

Mom2Mom
The Fruit of the Spirit
Kindness and Goodness TEACHING
STUDENT Notes

I. Kindness – _____ it is

A. The _____ of Kindness – *The Fruitful Life* by Jerry Bridges “Kindness is a sincere desire for the happiness of others. Kindness is the inner disposition, created by the Holy Spirit, that causes us to be sensitive to the needs of others, whether physical, emotional, or spiritual.”

Webster’s Dictionary defines *Kindness* as “the quality or state of being gentle and considerate.” Webster’s Dictionary defines *Kind* as “having or showing a gentle nature and a desire to help others: wanting and liking to do good things and to bring happiness to others”

In the OT, kindness or lovingkindness is often a translation of the Hebrew “HESED.” Hesed is a theologically rich word that attempts to encompass God’s *indescribable* loving, merciful character and disposition toward humanity. Michael Card (in his book, *Inexpressible*) attempted to define it this way: “When the person from whom I have a right to expect nothing gives me everything.”

B. _____ Kindness

1. _____ (Titus 3:4-5, Romans 2:4)
2. _____ **for Our Daily Needs** (Psalm 23, Isaiah 40:11, 29)
3. _____ **During Crises** - (I Kings 17:8-24, Gen. 21:9-21, Mark 6:34, Mark 7:29, Mark 10:46-52, Luke 15:3-7)

II. Kindness– How It Is _____

A. Awareness of _____ – You will be unable to apply the character quality of kindness unless you have a sincere interest in the happiness of those people that are around you in the normal course of life’s events. (Mark 6:30-44, II Timothy 3:1-5)

B. Awareness of _____ – (Prov. 18:13, Phil. 2:3-4, James 3:16)

C. _____ from ulterior motives and selfish agendas – (II Cor. 4:2)

III. Goodness – _____ it is

A. _____ of Goodness – Goodness is the *activity* determined in advance for the happiness of others. If “kindness is the inner disposition created by the Holy Spirit that causes us to be sensitive to the needs of others, whether physical, emotional, or spiritual...” then “goodness is kindness in action – words and deeds.”

All true goodness comes from our Creator God—the only one who is truly good. Psalm 119:68, Luke 18:19, Rom. 3:12, Isaiah 64:6a

B. Part of God's _____ Agenda – (Eph. 2:8-10)

IV. Goodness – _____ it is lived out

A. Through _____ Deeds – (Acts 10:38, I Timothy 5:9-10)

B. _____ it is lived out:

1. At _____ - (I Tim. 5:8)
2. At _____ - (Gal. 6:10, Titus 2:3-5)
3. In our _____ – (I Cor. 12:4-7)

C. _____ (Acts 9:36, Gal. 6:9, Matt. 25:31-46)

Optional Memory Verse

Titus 3:4-5 *But when the goodness and loving kindness of God our Savior appeared, ⁵ he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit,*

Homework

Assign [Worksheet #5](#). This should be read and completed this week and discussed next week. [A helpful resource](#) including the passage discussed in this worksheet as well as some commentary was published on www.faithlafayette.org/mom2mommember.

Table Discussion Questions (** is also a Large Group Discussion Question)

Application Questions for Kindness content

1. How is God's provision of salvation the greatest kindness we could ever receive?
2. ** How can you purposely practice being aware of others and their needs?
3. Why must kindness be free from ulterior motives and selfish agendas?

Application Questions for Goodness content

4. How is engaging in deliberate deeds of goodness connected to our salvation?
5. ** Why is it important for our deeds of goodness to start in our home?
6. How do you practice being "available" and not so tightly scheduled that you must say "no" to every need that comes along?

Table Time Prayer Request Question

In what specific ways can we ask Jesus to help you grow in Kindness and Goodness this week?

Large Group Discussion Question

Table time discussion questions 2 and 5 will be used for large group discussion.