

Beyond Sunday

For groups, friends, families, couples, or individuals to reflect on the message you heard this Sunday.

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 (unmotivated by His kindness)1 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.

<p>New to PCC? 8:55 & 11-text “guest” 9:05 - text “905” Hudson- text “Hudson” to 650-332-4438 to get more info Give to PCC: use your Pushpay app</p>	<p>June 2018 - Dec 2018 Budget to Date: \$2,558,805 Giving to Date: \$2,316,365 deficit (\$242,440)</p>
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Be Kind to One Another

Be **kind** and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

Kindness Defined

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:

1. **Practical**
Do not let any unwholesome talk come out of your mouths, but only **what is helpful for building others up according to their needs**, that it may **benefit** those who listen. Ephesians 4:29

"Kindness is the language which the deaf can hear and the blind can see."
—Mark Twain

Biblical Kindness is:

2. God-like

Be kind and compassionate to one another... Ephesians 4:32a

Follow God's example, therefore, as dearly loved children...
Ephesians 5:1

Kindness and the Trinity:

- **God the Father:** *But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.* Luke 6:35
- **God the Son:** *But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit...* Titus 3:4-5
- **God the Holy Spirit:** *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness...* Galatians 5:22

3. Eternally Focused

Do not let any unwholesome talk come out of your mouths, **but only what is helpful for building others up** according to their needs, that it may benefit those who listen. And **do not grieve the Holy Spirit of God**, with **whom you were sealed for the day of redemption.**
Ephesians 4:29-30

"A life of radical kindness and a life of biblical faithfulness are not mutually exclusive." In fact, they must go together, or we have failed to understand the life and ministry of Jesus."

—Barry H. Corey, President of BIOLA University in *Love Kindness*

KINDNESS INCREASES:

THE LOVE HORMONE

Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health.

ENERGY

"About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self worth." —Christine Carter, UC Berkeley, Greater Good Science Center

HAPPINESS

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic were happiest overall.

LIFESPAN

"People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week."

—Christine Carter, author,
Raising Happiness: In Pursuit of Joyful Kids and Happier Parents.

KINDNESS DECREASES:

PAIN

Engaging in acts of kindness produces endorphins, the brain's natural painkiller!

STRESS

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population.

DEPRESSION

Stephen Post of Case Western Reserve University School of Medicine found that when we give ourselves, everything from life satisfaction to self-realization and physical health is significantly improved.

Mortality is delayed, depression reduced and well-being and good fortune are increased.

BLOOD PRESSURE

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels.

—Taken from RandomActsofKindness.org