

## Be Real Put on Kindness

**Kindness is compassion in action (Ephesians 4:32).** A key part of putting on the new self, created after the likeness of God in true righteousness and holiness, is extending kindness to one another. Unfortunately, many wrongly associate being kind with weakness. God demonstrates both kindness and righteousness, both kindness and power (Psalm 23:6; Jeremiah 9:24). He shows that it is possible to have boundaries and be kind, to disagree with someone and be kind, to take decisive action and be kind, to be angry at injustice and still be kind. In fact, when we were powerless against sin, God *in His kindness* sent Jesus. And because we are recipients of God's kindness, we are called to be instruments of kindness to others.

### GET THINGS STARTED

Why do you think so many people see kindness as a weakness? What does it mean to be kind, and what is the right heart and motive we should have when being kind? Can (or should) harsh truth and directness ever be considered an act of kindness? Why does tone and attitude matter so significantly in being kind?

### GO DEEPER

1. From Jeremiah 9:24, how does God demonstrate and model for us kindness while exercising justice and righteousness on earth?
2. According to Romans 2:4, what is the kindness of God intended to produce in us?
3. In Galatians 5:22, kindness is a fruit of the Spirit. How do we plant and cultivate that fruit of the Spirit in our lives?

### MAKE IT PERSONAL

1. How would you grade your level of kindness in your day-to-day interactions? What do you think hinders you the most from showing kindness with the right heart and motive? What needs to be *put off* so that this fruit of the Spirit can be nurtured in you (Ephesians 4:22-24)?
2. In what recent situations have you possibly been unkind (even if you were technically in the right)? What does it look like to repent and address that situation or person appropriately?
3. If the Spirit produces kindness in you, what steps do you need to take to be continuously filled with the Spirit?
4. If kindness is compassion in action, what act of compassion is God possibly calling you to step into?

### PRACTICE IT NOW

**Ask a group, purposefully pray that God would instill in you a greater measure of kindness.** Ask Him for greater revelation of His amazing kindness towards you, and for His Spirit to fill you afresh. Ask God to give you the right heart and motive in being kind (beyond simply being polite), and to stir courage in you to address any recent situations where you were unkind.