

Day 2 *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 *“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”* Colossians 3:12

Discussion Paul has just told the Colossians, *“Since, then, you have been raised with Christ...”* there are ways they should think and behaviors they should avoid. He continues with this passage, telling them how they should behave. When we get dressed in the morning we put on multiple pieces of clothing. Each of these has a specific function and they work together to perform their functions. We don’t get dressed by accident or suddenly discover that we have put on our clothes. Nor do we put on clothes for five minutes and then remove them. We choose to move our hands, arms, and legs so that we clothe ourselves. It is intentional. Then we wear those clothes throughout the day. The same is true of kindness. It is not to be ignored and doesn’t happen by accident. We are not to be kind one minute and stop it the next. Kindness coordinates with compassion, humility, gentleness and patience. Paul tells the Colossians, and us, to clothe ourselves with, to intentionally engage in, and continue engaging in, kindness and four other related qualities throughout the length of our day.

Application Consistently showing kindness is tough because it isn’t just a change in our behavior, but our attitudes as well! Sometimes, kindness requires we behave kindly before we start truly feeling it in hearts. As you focus on kindness, ask the Lord to move your heart as well. Consider your day and when you feel it most difficult to be kind. Perhaps it’s in the evening when you’re tired, or during a stressful time at work. Ask God to remind you during these times - and set a reminder if you can - that kindness is intentional and requires time.

Prayer Lord God, thank You that I have been raised with Christ and for Your guidance in how I should live. I commit myself to be kind toward others consistently throughout my day. And yet Lord, have mercy on me when I am not kind; when I allow myself to be distracted by my wants, my pride, my emotions. Please change me to be consistently kind like 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

