have
to help others.