

**TAKE HOME SHEET**



**Series:** On the Couch  
**Message:** Ted Lasso  
**Speaker:** Rusty Coram  
**Date:** August 21/22, 2021

How we view and treat others is a direct reflection of how we understand our relationship with God. Ephesians 4:32 sums this up well:

*...be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. (NLT)*

Take a few minutes and think through the relationships in your life: family (both those you have regular contact with and those who are distant), friends, neighbors, co-workers, classmates, teammates, people at stores you shop, etc. Write down their names.

Now grade yourself on how loving, patient, kind, gentle and good you are to them.

Which ones would Jesus say you are you doing well?

What relationships need improvement on your end?

What can you do today to begin to strengthen one of these relationships?

**BIBLE TRANSLATIONS:**

MSG – The Message

NLT – New Living Translation

MESSAGE NOTES



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Ted Lasso is the kindest person in his TV world.

Followers of Jesus should be the most loving, patient, kind, gentle and good people in the real world.

God's intent is that we become people that are like Jesus. And He has provided all we need to do it!

<sup>22</sup> But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, and self-control. There is no law against these things!  
Galatians 5:22–23 (NLT)

We should be humble, not foolish or naive.

We should be strong, not weak or wimpy.

We should be truthful, not merely people-pleasers.

Kindness chooses to "believe the best and inspect the rest".

*Here is a simple, rule-of-thumb guide for behavior: Ask yourself what you want people to do for you, then grab the initiative and do it for them. Add up God's Law and Prophets and this is what you get.*

Matthew 7:12 (MSG)

Kindness resists the temptation to be crude, cruel or "cool" at the expense of others.

<sup>29</sup> Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. <sup>30</sup> And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. <sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. <sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Ephesians 4:29–32 (NLT)