

WEEK ELEVEN KIND

DAY 1

- 1. Begin your study time with prayer.
- 2. What does Proverbs 19:22 say is desirable in a person? What does Micah 6:8 say that we should love?
- 3. What other character qualities do you notice mentioned alongside being kind or kindhearted in Ephesians 4:1-3; Colossians 3:12; and 1 Peter 3:8?
- 4. Kindness does not originate in and of ourselves. The ability to be kind comes from God. How does the Bible describe the kindness and/or lovingkindness of God? To whom is He kind? To what extent is He kind? See 1 Chronicles 16:34; Psalm 36:5; Psalm 103:11 & 17; 145:8; Isaiah 54:10; Lamentations 3:22-23.
- 5. As Christians who are made in the image of God, the kindness we show to others should reflect the kindness of the Lord. Would the members of your family describe you as a kind and pleasant to be around? Think about your demeanor in your workplace, school, marketplace, etc. In what ways do you demonstrate kindness to those around you?
- 6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

Scripture Memory:

But love your enemies, and do good, lend expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men.

~ Luke 6:35

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ROCK WOMEN

DAY 2

- 1. Begin your study time with prayer.
- 2. Read Exodus 1:15-22 and 2:1-10. What did Pharaoh's daughter do in this story and why? (See verse 9)
- 3. The compassion Pharaoh's daughter had for baby Moses resulted in action. Biblical kindness cannot stop at just a feeling, but must be also accompanied by action. What does 1 John 3:17-18 say of us if our love/kindness is not accompanied by action?
- 4. What does the Psalmist say God sees as a result of His lovingkindness toward us in Psalm 31:7? Who else does God have compassion for and instruct us to defend or assist in Deuteronomy 10:18; Psalm 72:13, 82:3 & 146:9; Isaiah 1:17 & 58:6-7 and Matthew 9:36?
- 5. Read the story of the Good Samaritan in Luke 10:30-37. Would you have done the same or would you have passed by on the other side of the street? Do you have compassion on the afflicted and dispirited with whom you may come into contact? Do you defend those less fortunate than you? How so?
- 6. Write out this week's memory verse below:

DAY 3

- 1. Begin your study time with prayer.
- 2. Not only does God look out for the weak and vulnerable, who else does Luke 6:32-35 say that God is kind to?
- 3. Biblical kindness is not only kind to those we feel deserve it. Rather, it is kind even to those who are ungrateful for it and evil in response. What instruction is given to us alongside of being kind and tender-hearted in Ephesians 4:32 and Colossians 3:12-13?
- 4. Because we live in a fallen world marked by sin we cannot help but be wronged, betrayed, wounded or offended at times. However, if we are to emulate our heavenly Father's kindness, our compassion for others must be accompanied by forgiveness. Read Psalm 78:38 and notice how the Lord restrains His anger and forgives you. Is there anyone God is challenging you to show kindness through forgiveness to?
- 5. Colossians 3:12 tells us to put on a heart of compassion, kindness, humility, gentleness and patience. Why do you think humility and patience are required in demonstrating kindness to others? Apart from Christ, what is our default reaction to people?
- 6. Write out this week's memory verse below:

ROCK WOMEN

DAY 4

- 1. Begin your study time with prayer.
- 2. What does 2 Timothy 3:1-2 and Philippians 2:3-4 indicate we must lay aside in order to walk in kindness?
- 3. Our natural, fleshly tendency is to look out for our own needs or avoid extending kindness to another because it costs us something (time, energy, money, resources, etc.). However, an act of kindness can have unimaginable consequences. Think of Pharaoh's daughter whose compassion shown to a baby led to the deliverance of countless slaves. When God asks you to extend kindness to someone you have no idea the effect that simple act can have. How does this truth encourage you to respond the next time you see the opportunity for an act of kindness?
- 4. Read Romans 2:4. What does it say that the kindness of God leads us to?
- 5. Think of your unsaved loved ones. If it is the kindness of God that leads us to repentance, how might the kindness you show to others be a tool God uses to draw someone to salvation?
- 6. Write out this week's memory verse below:

DAY 5

- 1. Begin your study time with prayer.
- 2. Read Hosea 4:1. What are the reasons God has a "case" against Israel and what does He command in 12:6?
- 3. In the verse above, one of the reasons Israel was judged was for lack of kindness. God required repentance and true change. Think about your own life. Is unkindness something you need to repent of? If so, take a moment right now and do so.
- 4. What does Zechariah 7:9 say we should practice?
- 5. For some, kindness comes more naturally than for others but, if you are saved, the Bible says you are given the fruit of the Spirit, one of which is kindness (Galatians 5:22-23). However, walking in kindness is a deliberate decision, not always a natural consequence of being saved. What does Galatians 5:16 & 25 tell us to do and how would doing so help you exercise kindness toward others?
- 6. According to Psalm 18:25; 41:1-3 and Isaiah 58:6-12, what blessings are listed for those who are kind?
- 7. Ultimately, who does Matthew 25:40 & 45 say our kindness is toward? How does knowing this help you demonstrate kindness to those who are difficult to be compassionate to?
- 8. Write out this week's memory verse below: