

*We can look past a cold heart to the real person inside by showing compassion.*

Malachi 4:5-6

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**Materials:** Take a small heart shaped pony bead and place it in an ice cube tray. Fill it with water and freeze. Make one ice cube to pass around, OR prepare one for each child.

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## THEME: COMPASSION

Today children, we are going to talk about coldhearted people. Coldhearted people are those who appear as though they don't care about others.

In my hand, I have a small little ice cube in my hand. I'm going to give you one to hold while I talk with you. *(Pass out ice cubes to each child or pass around one. While they hold or pass the ice cube continue with the lesson).*

Have you ever met a bully or someone who did hurtful things without thinking about how it may make someone else feel? People who don't think about the feelings of others may be called a coldhearted person. Say the word with me: "cold hearted".

But ... coldhearted people can change. They can change when we choose to look past the way they are acting by being kind and warm towards them. Maybe we could even offer them a helping hand. When we do this we are showing them compassion.

Compassion is caring for others and wanting to help them.

When we show compassion to someone who is coldhearted they may begin to change. Their cold actions can start to melt away and we can see their true heart of kindness.

Look at your ice cube? Look at your elbow partner's ice cube. What do you notice? *(Children should start to see the heart within the ice cube and share what they notice).* Why is the ice cube melting? *(Possible responses- warm hands, holding it, ...)*

That's right. Just like with a person who is behaving unkindly, we can show compassion by being kind and helpful to them. When we do, the cold heartedness may begin to melt away. And then, we can see their loving heart.

What are some ways you can show warmth and kindness to others? How can you offer a helping hand? What will you do this week to try to melt a coldhearted person?