



God **measures** our lives by who we love & how we love.

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13:4-7 (NIV)

...the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22-23

- Love will inspire us to give up what we **want** for the sake of what someone else **needs**.

Dear children, we must show love through actions that are sincere, not through empty words. 1 John 3:18 (GWT)

...no matter what I say, what I believe, and what I do, I'm bankrupt without love. 1 Corinthians 13:3 (MSG)

- We experience **God** in the kindness of others because God is kind.

Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God's people. Philemon 1:7 (NLT)

### Biblical definition of Kindness

As an inner disposition:

- Kindness is the cheerful willingness to **care** for others.

As an Outward disposition:

- Kindness is the action of **doing for others** what I would want done for myself.

Do for others what you want them to do for you... Matthew 7:12 (GNT)

The Lord is just in all his ways and kind in all his doings. Psalm 145:17

When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. Titus 3 :4-5

### Action Step:

- Start believing that you will experience the **goodness of God** in your life.

God's kindness is not based on **your** goodness.

I tell you, love your enemies. Help and give without expecting a return. You'll never—I promise—regret it. Live out this God-created identity the way our Father lives toward us, generously and graciously, even when we're at our worst. Our Father is kind; so you be kind. Luke 6:35-36 (MSG)

You (God) are good to everyone, and you take care of all your creation. Psalm 145:9 (CEV)

### Developing Kindness:

- The kindness of God is shaped by **the Spirit of God** in us.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness.... Galatians 5:22-23

### Action Steps:

- Remove any **attitudes** that would prevent kindness towards others.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-32 (NLT)

When we are cursed, we bless; when we are persecuted, we endure it; when we are slandered, we answer kindly. 1 Corinthians 4:12-13 (NIV)

A kind answer soothes angry feelings, but harsh words stir them up. Proverbs 15:1 (CEV)

- Kindness is expressed when we really **care** about others.

Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, "How can I help?"

That's exactly what Jesus did. He didn't make it easy for himself by avoiding people's troubles, but waded right in and helped out....Romans 15:1-3 (MSG)

### Action Steps:

Recognize their **needs**.

Seek to **understand** them.

Do **what you can**.

- Come up with **one person** you can show kindness to.



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

### Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain why?
- How has the kindness of others touched your life? In your own words, how has God been kind to you?
- Talk about the Biblical definition of kindness and how that is worked into our lives?
- How does believing that you will experience the goodness of God allow you to experience the kindness of God?
- In an application sense, what does it mean that God's kindness is not based on our goodness?
- What are some attitudes in us that would prevent others from experiencing God kindness from us?
- How can we be better at recognizing the needs of others?
- How can we seek to understand others?

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Love is Kind

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