

# KINDNESS



Eph.  
4:32

# WEEK 5

Kindness is the giving of oneself for the good of another person.

**Personal Reflection:** Is it your goal to serve others with kindness, or are you too focused on your own needs, desires or problems to let goodness of God overflow to others?

## SCRIPTURE



“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

“But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you.

If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.”



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## ASK

- What do you learn about God and kindness in this passage?
- Where do you see Jesus demonstrating this fruit of the Spirit?
- What do you see or learn about yourself?
- What changes (thoughts, beliefs or actions) might God be calling you to make?

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## NOTES

## CULTIVATE

Jesus spoke in Matthew 13 of different types of soil. God wants us to till the soil of our hearts so that we would be receptive to the seed of his Word and bear fruit. Before digging into Scripture, prepare your heart by asking the Holy Spirit to help your heart receive and respond to His Word.

## PLANT

Read the Scripture passage. Feel free to mark up the passage, highlighting key words or phrases.

**MEDITATE & MEMORIZE:**  
Choose a key verse that the Holy Spirit reveals to you and record it below. Commit to memorizing it and spend time this week meditating on it.

## GROW

Ask the Holy Spirit to show you the quality of kindness in your life. Consider recent examples. Where did you feel like the Spirit was helping you live this out, rather than times when you allowed your natural, sinful nature to take over?

Matthew 3:8 says, "Produce fruit in keeping with repentance." Is God showing you any areas where pruning is necessary so that you can bear more fruit?

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## NURTURE\*

- Who is an enemy in your life – someone who has been unkind, mistreated you or hurt you? Consider one or two ways that you can show them kindness this week (and do it!). Pray that Christ's lovingkindness will fill you so that you can love them.
- Ask God to bring to mind a time when you were recently unkind to someone – perhaps a family member, friend or co-worker. Plan an act of kindness toward that person this week.

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## HARVEST\*

We find various stories in the Bible illustrating these virtues at work in people's lives. Most importantly, these virtues were perfectly displayed in Jesus' life. Your personal story is also important, and it's a testimony to those around you. Reflect back on the quality of kindness in your life and note any changes that the Holy Spirit revealed to you throughout the week. Was anything convicting? Did you make any changes or take any action steps in obedience to the Spirit? How will you be different as a result?

**PERSONAL**\*

**ANSWERED  
PRAYERS**\*

**GROUP**\*

**I'M THANKFUL FOR**\*

**SERMON NOTES**\*