



Kindness & Goodness

Galatians 5:22-23, But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Psalms 23, The LORD is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Ephesians 2:8-10, For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast. 10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Matthew 5:14-16, "You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

1. Have you ever experienced an act of kindness that deeply impacted you? Have you ever been the recipient of a "random act of kindness" shown by a stranger?
2. Read Psalm 23. What are the ways that you've experienced God's pursuing goodness and kindness toward you?
3. Read Ephesians 2:8-10 and Matthew 5:14-16. One of the barriers in practicing kindness is our discomfort with *receiving* kindness from others. People rarely take us up on our offer to help, even though that help may be needed. How can we overcome these social norms that make the practice of kindness so difficult in our self-sufficient culture? What are some ways that God may be challenging you to practice kindness to others?