

## WORD

Kindness is listed as one of the fruits of the Spirit of God. In other words, kindness is the natural outworking of God's nature. God is kind. That means that God is kind to us. It also means that God wants to help us be kind to others.

In the Bible, God instructs us in many ways that we can be kind. For example, 6 of the Ten Commandments are instructing us how to be kind to others: honoring your father and mother, not murdering, not committing adultery, not stealing, not lying and not coveting your neighbor's wife or possessions. We are given good examples of kindness like the good samaritan who had compassion on a person who had been abused even when others passed him by. Of course Jesus is the best example of all by showing kindness even to those who persecuted Him.

God tells us to follow these examples, to clothe ourselves in compassion, and He will help us.

## APPLICATION

This week read Scriptures that deal with kindness and let the Word of God direct your heart and life to great kindness. 2 Samuel 9:1-13, Psalm 103, Psalm 106:7-8, Isaiah 54:7-10, Isaiah 63:7, Jeremiah 31:3, Matthew 5:7, Luke 10:25-37, Luke 15, Acts 14:17, Romans 2:4, Ephesians 2:6-7, Philippians 2:19-30 and Colossians 3:12.

**Prayer:** God, thank you for being kind to us even when at times we have been unkind to you or your people. Help us to be kind as you are kind. Convict us when we are thinking, feeling and doing those things that lead us to be unkind so that we can be thoughtful, caring and kind. In Jesus' name we pray. Amen

Freedom Groups were created with the belief that we are all on a journey through life and that our heart's desire is to be free to be all that we can be. We all want to find effective ways of living and be successful. Trying to find these effective ways to overcome the challenges we face by ourselves just does not work well. We are all the same, no one is different. We need others to help us successfully walk our journey to effective living. Everyone is invited to freedom groups so we can journey together. Join in!



# Kindness

## NOTES

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## WARM-UP

- Who is your favorite person to be around?
- Why is he or she your favorite?
- What effect did this person have on your life?
- Would you say this person was kind to you?

When you think of kindness, what come to mind? Is it an encouraging word, text or email sent by a friend? Is it a caring shoulder to cry on? Or is it maybe your mom's smile, hug or even her cooking? Whatever you think about when you think of kindness, it most likely includes "warm fuzzy feelings". Kindness warms our heart. It gives us hope. It inspires us. I makes us give that loving smile. Kindness moves the better parts of our humanity.

Kindness means to be friendly, generous and considerate. Kindness carries with it a sense of action. To be kind or to show kindness. Words that also convey the meaning of kindness are: affectionate, benevolent, tender, gracious. These words all show the blessing of kindness. To realize how great kindness is all we have to do is think of the opposite of kindness. To be unkind is also to be hostile, malevolent, cruel, or mean.

Most everyone aspires to be kind. Few aspire to be unkind. Yet being kind all the time can be hard. Most find it easy to be kind to whomever is kind to them. Some find it harder to be kind to strangers or general acquaintances. We also find it to be harder when we are tired, really hungry, frustrated, hurt, afraid, discouraged, or in a hurry. There seems to be many different things that can make it hard for us to be kind. It can be especially hard to be kind all the time to all people. Kindness can be down right hard to show to those who are unkind to us.

## Kindness - What does it look like?

Kindness is powerful. We all have seen kindness in action at various points in our life.

What is the most powerful act of kindness you remember seeing or experiencing?

What affect did this have on you?

What did you think of the person showing kindness after seeing them show kindness?

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## Wanting to be kind.

I believe that most everyone aspires to be kind. Few people truly want to be mean. Do you aspire to be a kind person?

Why do you want to be kind?

What would be needed for you to be a more kind person?

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## What causes us to be unkind?

Since most all of us want to be kind, what is it that causes us to be unkind?

What most often causes you to be unkind?

How do you feel after being unkind to someone?

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## Developing Kindness!

Since kindness is an action it is something we can choose to do. We can choose to be kind in two ways: by avoiding being unkind and choosing to be kind.

How can you better avoid being unkind?

What are some ways that you can practice kindness and develop it in your life?

What are some solid steps you can take this week to be a more kind person?

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