

## Unit 2: The Seven Virtues

### Lesson 2.6: Kindness: The Strength to Be Gentle

#### Teacher Preparation and Materials Needed:

**For the Lesson:** Orthodox Study Bible or Holy Bible: Armenian Church Edition

*Recommended Orthodox Study Bible* [HERE](#).

*Recommended Holy Bible: Armenian Church Edition* [HERE](#).

#### Scripture Reference:

Ephesians 4:32; John 8:1-11

#### Activities:

*Implement based on available time. Detailed instructions and materials lists are provided in the lesson.*

Activity 1: The Ripple Effect Map

Activity 2: Kindness Interruption Role-Play

#### Words of the week:

բարութիւն - par-oo-tyoon - kindness

օգնութիւն - ok-noo-tyoon - help

զօրութիւն - zor-oo-tyoon - strength

#### Objective:

Students will understand that kindness is not weakness, but strength guided by love. They will learn that kindness is a daily choice to treat others with gentleness, respect, and compassion, even when it's difficult. Through examples, discussion, and reflection, they will explore how kindness reveals the character of Christ in their everyday actions.

#### Moral Character Focus:

**Knowledge:** Students will learn that kindness is more than being nice: It is a deep inner strength that chooses compassion and respect in the face of frustration, conflict, or discomfort.

**Understanding:** Students will understand that kindness requires courage and empathy, especially when others are unkind, and that true kindness begins with seeing people the way God sees them.

**Application:** Students will identify opportunities to show kindness throughout the week, especially in moments when it's easier to be impatient, sarcastic, or withdrawn.

**Values:** Students will grow to value gentleness, empathy, patience, and the healing power of words and actions that reflect Christ's kindness.

#### Memory Verse:

*“Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”*

*- Ephesians 4:32*

# Lesson

*\*Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

## Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորիել եւ խօսել եւ գործել առաջի  
Քո՝ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո  
արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi  
ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots  
eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your  
sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures  
and upon me, a great sinner. Amen.

## Lesson Body: Kindness: The Strength to Be Gentle

### Opening Activity: “Would You Rather?”

#### Ask the group:

1. Would you rather be strong or kind?
2. Would you rather win an argument or make peace?
3. Would you rather be right or be kind?

Kindness is often seen as soft or weak, but in reality, it takes a lot of strength. Kindness means having the power to hurt someone—but choosing not to. It means responding with patience when someone is rude. It means treating others with respect, not because they deserve it, but because Christ lives in you.

### What Is Kindness?

Kindness is a fruit of the Holy Spirit. In Armenian, we might call it բարութիւն (par-oo-tyoon), which includes goodness, gentleness, and moral beauty. In fact, in Classical Armenian the word is քաղցրութիւն (kagh-tsur-oo-tyoon), which also means 'sweetness'.

Kindness is not fake smiles or surface-level politeness.

- Kindness is choosing to act in a way that honors someone else’s dignity.

#### Examples of true kindness:

1. Speaking gently when you are angry
2. Helping someone even when you are tired
3. Listening when you would rather talk
4. Letting someone go first
5. Refusing to join in mocking someone

Kindness starts with how we think about others. It grows in how we speak. And it lives in how we treat people, especially when we have nothing to gain.

**Q:** *What’s harder for you, being kind with your words or with your actions? Why?*

## Why Kindness Matters?

### 1. Kindness reflects God's heart

Titus 3:4 says, "When the kindness and love of God our Savior appeared, He saved us."

Kindness is part of God's nature. When we act with kindness, we become little icons of God in the world.

### 2. Kindness can change a person's day

One kind word can lift someone out of a bad mood. A small act of kindness can help someone feel seen and loved. You don't know what others are carrying—your kindness might be their lifeline.

### 3. Kindness disarms cruelty

When people are mean or mocking, kindness confuses them. It changes the tone of a conversation and stops the cycle of hurt.

### 4. Kindness spreads

Just like meanness spreads quickly, so does kindness. When you show it, others are inspired to do the same.

**Q:** Can you remember a time someone's kindness made a big difference in your life?

#### Words of the Week:

բարութիւն - par-oo-tyoon - kindness

օգնութիւն - ok-noo-tyoon - help

զօրութիւն - zor-oo-tyoon - strength

#### Memory Verse:

"Be kind to one another, tenderhearted,  
forgiving one another,  
even as God in Christ forgave you."

- Ephesians 4:32

## Biblical Examples

### Jesus and the Power of Kindness: The Woman Caught in Sin

A woman is dragged into the street. People want to punish her. They ask Jesus what to do.

Instead of shouting or condemning, Jesus gently writes in the dirt. He says, "Let whoever is without sin cast the first stone."

Everyone walks away.

Jesus turns to the woman and says, "Neither do I condemn you. Go and sin no more."

This is kindness, not ignoring the wrong, but responding with mercy and respect.

*Reflection: Jesus wasn't "soft." He was strong enough to be kind when others were cruel. That's the kind of strength we want.*

## Where Kindness Shows Up

**At home:** Kindness is putting your dishes away without being asked. It is answering with respect, not attitude.

**At school:** Kindness is sitting with the person who is always alone. It is defending someone who is being picked on.

**With friends:** Kindness is not gossiping, even when it's tempting. It is celebrating someone's success without jealousy.

**Online:** Kindness is thinking before you post or comment. It is avoiding sarcasm or negativity in group chats.

**Q:** *Where do you think kindness is hardest for people your age?*



### Activity 1: The Ripple Effect Map

**Materials:** Large paper, colored markers

Draw a small circle in the center representing one act of kindness (e.g., “You help someone pick up dropped books”).

As a class, brainstorm outward ripples:

1. How might that person feel? (Circle 1)
2. What might they do differently because of it? (Circle 2)
3. How might that affect others? (Circle 3)
4. How might it change the atmosphere of the school/home? (Circle 4)

This visual shows how one small choice can create waves of impact. Students can create their own ripple maps for homework.

### Activity 2. Kindness Interruption Role-Play

**Materials:** None needed or optional props

Set up brief role-play scenarios where students practice interrupting unkindness with kindness:

**Scenario 1:** Two students are gossiping about a classmate. A third student walks up. How do they redirect with kindness?

**Scenario 2:** Someone is being left out of a game at recess. How does someone include them?

**Scenario 3:** A group chat is getting mean. How does someone change the tone?

After each role-play, discuss: What was hard about that? What worked? How did it feel to be the kind person? How did it feel to receive kindness?

## Review

### Memory Verse Review:

“Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.” (Ephesians 4:32)

### Words of the Week:

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### Life Application

*What are we going to do with what we have learned today?*

This week, pay attention to your first reaction when someone annoys you or frustrates you. In that moment, choose kindness instead. One kind word or choice can change someone’s entire day.

### Lesson Review Questions:

1. What is kindness? *(It is choosing to treat others with compassion, respect, and gentleness, even when it’s difficult)*
2. Why is kindness a sign of strength? *(Because it takes self-control and love to respond gently when you’re upset or hurt)*
3. How did Jesus show kindness to the woman caught in sin? *(He protected her from shame and showed her mercy, while still calling her to a better life)*
4. Where is it hardest for you to be kind? *(Answers will vary)*
5. What is one way you can show kindness this week? *(Answers will vary)*

\* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

#### Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

**Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sa-sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.**

**O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.**