

Week 5 Transcript

For this transcript instead of providing the word for word captions we will provide the list of ten ways to show kindness.

Ten ways to show kindness:

1. Say thank you even if it's for something the person is 'supposed' to do
2. Give respect even if they don't deserve it
3. Build a bridge when you'd rather battle
4. Notice the good things you were blind to before
5. Tell them you're grateful rather than assume they know it
6. Honor what they do rather than focus on what they don't
7. Uplift others without worry of being undermined
8. Compliment their way instead of trying to control it our way
9. Take moments to praise, even when your schedule is packed
10. Affirm them in the little ways they need rather than being struck on what you would need

NOTE: If you have time, we do encourage you to view the video, it was a lot of fun!

Week 5: Praise Party

GOOD SOIL, GREAT FRUIT

Description: : A visual parable of how positivity and God's truth bears fruits of kindness

Objective: Make clear the impact of negativity and positivity

DIRECTIONS:

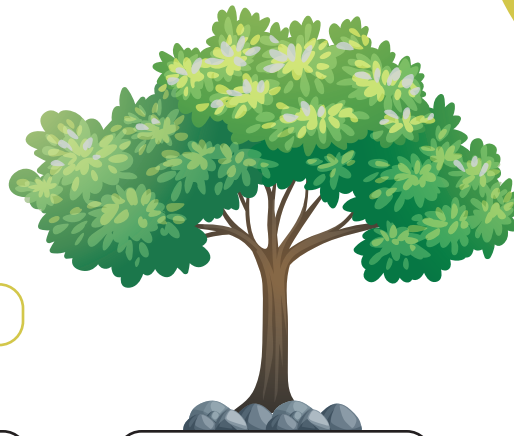
In the diagram below there are two trees, each with 3 blanks at the roots and 3 blanks hanging from its branches. These blanks represent the soil (what goes into the tree) and the fruit (what comes out of the tree). Complete the diagram by filling in the blanks for both the positive tree and negative tree. The soil is like words someone hears about themselves and the fruit is their actions or self-identity. Use the word bank or come up with your own words to fill in each blank. Take your time and discuss your word placements.

Luke 6:43 - A Tree and Its Fruit

43 "No good tree bears bad fruit, nor does a bad tree bear good fruit. 44 Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. 45 A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

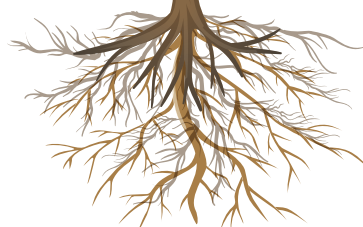
Word Bank

Patient, Loving, Unreliable, Lazy, Angry, Confident, Annoying, Needy, Consistent, Distant, Quiet, Kind, Understanding, Servant, Compliments, Beautiful, Unaffectionate, Abusive, Good, father/mother/friend, Dishonest, Isolated, Manipulative, Godly, Wise, Creative, Not good enough, Controlling, Stupid, Smart, Loved.



SAMPLE
Important/Empowered/Bold

SAMPLE
A Child of God



1. Consider Shaunti Feldhahn's ten ways to show kindness when it may not be deserved:

- A. Say thank you even...when it's for something the person is "supposed" to do
- B. Give respect even if they don't deserve it
- C. Build a bridge when you'd rather battle
- D. Notice the good things you were blind to before
- E. Tell them you're grateful rather than assume they know it
- F. Honor what they do rather than focus on what they don't
- G. Uplift others without worry of being undermined
- H. Compliment their way instead of trying to control it our way
- I. Take moments to praise, even when your schedule is packed
- J. Affirm them in the little ways they need rather than being stuck on what you would need

Which of these ten would be the easiest for you to implement and which would be the most difficult?

2. You've probably heard the following insight attributed to Albert Einstein: "The definition of insanity is to do the same thing over and over again and expect a different result." In what ways have you done the same thing over and over regarding being kind toward someone....and it fell flat. How could you change the kindness you extend toward this person to see if a different approach meets their need for kindness more effectively?

1. Consider the following three of Shaunti Feldhahn's ten ways to show kindness.

- A. Tell them you're grateful rather than assume they know
- B. Honor what they do rather than focus on what they don't
- C. Give them respect even when they don't deserve it

Explain which one of these would be the easiest to implement and which one would be the most difficult.

2. According to Albert Einstein, "The definition of insanity is to do the same thing over and over again and expect different results." How could you change how you extend kindness to make it more effective?

3. Shaunti Feldhahn's complete list of ten ways to show kindness:

- A. Say thank you even...when it's for something the person is "supposed" to do
- B. Give respect even if they don't deserve it
- C. Build a bridge when you'd rather battle
- D. Notice the good things you were blind to before
- E. Tell them you're grateful rather than assume they know it
- F. Honor what they do rather than focus on what they don't
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Try to provide an example of each one.

1. Think of someone you care about, could be a sibling, parent, grandparent, teacher, or friend. Spend time writing a list of 10 ways to show them kindness Use Shaunti Feldhahn's list to help:

- A. Say thank you even...when it's for something the person is "supposed" to do
- B. Give respect even if they don't deserve it
- C. Build a bridge when you'd rather battle
- D. Notice the good things you were blind to before
- E. Tell them you're grateful rather than assume they know it
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