

## **This week's Challenge.**

Take time this week and ask God to place kindness and mercy in your heart.

Take a closer look at those who have not treated you kindly or mistreat others and ask God to give you a merciful heart and kind attitude toward those individuals.

Take time to do kindness.

Purposely do three kind acts this week.

If you really want to rock the world, do three acts of kindness each day for the whole week.

October 22, 2017

## **Relationships 101**

*Kindness 101*

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### **Proverbs 3:3-4**

Kindness is a fruit of the Spirit - Gal 5:22

Kindness is action - 1 Cor 13:4

Kindness binds us in relationships - Col 3:12 -14

### **I speak encouraging words.**

1Th 5:15 Pr 12:25

### **I give others my attention.**

Php 2:3 Eph 5:25

### **I practice acts of kindness.**

1 John 3:18

### **I respond to God's kindness to me.**

Eph 4:32 2 Cor 6:1

Kindness - An attribute of God and quality desirable but not consistently found in humans.

Share with the group an experience you have had when someone was kind to you. What are some descriptive words you would use to describe the kindness you experienced?

As a result of more people being impatient, having short fuses, and with everyone always being in a hurry - many people have lost the ability to treat others with kindness and respect.

The Bible sets the pattern for all kindness in the behavior of God the Father and Jesus Christ toward mankind. As stated in Matthew 4:45; God gives sunshine and rain, fruitful seasons and glad hearts, food and all that is good to the just and the unjust alike. He manifests His ever-present mercy, love and grace through the life of Jesus Christ, who set an example for us in all aspects. God is reproducing this character attribute in those who are genuinely living His way of life.

Read Galatians 5:22.

Some older translations use the word gentleness instead of kindness. How are those words represent the same thing or are they different? ( the majority of translations use kindness)

How would you define the word as you would hope it relates to the fruit of the Spirit?

The spiritual gift of kindness should not be taken lightly. It's not easy to be kind to everyone, and there are many cases where it takes a good deal of effort. How would you define kindness?

Read 1Samuel 18:1-3, 20:14-17. 2Samuel 2:5-6 and 9:1-7

Jesus tells us that we are to show mercy to all...not just the people we like.

How do you read the seriousness of kindness?

What did it take for David to be kind - even in burying Saul?

What are the proof that David was kind to Mephibosheth.?

It is easy to be kind to those you like and those who like you. Why do we find it so difficult to be willing to help someone that has not been kind in return? What are things that cause us to be cruel or rude?

Read scripture passages: Psalm 31:21, Isaiah 54:8, Nehemiah 9:17, Luke 6:35-36, Hebrews 13:16

We read how God's marvelous kindness is great and abundant. To those who obey Him, God will have mercy with everlasting kindness.

What are the qualities of God's kindness?

In what ways is God kind to sinners?

Do our kind acts have the components of mercy, love and compassion? How so?

Why does God want us to demonstrate kindness?

Read scripture passages: 2 Corinthians 6:3-6, Ephesians 4:30-32, 2 Peter 1:5-10

What Christian attributes can help us to build kindness?