

Kindness Matters

Relationships in Flight part 5

Pastor Dave Nichols, Grace Point Church, November 11, 2018

What is kindness?

(Galatians 5:22)

- Not just a change...
- A quality of compassion and generosity...

Growing in Christian Kindness:

1. We _____ the needs of those around us.
(Genesis 3:15, Luke 10:33, 1 Corinthians 10:24)

2. We _____ with people's pain.
(Luke 10:33, 2 Corinthians 1:4, Hebrews 4:15)

3. We _____ the opportunity to be kind.
(Luke 10:34, Matthew 7:12, Galatians 4:4-7)

4. We _____ to show kindness.
(Genesis 3:21, Luke 10:34-35, Romans 5:8)

This weeks discussion guide:

For the next two weeks, we will be digging deeper into our study of the Fruit of the Spirit as described in Galatians 5:22-23. As we study the character qualities God desires to develop in our lives as Christ followers, let's prayerfully seek God's wisdom in how God can strengthen the relationships in our lives.

Looking Back:

Each week we'll look and have an opportunity to share with our group how the week went and also share a few things to help us get to know each other better. What is something encouraging or maybe discouraging that happened since our last meeting?

1. There are so many stories of people being kind to those around them. When was there a time when someone was kind to you, and what kind of impact did that kindness have on you?

2. We defined kindness as, "A quality of compassion and generosity shown in the way a person speaks and acts." What do you think are some of the biggest hinderances people face in their effort to give kindness away? Do you think a person can be truly kind apart from the Lord?

Each week in "looking back," we also want to give each other the opportunity to look back since our last meeting and share how we applied something to our daily lives that we learned or discussed previously from God's Word.

Looking Up:

1. In order to practice kindness in our lives we first need to see different opportunities to show kindness to those around us. What are some common things getting in our way that prevent us from seeing opportunities to show kindness? Read the following passages and look for ways these passages encourage us to “see” those around us and the opportunities to be kind.

- **Philippians 2:1-7, Romans 12:15,
1 Corinthians 12:26**

What do these passages teach us about looking for ways to be kind to others?

2. In order to be kind it takes a work of the Spirit to change our hearts. Often times we have to “put something off” of our hearts in order to “put on kindness.” Read **Ephesians 4:31-5:2**. What are things that need to be “put off” in our lives in order to “put on” kindness? How are we to “put off” these things? What does it mean for kindness to be “tenderhearted” as it says in Ephesians 4:32?

3. Often times it isn’t too hard to see the needs of those around us, we can sympathize with them, and it will bring us to a point where we want to seize the opportunity to show kindness. What often holds us back at this point is the sacrifice it takes to show kindness to others. Read the following passages:

- **Romans 5:8, Romans 2:4, Titus 3:4-5,
Isaiah 53:1-11**

What do we learn about God’s sacrifice for us in the previous passages? These passages show us the heart of God towards us, and his kindness towards us. If this is his heart towards us then it means his Spirit is working to change our hearts to be more like this. What gets in the way of God’s Spirit doing this work in our lives? What steps can we take to participate more fully in the Spirit’s work in our hearts to develop kindness?

Looking Forward:

This last section is based on passages like the one below.

*But don’t just listen to God’s Word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the Word and don’t obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don’t forget what you heard, then God will bless you for doing it.
James 1:22-25 (NLT)*

Let’s take a few minutes to silently pray and reflect back on this last week’s message and what we discussed in our group. As we reflect, let’s all pray and ask God for a specific application that He might prompt us to live out this week. If you are willing, share this with the group.

As we look forward to this week, let’s pray for one another!