

The Power of a Little Kindness ☆

Kindness is: A sympathetic nature disposed to be helpful, for bearing and gentle.

2 Relationships affected in the absence of kindness

1. The Relationship with Others (2 Ch. 10:1-19)
2. The Relationship with God (Eph. 4:29-32, 1 John 4:20)

What does the absence of kindness say about us? (2 Peter 1:5-9)

How do I cultivate Kindness?

1. Kindness has more to do with outlook than it does personality.
2. Kindness begins in the heart, but moves quickly to the hands.
3. Kindness is an undeniable beauty reflecting God's character.

REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

1. Look up the words "kind" and "kindness" in the concordance of your Bible. Pick 5-7 references from the New Testament and look at how the word is used. What do you see?
2. Define kindness. Is the Bible referring to personality traits in Col. 3:12-14, or character qualities? What is the difference between kindness and friendliness? How are they similar?
3. Read Eph. 2:1-7. How will God's grace be displayed in the coming ages? How has he expressed His kindness to us? Look at Isaiah 53:1-12. What does it look like to "cloth yourself" in kindness?
4. What are some practical ways to teach kindness to a child? How can a parent maintain proper control and discipline and still remain "kind" in the relationship? How can we encourage adults to demonstrate kindness?



Memory Verse

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. – Colossians 3:12