

“Kindness Matters” Message Series

What Blocks Kindness

Ephesians 4:25-32 (page 1158)

Pastor Mical Pugh

1. _____.

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, ⁴² but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.”

Luke 10:41-42

2. _____.

“Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain. ² In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves.

Psalms 127:1-2

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

3. _____.

“Do to others as you would have them do to you.”

Luke 6:31

“Everything is permissible”—but not everything is beneficial. “Everything is permissible”—but not everything is constructive. ²⁴ Nobody should seek his own good, but the good of others.”

1 Corinthians 10:23-24

4. _____.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Ephesians 4:32

“He heals the brokenhearted and binds up their wounds.”

Psalms 147:3

For Reflection:

What, from your experience, has inhibited you the most from showing kindness to others?

Of the 4 factors, which one are you being nudged by the Spirit to address in your life? What would be your next step?

Realizing we all deal with all 4, how can this awareness help you to be more compassionate toward others?

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