

FURTHER STUDY: KINDNESS

Needed items: PB&J (Pen, Bible, and Journal)

Memory verse:

Matthew 7:12 *“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”*

Personal Reflection:

Read **Isaiah 63:7**, **Psalms 46:1**, **Acts 14:17**, and **Titus 3:4-5**.

God’s kindness is celebrated throughout all of Scripture. He generously provides us with everything we need while also protecting us from harm. His kindness is seen in many ways - both big and small. Recount God’s kindness in Scripture and reflect on the different ways God has personally shown *you* kindness. WRITE THEM DOWN in your journal and spend time in prayer thanking God for His generosity.

Application:

Since God is kind in nature, His followers must also be kind in nature. Remember, we are working to shape our hearts after the heart of Jesus Christ.

So what will help us be a reflection of God’s loving kindness to the people we encounter? Let’s take a look at these verses below:

Colossians 3:17 *“And whatever you do, whether in word or deed, do everything in the name of the Lord Jesus...”*

Colossians 3:23 *“Whatever you do, work with all your heart, as working for the Lord...”*

To do something “in the name of the Lord” means to do something as if Christ himself were doing it. It means we are acting as though Jesus was working in and through us.

To do something as though you were “working for the Lord” means to do something as though it was for Christ himself. It means what we do for other people, we do for him.¹

¹ Christopher J.H. Wright, *Cultivating the Fruit of the Spirit: Growing in Christlikeness*, (Downers Grove, IL: InterVarsity Press, 2017) 94, 95.

Here are two questions to ask ourselves everyday that will help us choose kindness:

1. What would I do for people if *I* were Christ? (Col. 3:17)
2. What would I do for people if *they* were Christ?² (Col. 3:23)

If we take the time to ask ourselves these questions, it will make a difference in the way we see and treat others. These questions force us to be a little less self-centered and a little more kingdom-centered.

Think of some different ways you can show kindness to others this week and then DO IT!

² Christopher J.H. Wright, *Cultivating the Fruit of the Spirit: Growing in Christlikeness*, (Downers Grove, IL: InterVarsity Press, 2017) 95.