

FRUIT OF THE SPIRIT
WEEK 06
THE FRUIT OF KINDNESS

KINDNESS

- Kindness is not a sentimentality
 - It is to be expressed through attitude, words, & actions
 - More than just “be nice”
- Kindness in Scripture
 - Micah 6:8
 - *He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?*
 - Luke 6:35-36
 - *But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil. Be merciful, even as your Father is merciful.*
 - Ephesians 4:32
 - *Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*
- Kindness involves:
 - How we treat people
 - Showing people grace & patience
 - Forgiving them
 - Doing what is right
- We are to be kind because God & Jesus have shown us kindness first.
 - How can we be unkind if God has shown us so much kindness?

SMALL GROUP DISCUSSION

1. In what areas of your life do you lack kindness?

2. Who is someone that you know that you would label is being kind? What actions or characteristics make you think that?
3. What can you do to choose to respond in kindness each day in your life?
4. Do you have trouble forgiving people that have hurt you? Why? How is that a lack of kindness?
5. What are some concrete things you can do to choose to be more kind in your life?