

The Transforming Power of God's Kindness

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OPENING QUESTION

What's the kindest thing someone has done for you recently?

SCRIPTURE READINGS

Main Reading(s):

1 Corinthians 13:4

Additional Reading(s):

Galatians 5:22-23

Luke 6:35

KEY TAKE AWAY(S)

Kindness is always rooted in grace.

God's kindness to us in Christ (Ephesians 2, Titus 3) is the foundation for our kindness to others.

Kindness leads us to repentance.

God's kindness has a purpose—it's meant to turn hearts and lives toward Him (Romans 2:4; 2 Timothy 2:24–25).

Kindness is proactive.

Kindness makes the first move, takes initiative, and is a daily, intentional practice (Ephesians 4:32; Matthew 7:12), including specifically in marriage and close relationships.

QUESTIONS

1. Read Ephesians 2:6–7 and Titus 3:3–7.

- a. Where do you see God's 'incomparable riches of his grace expressed in his kindness to us in Christ' in your own story?
- b. How could remembering that grace change the way you respond to people who are 'ungrateful or wicked' toward you?

2. **Read Romans 2:4 and 2 Timothy 2:24–25.**
 - a. Can you think of a time when someone’s kindness—rather than anger or argument—helped you see something in your life that needed to change?
 - b. What do these verses teach us about how God might use our kindness to help others move toward repentance?
3. **Read Ephesians 4:32 and Matthew 7:12.**
 - a. Think of one relationship where it’s hardest for you to ‘be kind and compassionate.’ What gets in the way for you there, and how do these verses challenge your usual way of responding in that relationship?

PRACTICE

Practice for the Week: “One Proactive Kindness”

Pray

Sometime in the next 24 hours, read Ephesians 4:32 and Matthew 7:12 and ask the Holy Spirit: “Who do you want me to show proactive kindness to this week?”

Pick one person

Choose one specific person (ideally where there’s some tension, distance, or indifference—home, work, school, or church).

Plan one concrete action

Decide on one tangible act of kindness you will do for them that:

Takes *initiative* (you’re not responding to them; you’re going first), and reflect how *you* would want to be treated in their place.

Examples:

- A sincere, encouraging text or note
- Doing a chore/errand for them without being asked
- Making a favorite meal or bringing them coffee
- Apologizing first where there’s been friction

Do it anonymously if possible

If it fits, do it in a way where you don’t get credit. Let it be “just between you and Jesus.”

Come back ready to share

Next time your group meets, each person shares:

- What you sensed God asking you to do
- What you did
- What (if anything) changed in you or in the atmosphere of that relationship

This keeps it simple: one person, one intentional act, rooted in Ephesians 4:32 and Matthew 7:12.

CLOSING PRAYER

Jesus, thank you for your incomparable kindness to us, shown most clearly in your life, death, and resurrection. Holy Spirit, soften our hearts and help us to be kind and compassionate, forgiving others as you have forgiven us. Father, empower us this week to take the first step in love, so that our homes, workplaces, and friendships reflect your heart.