
The Mark of Kindness

Kindness is revealed in our words.

Galatians 5:22-23; Colossians 3:12; Psalm 19:14; Proverbs 12:18; 13:3; 18:21; Matthew 12:34; 1 Thessalonians 5:11; Ephesians 4:29

Words can speak:

Life or death.

Hope or fear.

Encouragement or judgment.

Point to God or point to self.

The Mark of Gentleness

Gentleness is revealed in our attitude.

Philippians 2:5; 1 Thessalonians 2:6-7; 2 Timothy 2:24; James 3:17; 1 Peter 3:13-15

Gentleness brings to others:

Strength

Confidence

Calming peace

To prepare for this week's meeting, take some time to focus on the questions below and be prepared to share your answers with the group. Have a great meeting as you come together to connect and encourage one another to grow.

Who is someone who has demonstrated kindness revealed in words to you? How did it impact you?

Who is someone who has demonstrated gentleness revealed in attitude? How did it impact you?

Going Deeper

Kindness is one of the characteristics of God's people. Paul offers a strategy to help us live for God day by day.

Read Colossians 3:12-17 how would you apply these strategies in your life?

(1) Imitate Christ's compassionate, forgiving attitude

(2) Let love guide your life

(3) Let the peace of Christ rule in your heart

(4) Always be thankful

(5) Keep God's Word in you at all times

(6) Live as Jesus Christ's representative

If you continue reading beyond the list of the fruits of the Spirit in Galatians 5:22-23, you come to Galatians 6:7. That verse tells us that we reap what we sow.

What does Galatians 6:7 teach us about the impact of our words?

By being kind to others, do we cultivate kindness towards us?

Read Proverbs 15:1 and Proverbs 25:15. Can you break bones with your tongue?

What would be a "gentle tongue?" (One that speaks in a kind way.)

In your experience, does a gentle answer keep the other person from being angry?

Read Matthew 11:28-30. The word the NIV translates as "gentle," is translated as "meek" in other versions. Does meek/gentle look good here?

Matthew 11:29 offers "rest" for our souls. What does this suggest about learning gentleness (meekness) from Jesus?

Read Ephesians 4:1-3 What kind of approach does this verse suggest when someone questions/challenges your religious beliefs or your church?

Read 1 Peter 3:15-16 what does this tell us about responding to questions about our faith?

Can we still be strong, confident and peaceful?

THE PURPOSE OF LIFE GROUPS

Life Groups exist to promote spiritual maturity and personal growth through meaningful Christian relationships and the study of God's Word (Romans 8:29 & Hebrews 10:24-25). Here's how it will happen:

SHARE

Each week we'll take time to share what is happening in our lives. At first this sharing will include planned "sharing questions." But after the first few weeks, it will become more informal and personal as we feel more comfortable.

STUDY

Each week we'll study a section from God's Word that relates to the previous weekend's sermon or an appropriate personal growth topic. Our goal is to learn how to live out our Christianity in everyday life.

SUPPORT

Each week we'll learn how to take care of one another as Christ commanded (John 15:9-13). This care can take many forms such as prayer, encouragement, listening, challenging one another and meeting real needs.

SERVE

Spiritual growth is fostered not only by what we gain through the support and input of others, but also through service to others. The role each of us fills is important to the health of the church and for us to be the hands and feet of Jesus to the community in which we live (Ephesians 4:11-16). Throughout the quarter, it is our hope that you can find and/or be affirmed in the ways God has designed you to serve and make a difference in God's Kingdom.