

CULTIVATE

THE FRUIT OF A SPIRIT-FILLED LIFE



“Kindness”

October 12, 2025

Sermon by Pastor Rachel Keeler

Group Leader Notes

We continue in our Cultivate Series with our 5th message – this time on the virtue of Kindness. How do we grow in kindness in a world that is angry, violent, and selfish. Today we want to unpack what this truth holds for us today.

Main Scripture Reading: Galatians 5:13-21 (The Message)

Group Discussion

Begin in prayer before reading and discussing the text.

- **Q** – Pastor Rachel opened with a story told by a podcaster named Shola Richards, who witnessed a cashier being yelled at by an angry customer. Shola did not get involved, and after he saw the cashier crying in her car, he said he kept walking. He shared on the podcast that not getting involved and not showing kindness even after has haunted him to this day. Describe a time where you regretted not showing kindness either to a loved one or a complete stranger.
- **Q** – Read Galatians 5:13-21 (from the Message Translation if you have it), what observations do you make? What questions does this text raise for you? What rings out to you as you consider the importance of the virtue of kindness?
- **Q** – The Hebrew word for kindness is “hesed,” and is used over 250 times in the Bible. It is often paired or defined with words such as kindness, mercy, love, loving-kindness, steadfast love, faithfulness, and loyalty. Rachel stated that it is a defining characteristic of the character of God. As we try to emulate God’s character, how we can grow in similar kindness?

Let’s Pray