



Gospel Light®

HOME DISCUSSION GUIDE
for Elementary

FALL C
Lesson 10

Love Through Kindness

"Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else."

1 Thessalonians 5:15

When there's conflict in the home, it can be tough to talk about it and to make things right again. Some family members get emotional; others get quiet or isolate themselves. We have found some helpful ways to distance ourselves from the intensity of feelings, but still deal with the issues. First, we give each other some time and space to cool off. We agree on a time to come back and talk about this again ("We'll come back at five and talk about this"). We try to include a third person as a mediator. We set ground rules. Each person has a chance to talk while the other places a finger on his or her lips to wait a turn. Only kind words are allowed as we share our thoughts and feelings. One time, I grabbed a sock from the laundry pile and made it into a sock puppet who started talking about how I felt about the situation. I threw another sock to my child. She picked it up and did the same! It was a great way to talk through a difficult issue. We ended the conversation in giggles as things got silly after the serious talk.

Try This:

When we need some refocusing on kindness in our home, we play an alphabet game that helps us stretch our thinking and our vocabulary. We take turns describing what kindness is and is not, going through the alphabet. For example, "Being kind is getting over being Angry." "Being kind is Beneficial." "Being kind is Caring about someone's feelings." "Being kind is not Demanding our own way." Work together to see if you can get through the whole alphabet!