



## OKOTOKS EVANGELICAL FREE CHURCH

AT THE FORGE

KINDNESS: RANDOM ACTS ARE NEVER ENOUGH

OCTOBER 15-21, 2017

### SERMON OUTLINE

**At the Forge**

**Kindness: Random Acts Are Never Enough**

**Colossians 3:12-14; Mark 5:21-40**

**Kindness is energy and enthusiasm expressed in helping others**

If I am to be kind, like Jesus, I ought to . . .

. . . see everyone as someone of significance

. . . treat everyone with honor and respect.

. . . want to leave every person I encounter peace and not pain.

. . . urgently desire to give a bit of hope to every person I meet.

. . . [bonus] not just see kindness as a sequence of random acts, but a way of life.

**Kindness emerges when we allow the Holy Spirit into every aspect of our life**

*What do I need to do with what I have heard today?*

## MAIN POINT

Kindness is energy and enthusiasm expressed in helping others.

## THINKING THINGS THROUGH

*Connect the sermon to the study.*

**1. Pastor Michael preached on kindness Sunday. What are some things that would make you recognize kindness in someone else?**

**2. Kindness is one of those character traits that may be easier defined by what it is not. What are some ways a kind person *does not* act or treat others?**

**Leader:** Research says moral kindness leads to happiness, reduces stress, is contagious, and makes kids more popular and better at school. But the spiritual trait of kindness goes beyond sentimentality and random acts of circumstance. Kindness is a characteristic of God intended to be reproduced by the Spirit in God's people.

## DIGGING DEEPER

*Unpack the biblical text to discover what the Scripture says or means about a particular topic.*

> [HAVE A VOLUNTEER READ EPHESIANS 4:31-32.](#)

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**3. In verse 31, Paul listed five sins that should have no place in the Christian's life. What do these sins have in common?**

**4. Paul then calls Christians to "be kind and compassionate to one another." How does practicing kindness help us avoid the sins Paul mentioned previously?**

**Leader:** Christians are to "put away" five sins: bitterness, wrath, anger, clamor, and slander. These sins have to do with how we relate to other people. In their place, they are to "put on" three virtues: kindness, tender-heartedness, and forgiveness. Because God acts this way toward us, we should act this way toward others. Then the church will be built up, the people will be holy, and Christ's body will be unified.

**5. When you reflect on the kindness God has shown you, what do you learn about how and to whom you need to be kind?**

## SERMON BASED GROWTH GROUP

**Leader:** To truly model God's kindness toward others, our own kindness must be as broad as His is. This means it does not stop with being kind to people to whom it is easy to show kindness. Rather, we must show kindness to people we don't like, people who make kindness challenging, people we would typically choose to ignore, and people who are different from us demographically, socially, and so on.

**6. How has God shown His kindness to us? Read Romans 2:4 and think back to this weekend's sermon to aid in your discussion.**

**7. People often equate kindness with being nice, but the kindness Jesus modeled goes well beyond that. What is the difference between kindness and being nice?**

**8. In addition to the story we heard on Sunday, what is another example that comes to mind where we see the kindness of Jesus on display? What does Jesus' story teach you about godly kindness in action?**

**Leader:** Kindness doesn't happen by accident. Like all love, kindness is an action that must be chosen again and again. Kindness is not expressed in passivity, but in action. Niceness and kindness are not mutually exclusive terms. Often, being kind calls us to do what is best and good for another person. Above all else, God is the author of love, and love is kind (1 Cor. 13:4). Therefore, God is kind.

Kindness can take on many different forms, such as encouragement, compassion, or generosity, but the ultimate example is rooted in the sharing of the gospel in both word and deed. God showed His kindness to us when He sacrificed His Son on the cross as the payment our sins deserved. He continues to show His kindness by prolonging Jesus' return and giving more people the opportunity to respond to Him. When we love others with grace and compassion, we are allowing the Spirit to produce His kindness in us.

**9. God showed us kindness when we least deserved it, and oftentimes the same is expected from us. How do we express kindness to difficult people? Without going into details, use a difficult relationship in your life as a point of reference for you—what would being kind to that person entail?**

**Leader:** God is kind toward sinners by drawing them back to Himself (Rom. 2:4). In His kindness, God withholds the punishment and judgment we deserve because of our sins.

## SERMON BASED GROWTH GROUP

Recognition of this truth should lead people to respond to Him through the repentance of sins.

**10. Read Galatians 5:22. Why are we dependent on the Holy Spirit to show kindness to one another? What is a more likely default trait for you to express?**

**Leader:** Because kindness is a fruit of the Spirit (Gal. 5:22), we are dependent on the Holy Spirit to produce kindness in us as we seek to live like Christ. It is not a default characteristic of our sinful natures. Paul understood this, and he frequently appealed to Christians to “be kind to one another” and to clothe themselves with kindness. Paul knew showing kindness takes work and dependence on God.

### **DOING LIFE TOGETHER**

*Help your group identify how the truths from the Scripture passage apply directly to their lives.*

**11. First Corinthians 10:31 tells us to do everything for the glory of God. How would that approach to daily life lead you to be a kinder person?**

**12. What are some things in our lives that cause us to neglect a life of kindness? How should living among a community of Jesus followers help us fight off those sinful tendencies?**

**Leader:** The kindness of God is not about doing things to make ourselves feel good or pat ourselves on the back. It is about showing kindness even when it hurts. Living among other Christians should spur us to kindness by forgiving others and loving our enemies as we are commanded.

**13. Who do you need to show kindness to this week, and how will you do that? Make a commitment to show kindness to them, and pray for the opportunity.**

### **PRAYER**

Pray that you would be overwhelmed by the kindness of God over the coming week. Ask

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that He would present you with many opportunities to do good to others and to show the love and kindness of God to a world in need of the kindness He offers us in Christ.

### **MEMORIZE**

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. –Ephesians 4:32

### **SPOTLIGHT ON THE PASSAGE**

#### EPHESIANS 4:31-32

Paul challenged the Ephesian believers to rid their lives of every form of evil attitude and action towards others—bitterness (simmering, seething anger), rage (hot temper), festering anger, brawling (literally, “shouting”), slander (speaking evil of others), as well as any form of malice (vicious thoughts and intentions toward another). Paul may have intended a progression in this list. Simmering bitterness easily leads to explosive rage, which in turn develops into festering anger that produces angry words and slanderous attacks on others. Rather than starting that terrible sequence, the end of which can be murder, we are to respond differently.

The response that avoids behavior described in the previous verse is to choose to act toward others with kindness, compassion, and forgiveness. If God in Christ has forgiven us of rebellion against Him, how can we not forgive those who have sinned against us? Our relying on the Holy Spirit to enable us to deal with all people kindly, compassionately, and with forgiveness is powerful evidence of the work of God’s Spirit in us. We Christians are to live in ways that differentiate us from unbelievers.