



# LifeGroup Discussion Questions

## The Practice of Kindness | December 12, 2021

### Summary

Throw off the unkindness of your old nature, put on the kindness of Christ, and practice changing the people and circumstances around you with the power of kindness!

### Scripture

Kind words are like honey—sweet to the soul and healthy for the body. -Proverbs 16:24 (NLT)

The native people showed us unusual kindness, for they kindled a fire and welcomed us all, because it had begun to rain and was cold. -Acts 28:2 (ESV)

Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. -Ephesians 4:15 (NLT)

With the Lord's authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

But that isn't what you learned about Christ. Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.

So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. And "don't sin by letting anger control you. "Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. -Ephesians 4:17-32 (NLT)

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. -Ephesians 4:29 (ESV)

So encourage each other and build each other up, just as you are already doing. -1 Thessalonians 5:11 (NLT)

## Let's Start

Have you reached out in kindness this past week? If so, how?

## Gratitude and Prayer

How did God work in your life since the last time we were together? What is He doing through you as it relates to your Adopt 7?

## Let's Talk

1. How would you describe the Biblical definition of kindness?
2. Pastor Dale described three ways we can put on the kindness of Christ:
  - 1) Begin each day by choosing to be kind no matter what or who you face that day!
  - 2) Focus daily on these three ways to demonstrate kindness toward others:
    - Say nothing negative.
    - Practice speaking sincere words of affirmation to others.
    - Practice doing one simple and small act of kindness each day with an attitude of thoughtfulness.
  - 3) Limit your intake of negativity!
3. Looking at the list above, how can we prepare ourselves to be kind each day?
4. How is Jesus an example of true kindness?
5. What can you do limit your intake of negativity?
6. Who do you know who practices kindness well? How does that look?
7. What is the biggest challenge you face when it comes to practicing kindness?
8. Pastor Dale presented the following acronym on our words:

- T Is it true?
- H Is it helpful?
- I Is it inspiring?
- N Is it necessary?
- K Is it kind?

9. How would you rate your words? Which one of these characteristics do you need to remember most?

## Let's Act

Choose one of the following ideas for practicing kindness this week:

1. Speak a word of encouragement. (1 Thessalonians 5:11 MSG)
2. Send a #PenToPaper note to a friend or loved one.
3. Comfort someone who is sick or injured. (Luke 10:30-35)
4. Genuinely thank the people in your life today.
5. Bring good news to others. (Proverbs 25:25)
6. Pray for someone — then call, email or text them and let them know.
7. Send a friend a favorite photo of the two of you together and a note about your memories of that time.
8. Cancel a debt. (Matthew 18:23-27)
9. Leave a sticky note for a loved one to find.
10. Forgive someone. (Ephesians 4:32)
11. Write a letter to a family member telling them how much they mean to you.
12. Give someone a hug.
13. Pray for those who mistreat you. (Luke 6:27-28)
14. Write a review for your favorite restaurant or small business.
15. Pay for the car behind you in the drive-thru.
16. Carry a \$5 or \$10 gift card with you and give it to someone who needs a little encouragement.
17. Donate, volunteer or raise awareness for a charity you're passionate about.
18. Write a thank-you note to your favorite doctor, nurse or caregiver.

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