

Day 7 *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 *“And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, in order that in the coming ages He might show the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus.”* Ephesians 2:6-7

Discussion Paul just explained to the Ephesians how they had been *“dead in your transgressions and sins”* (Eph. 2:1) and he now turns to address their being made *“alive with Christ”* (Eph. 2:5). Though they were spiritually dead and separated from the Father, Paul points out in this passage that those who believe in and follow Jesus were raised from the dead with Jesus and are with Him in heaven, even while we continue to live physically in this life. And why did God do this for us? Why were we raised with Jesus? Paul says this was done so that for ages to come God could show us the riches of His grace. It sounds like God wants to show us the riches of His grace over and over. And this grace was expressed in the kindness of Jesus to us. Grace and kindness are linked. How was Jesus kind to us? Knowing we were dead in our sin and separated from God, Jesus was kind to us by obeying the Father, allowing Himself to be born as a human being, teaching us about the Father, inviting us to follow Him, orchestrating his suffering and dying for our sin, and coming back to life. And if we believe in and follow Him, we are raised up with Jesus. We can be in relationship with God. That is Jesus’ kindness to us; grace expressed in kindness. And since *“we are being transformed into His likeness”* (2 Corinthians 3:18) we are to be kind also; expressing grace in kindness. Jesus has demonstrated such a life-changing kindness to us, how can we not be kind to others in our daily lives? Whether they are brothers and sisters in Christ or unbelievers whom Jesus loved so much that He also died for them, we must, like Jesus, express grace in our kindness to them.

Application It’s hard to imagine just how much kindness Christ Has shown us. Whether we feel far from God, or are experiencing a time of refreshing closeness as we draw nearer to Him; His kindness is always there. Take time to consider just how much kindness God has shown you throughout your life. Thank Him for all He has done and will continue to do in your life. Ask Him to remind you just how deep His kindness is as you seek to show that same kindness to those around you.

Prayer Jesus, thank You for Your kindness to me, for Your grace expressed in kindness. Thank You for loving me, seeing that I was lost and separated from the Father. Thank You for choosing to die for me so that I could be forgiven and raised with You. Thank You for eternal life, that I may know the only true God and You, Jesus Christ, whom the Father sent (Jn. 17:3). Thank you, Father, that You want to show me the riches of your grace over and over for ages to come. Jesus, in my much smaller, much less significant ways, I commit myself to follow You by living like You, living out kindness; grace expressed in kindness to others. 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

