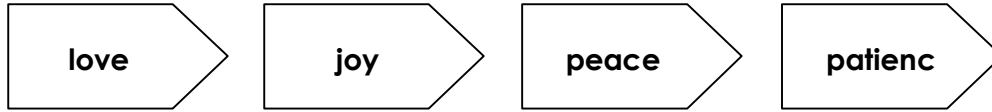


The Fruit of Chrestotes (Kindness)



Read: Galatians 5:22-23

The first four characteristics of spiritual fruit are:



The fifth characteristic is:



Dictionary definition:

- a. the quality of being **warm-hearted** and sympathetic
- b. tendency to be kind and **forgiving**
- c. a kind **act**
- d. gentle

What is the opposite of kindness?

- Share two ways God has helped you in the past week.
- Share one way you helped someone in the past week.

1. What is kindness?

- Proverbs 15:1

Write the verse here: _____

Discussion Question: How does this relate to our tongues (or hands)?

- Ephesians 4:32

Consider: How can you apply Ephesians 4:32 to your everyday life?

2. Kindness is important

- John 15:12-13

- Christ laid down his life for **all people**, including his enemies. Can you make an extra step of kindness this week? To your own family? A friend? An enemy experiencing stress?
- Kindness is produced by the **Holy Spirit** who lives within us.
- Kindness reveals God's welcome involvement in our lives.

3. Kindness is Good Character

Read: Luke 10:25-37

- a. The Priest. His duties: serve in the temple and offer prayers and sacrifices to God for the people. Did he help?
- b. The Levite. His duties: a priest's assistant and took care of the temple. Did he help?

Discussion Question: Why do you think the Priest and Levite did not show kindness to the man?

Notice: the Samaritan moved *toward* the injured man (vs. 34 - "went to him") just like Jesus moves *toward* us. Jesus comes to you to build a relationship.

Lessons learned from Good "Sam" story:

- a. Be willing to help **people**, including your enemy (mission focused)
- b. Don't be **quick** to criticize or **label** people (don't assume to know the details of their background)
- c. Share your resources (time, supplies, energy, finances)

Three attitudes displayed:

- Robbers: What's yours is mine and I'm going to take it.
- Priest/Levite: What's mine is mine and I'm going to keep it.
- Samaritan: What's mine is your and I'm going to share it.

Consider: Which person in the Good Samaritan parable is like most like you?

4. How did God show his kindness to us?

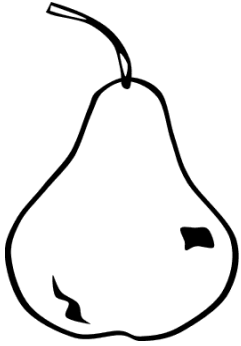
- John 3:16-17

Discussion Question: Did we earn God's kindness?

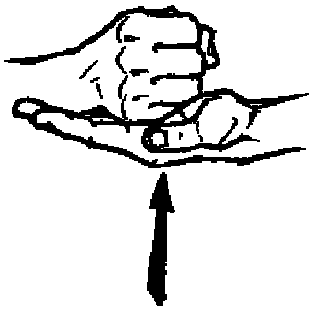
GOLD NUGGET

Kindness is the ability to love people more than they deserve. We can express kindness by showing mercy and love by moving *towards* others. Who can you move *toward* this week? When we love our neighbor, we show that we love God.

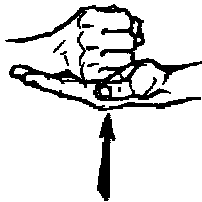
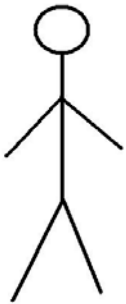
Application: Ask God to place kindness and mercy in your heart this week. Make the effort to help someone this week; someone you don't know very well.



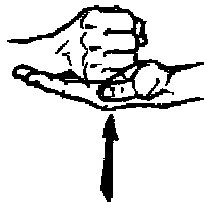
Key Word: kindness



Key Word: help



Key Words: God moves towards me, he helps me



Key Thought: I move towards and help other people