

## Day 1

# Kindness

**Silence (2 minutes)** Take some time to be quiet, to calm down, and to listen. What has God been teaching you? What are the next steps He wants you to take? How is your spirit doing?

**Scripture** *“But when the kindness and love of God our Savior appeared, He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom He poured out on us generously through Jesus Christ our Savior, so that, having been justified by His grace, we might become heirs having the hope of eternal life.” Titus 3:4-7*

**Discussion** Paul has just told Titus to remind the Christians in Crete how to behave now and how they used to behave prior to becoming Christians. This passage addresses God’s intervention in their lives. God’s kindness appeared. And how did God demonstrate His kindness? God saved them (and us) and gave us all the Holy Spirit so that we could become heirs of eternal life. Why did God show this great kindness to us? God acted, not based on our behavior, but according to who He is, according to His character. And God is merciful. What a generous, exorbitant, and undeserved kindness! As we now belong to Him we *“are being transformed into His likeness”* (2 Cor. 3:18). God is working in us to become kind toward others like He is. And what should our kindness toward others look like? It should look like His, generous and exorbitant, even when it’s undeserved.

**Application** Kindness might sound like the simplest Fruit of the Spirit to exhibit, but the simplest things can often times be the hardest! God’s kindness is so lavish that even while the world was dead in sin, He sent Jesus to die for us. Kindness is more than just general nice behavior, but a sincere goodwill for those we interact with. Consider who you interacted with last week that you struggle to show kindness to. What would sincerely willing the good for that person look like in the week ahead? Ask God to help you be reminded of His kindness as you seek to show that same kindness to those in your life who may need it the most!

**Prayer** Lord God, I praise You that You are so kind, so merciful. Thank You for Your kindness and mercy toward me. Thank You for saving me and giving me Your Holy Spirit. Thank You for making me Your heir; having hope of eternal life with You. Please continue to work through me to express Your kindness to others. And may the recipients of that kindness see and honor You. Amen.

**Silence (2 minutes)** Talk to God about what you are learning. What are your fears? Where are your hangups? Pray for direction.

**Scripture Memory** for the week: *“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.” Colossians 3:12*

