

WEEK 4 READ - KINDNESS

Spend some time reading the following scriptures:

Luke 6:27-36, 1 John 3:16-18

Read them again!

Open up your journals and answer the following questions.

- 1 When are you tempted to be unkind? Who are people you tend to be unkind to?
- 2 Who does Jesus say we are to be kind to? Take some time and write specific names.
- 3 Before moving on... Pray for each one of those names.
- 4 Who do you know is in need? Can you meet that need? Will you meet that need?
- 5 How is God's kindness revealed through these scriptures?
- 6 What ways will you show kindness today?

Read the scriptures one more time and let these sit on your heart for the week. Remember that Love and kindness go hand in hand. Lets overwhelm the world with Gods kindness.

WEEK 4: LISTEN - KINDNESS

So often we have the desire to be kind. We want to love people and we have the desire to serve one another. All too often one little thing sets us back. We get distracted, frustrated or hurt and we put our guard up and our head down. We allow others to affect our kindness. Kindness is not a feeling but a commandment.

Watch this video and answer some questions below.

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

We all have seen videos like this before. But how often are you really looking for opportunities to be kind?

God has always been kind to us. He gives us grace and he allows us to run into his arms. He freely gives us strength, peace, wisdom, and so many more things.

How can you pass on to another person God's kindness today?

What do you need to do daily to remember God's kindness to us?

Take a moment and talk to God and tell him how he has been kind to you in your life!

WEEK 4: BE - KINDNESS

This week we are going to keep this simple. There are three different types of people in your life:

- 1 Those that are in your inner circle. (Family and close friends)
- 2 Those outside of your inner circle that you know. (Acquaintances and co-workers)
- 3 Those you do not know (Strangers)

The goal this week is to do something kind for each type of person listed above. This can be a word of encouragement, a gift, an act of service, or maybe your time and your attention.

True Godly kindness expects nothing in return. Take a few minutes after each act of kindness and journal your thoughts. How did it make you feel? How did you recognize the opportunity? Did you risk in order to be kind? Did you sacrifice something you had?

Pray for humility this week so we can be kind to everybody we come in contact with.

[GO AND BE KIND!

