# Life Group Lesson -- Week of October 14-20, 2018

**The Fruit of the Spirit is…Kindness**

**Text: Titus 3:3-7; Gal. 5:22-23**

**Open It**

As a child, who was someone who displayed real kindness to you? How did they show you kindness?

**Explore It**

**Read Titus 3:3-7 to see God’s kindness toward us**

1. How does Paul describe our general lifestyle before Christ? (3.3)
2. Circle below the level of involvement that “kindness” plays in salvation? (3.4-5)

Low Involvement 1 2 3 4 5 High Involvement

1. God displayed “kindness” to people who were “. . .foolish, disobedient, deceived, and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another.” Would we have trouble displaying “kindness” to this type of person? Why?

1. How do we benefit from God’s “kindness?” (3.6-7)

**Read Philippians 2:3-4 to see how it might help us display kindness to others**

1. What does it mean to “consider someone better than yourself? How does showing kindness to others require humility? How does humility differ from being a doormat? What does it mean to look not only to your own interest?
2. When has someone shown you genuine kindness by not thinking about their needs but thinking about you? Does the kindness I show to others reflect God’s kindness to me?

**Apply It**

Sometimes it’s the little things that count. Striving to show more of God’s tender mercies to others little by little will add up to a completely changed overall attitude—one formed by kindness. Some examples of ways to show kindness include:

* Give true compliments (not flattery) to others to help brighten their day.
* Interact with strangers instead of just walking by them or looking down at the ground (open doors for them, smile, say hello, help them carry something).
* Sit and talk with people who clearly appear to not want to be by themselves.

Don’t squander opportunities for kindness. They often come around several times a day. If you are ready for them, then you can make the most of them. Kindness is not a selfish attempt to get something for ourselves. It is a show of mercy and love to other human beings with no thought of reward. May we all develop the same type of love and kindness God has for us.