

LOVE IN MOTION



WEEK 1 - The Effects of Kindness

Proverbs 3:3 NLT

“Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart.”

You Version Bible App

Check out the YouVersion Bible App - **Search** Selfless: Living an Others-First Kind of Life

DISCUSSION

- What was your favorite part of the message today? What’s one thing you learned?
- Should kindness be a random act? Is it possible to be kind every day?
- Would people say you have a reputation for being kind to others? What about being kind to yourself?
- Read Proverbs 3:3 NLT. What does it look like to “write kindness on your heart”?
- Take action. What are some small things you can do this week to show kindness to others? Think about your friends and your family members, or anyone else you see during the week. How can you show them that they matter to you and to God?

GET PRAYING

Pray together and tell God you want to be more kind to others especially when its difficult.

