

Love is Kind

1. Gospel lens.

After reading **Titus 3:3–7**, how has God shown kindness to you personally when you did not deserve it? How should that shape the tone of your marriage?

2. Softening or Hardening?

According to **Romans 2:4**, God’s kindness leads us to repentance.

Would you say your treatment of your spouse softens their heart — or hardens it?

3. Continuous Choice

Since kindness in **1 Corinthians 13:4** implies a continuous choice, where do you most often choose impatience, coldness, or indifference instead?

4. Private Integrity

Do you speak about your spouse with kindness when they are not around?

Would your friends or family say your words about your spouse build them up or tear them down?

5. Burden Relieving

What burden is your spouse currently carrying, and what specific act of kindness could lighten it this week?

6. Flesh vs. Spirit

Which opposite of kindness do you struggle with most under stress — harshness, meanness, coldness, indifference?

What would Spirit-produced kindness look like in that exact moment?

7. Conflict Filter

During your last disagreement, did your tone diffuse tension or escalate it?

How could gentle words act as a “marital disinfectant” in future conflict?

8. Thought vs. Action

Have you ever assumed “it’s the thought that counts” when it comes to kindness?

What is one practical action you could take daily to move kindness from intention to visible expression?

9. Reflecting God’s Character

If marriage reflects Christ, does your kindness mirror God’s patience and mercy — especially when your spouse is difficult or wrong?

10. Growth Commitment

If the amount of kindness expressed is a predictor of marital stability, what specific habits will you commit to developing this month? A gentler tone? Daily encouragement? Acts of service? Guarded speech? Praying together?

What measurable change can you begin this week?

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