




TEACHINGS FROM THE NEW TESTAMENT

“Be Kind...”



**EPHESIANS
4:32**



**Be kind and
loving to
each other.
Forgive each
other just as
God forgave
you in Christ.**



What does this Scripture mean?

- 1. Kindness means showing care in your words and actions. It takes other people seriously and chooses to say things that help them, not hurt them.**
- 2. To love means to treat others the way God treats us. It's not just liking someone – it's choosing to do what is good for them, even when it's hard.**
- 3. Forgiving means letting go of anger when someone hurts you, just like God forgives us when we do wrong. It doesn't mean what they did was okay – it means you choose not to stay mad or get even.**

Remember: These things are hard to do, but when we are followers of Jesus, anything becomes possible!



How To Follow Jesus Well

Be kind to everyone you meet, for everyone you meet was created in the image of God!

When someone wrongs you and asks for your forgiveness, forgive them even if it is hard, because that's what Jesus did for you!



CROSS CONNECTION

We are called to be kind, loving, and forgiving because that is what Jesus was to us. Jesus treated us kindly during His life. Jesus loved us so much that He died on the cross for us. When Jesus rose from the grave, He promised to forgive anyone who would call on His name! Because of these things, we are to do the same to others!

Reflection Questions

1. What is kindness?

Being careful with our words and actions towards others!

2. How can we love others?

Think and treat them like God thinks of and treats us!

3. What is forgiveness?

Let go of anger when we are wronged, like Jesus did for us!

Challenge Question: How will you show love, kindness, and forgiveness this week?