

TAKEAWAY

Life Goals: Kindness

INTRODUCTION

This series is based on Galatians 5:22-23, which says: *'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control'*. This session focuses on *Kindness*.

SHARE

Who do you know that you would say is particularly kind?
What difference do you think experiencing kindness makes to our lives?

READ

Titus 3:4-7

DISCUSS

There are lots of things that could be said about Jesus – how much do you think of Him as *kind*?

The Titus passage describes kindness 'appearing' in Him, as if he is kindness personified. What significance does this have for you?

Why does it matter that we see God as essentially kind *before* we start thinking about how to be kind ourselves?

What do you think would happen if you simply tried harder to be kind in your own strength?

READ

Luke 10:25-37

DISCUSS

Jesus' famous 'good samaritan' parable is a picture of what true kindness looks like. How is *kindness* different to *niceness*?

How does Jesus' parable challenge you right now?

Who, if you are honest, do you find it hard to be kind to? How can this change?

Most of the time, we do not need to be kind to quite the level that the samaritan was kind in the story. But how do small acts of kindness benefit us, others and wider society?

What are some of the things in our lives that block us from showing kindness to others?

It would be great if our church, among other things, was known for its *kindness*. How could we look to bring this about? What part do you have?

PRAY

TRY OUT

In the week:

- Think through the steps you can take to remove some of the barriers in offering kindness to others, pray and ask God's help as you take them – learning to drive without rage when someone cuts you off, spending time helping someone you find difficult to get on with, or not letting your circumstances get in the way of being kind to others when you are in a hurry?
- Pick one small act of kindness to share each day this week. Find ideas at:
randomactsofkindness.org/kindness-ideas