

## THE OUTLINE

### PART 3

#### 3. BE KIND

- Kindness Matters

##### The Bible says:

*“Be KIND and compassionate to one another, forgiving one another, even as in Christ, God forgave you.” Ephesians 4:32*

*“Love is patient, love is KIND...” 1 Corinthians 13:4*

*“But the fruit of the spirit is love, joy, peace, forbearance, KINDNESS goodness, faithfulness, gentleness, and self-control.” Galatians 5:22-23*

*“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, KINDNESS, humility, gentleness and patience.” Colossians 3:12*

- The Kindness Challenge

##### **Element #1: Nix the Negatives**

Say nothing negative, either to your person or about them to someone else.

##### **Element #2: Practice Praise**

Every day find one positive thing that you can sincerely praise or affirm about your person, and tell them *and* someone else.

##### **Element #3: Carry Out Kindness**

Every day do a small act of kindness or generosity for your person.

## PERSONAL & GROUP REFLECTION

### PART 3

#### REFLECTION QUESTIONS:

1. Kindness matters! How has an act of kindness mattered in your relationship?
2. Which of these four scriptures is the most powerful for your life? Why?
3. Would you be willing to accept the “Kindness Challenge”? Why or why not?
4. Which of the three elements will be the most difficult?
5. Take a few moments and write an action step under each of the points:
  - Nix the Negatives
  - Practice Praise
  - Carry Out Kindness