

Focus: During January and February, we are looking at the church and how they valued the art of one another. Did you know the words “one another” are used 59 times in the New Testament? “Love one another.” “Forgive one another.” “Regard one another as more important than yourselves.” And the list goes on. **This week, we want to reflect on the simple but challenging kingdom principle of being kind to one another.**

1. Psychologists from the University of London have discovered that 98% of people think they’re part of the nicest 50% of the population. Do you think the world is getting kinder or not? Why?
2. Reflect on Pastor Gary’s definition of kindness: *a supernaturally generous orientation toward other people, even when they don’t deserve it and don’t love us in return. Kindness is compassion in action. Biblical kindness is the opposite of selfishness and it doesn’t come naturally; it comes as the result of a changed heart from God.*

Who is a person that has truly reflected this type of kindness to you? Detail how.

3. Reflect on how kindness is a core characteristic of every member of the Trinity. See Lk. 6:35, Tit. 3:4-5, Gal. 5:22, Rom. 2:4. How have you experienced this kindness from them?
4. Reflect on Eph. 4:32-5:2. What is this calling us to? Pick 3-5 words from the text that summarize the call on each of our lives.
5. If kindness is a choice (playing kingdom vs. earth), where are you with letting the kindness of God impact your soul enough so that you can be kind? Rate yourself on a scale of 1 (unmotivated by His kindness) to 5 (highly motivated by His kindness).

Call to Action:

- a. God is grieved when we are unkind (Eph. 4:30). Confess to Him and to one another how and to whom you have been unkind.
- b. Ponder why you aren’t kind and how it relates to you not being touched by God’s kindness enough.
- c. To whom and where (home, work, play, shop, workout, worship, online) is God calling you to show kindness? Ask God to help you.