



SPIRITUAL GROWTH REVIEW

The Fruit of the Spirit Is...

THE SECRETS OF BEING FRUITFUL

Memory Verse for this week: *"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."* Colossians 3:12

1. Who is the most kind person that you've ever met? What have they done to make you picture them as kind? *When you see a person being kind to others, it warms your heart. They remind us about what we should be acting like towards the people around us. Kind people treat others with blessing even when they don't deserve it.*
2. Consider **Ephesians 4:32**. Do you have a story about how the kindness of God touched your life in a significant way? *Note: Try not to let time get away from you! Encourage people to be brief...*
3. What are some of the examples that we see in scripture of people who demonstrated unusual kindness? *Rahab when she hid the spies. Ruth and Boaz. The good Samaritan. David and Mephibosheth. Zaccheus gives to the poor. Jesus anointed with perfume... In each example, the kindness demonstrated was out of goodwill and not coerced.*
4. Read **Proverbs 11:17**. It feels good to both give and receive kindness! What is it about kindness that makes such an impact upon our hearts? *Kind people leave an impression upon us because they have singled us out of 8 billion people to take the time to show us that we matter. Kind people make you feel special. Hopefully you can come up with a handful of people who are kind. We need good examples to follow!*
5. Look at **Proverbs 21:21**. Is it easy for you to be friendly? Would others say that you are a friendly person? Why or why not? *For some people, being friendly or even engaging with others can be extremely uncomfortable. They tend to be introverted and keep to themselves. Being an introvert is how God created us, but that doesn't mean that we need to be unfriendly toward others. There are many ways that all of us can show simple acts of kindness.*
6. Read **Romans 2:4**. How does kindness lead people to repentance? *Kindness is a reflection of the heart of God. If we can connect our actions to God's love, people will give glory to Him. When they come to Him, they will recognize their need for forgiveness. Our sin requires us to repent.*
7. Every encounter with other people is an opportunity to minister to them. We might even say that each person we talk to is a divine appointment. Would you agree with this? Explain your answer. *God knows the beginning from the end. He knows who needs to hear about Him and so He sends us to reach into their lives. Even if it is just a brief interaction, we should be prepared to be the hands and feet of Jesus at any time and in every situation. We are a part of His master plan of redemption for the world!*

8. Some people are kind and others are not. What is it that makes people kind? Do you think that it's in their genetics or is it learned through experience? *Whether it is in our genetics or not, kindness can be learned through experience as we grow up. Some people naturally have a tender heart towards others. For others, life may actually harden our hearts towards people because we've been burned in the past. Being unkind or just not engaging with others may be a defense mechanism or an effort to shield others from our comfort zone.*
9. Consider **Proverbs 18:16**. A gift is one way to make a friend through kindness. What are some other easy acts of kindness that anyone can do to bless others? *Hold the door, smile, say hello, bake cookies, buy a coffee for them, offer to help, give them a call, let them talk, buy their dinner, giving them your time and attention in some way... At home you can do someone else's chores, make dinner, pick up the house, fill their car with gas, clean the bathroom... The opportunities are endless!*
10. What is the difference between being nice and being kind? Why is kindness more powerful than being nice? *These two words are similar, but there is a difference. Lots of people are nice, but kindness requires action. Being nice might be equated with being reactive to people whereas being kind is proactive. We make an effort or go out of our way to show God's love through kindness. Kindness is intentional. Being nice will bring a smile to someone's face, but being kind will make a memory and touch a heart.*
11. Are there certain people or types of people that you find difficult to be kind to? What is it that makes some people difficult for us to show kindness? *It may be someone who has been unkind to us, someone who we've seen be unkind to others, or maybe someone who scares us or makes us uncomfortable. There are lots of people that may be hard to love. Jesus was kind to all and therefore we should be, too.*
12. Look at **Luke 6:35** and **1 Peter 3:8-9**. What is the key to showing kindness to our enemies? Do we just fake it or is it possible to be authentic when we show kindness? *Kindness is the outflow of our love for God which leads us to have a love for others. If we love God, we should love people because He loves people. God loves people despite their sin. No one is perfect and everyone needs to be loved. Even our enemies. Even bullies. We shouldn't fake kindness, but sometimes we may have mixed emotions when we show kindness to our enemies. God calls us to be faithful. Also see Matthew 5:38-42.*
13. Aside from what Jesus did on the cross, how does God demonstrate kindness to people? *God gives us life. He gives us breath. He gives us food. He places us into a family. He revealed to us the way of salvation. He gives us abilities to see, taste, touch, smell, and hear. He heals us. He speaks to us. He is patient with us. All that God has ever done for us is because of His great kindness!*
14. What is one act of kindness that you might be able to do on a regular basis (weekly, monthly, annually) for someone in need? *Buy Christmas gifts for a family in need. Make a meal for someone who had a baby. Bring a meal over to someone who lost a loved one. Buy groceries for a family that is struggling. Visit people who are shut-ins or in the hospital. Invite someone over for a meal. It's healthy for us to have a regular habit of kindness to remind us of the kindness that has been shown to us.*

For this week: Every person you meet is a divine appointment and an opportunity to show kindness. Think about this idea and as you go throughout your week, see everyone as a blessing from God and do whatever you can to be kind. Every person, every day!