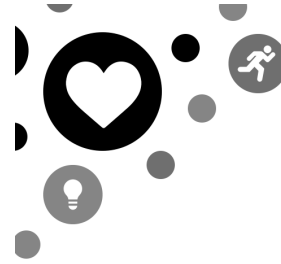


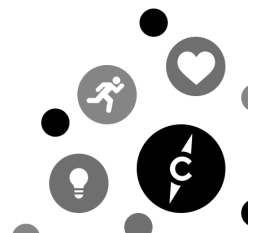
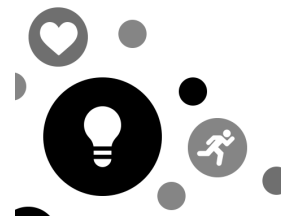
NOTES & QUOTES



Habitudes

Habits and attitudes
that bring life change.

WEEK 5 - KINDNESS



CONNECT (BUILD RELATIONSHIPS)

1. What is the kindest thing anyone has ever done for you and how did it make you feel?
2. Kindness is not a virtue that is widely celebrated in our culture. Why do you think that is?
3. Who are the people that you find it most challenging to show kindness to?

THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read Romans 2:1-4, Ephesians 4:32, and 1 John 16-23. What do these verses tell us about kindness?
5. Read Galatians 5:22-23. Kindness is listed here as a Fruit of the Spirit. Discuss the Holy Spirit's role in expressing kindness in our lives.
6. Read Mark 10:46-52. What can we learn from Jesus' act of kindness in this passage?

7. Read 2 Samuel Chapter 9. Imagine you are David in this story. What thoughts and emotions do you have as you read this story? Now place yourself in Mephibosheth's shoes and ask yourself the same question. What are you thinking and feeling while being offered this act of kindness?

COMMIT (BE ON MISSION)

8. What would it look like to be 10% kinder this week, and what are some simple ways to show kindness?
9. What barriers prevent us from expressing God-like kindness to others?
10. Identify a person in your life you have a challenge expressing kindness to. What is one act of kindness you could extend to them this week?

PAUSE, PONDER & PRAY

"Whoever pursues righteousness and kindness will find life, righteousness, and honor."

Proverbs 21:21