

The Fruit of the Spirit: Kindness and Goodness

September 8 – 11, 2024

Kindness: Sunday, September 8

Titus 3: 3 – 5

- Define kindness and goodness from a spiritual perspective. What is the difference between the two attributes? (*Romans 2: 4; Romans 11: 22*)
- Considering this passage, describe how God shows us kindness. What is the connection between God's kindness and mercy? (*Romans 5: 8 – 9*)
- How does God's kindness and mercy enable us to overcome the sinful conduct and poor decisions from our past? How can we mirror God's kindness to have a similar effect on others?

Luke 6: 35 – 36

- According to **verse 35**, how do we show kindness to others, and what should our attitude be when showing others the kindness that Jesus describes? What example does God give us that we can strive to imitate? (*Matthew 6: 1 – 4*)
- From **verse 36**, how does God expect us to respond to the mercy that He shows to us? (*Matthew 5: 7; James 2: 13*)

Ephesians 4: 31 – 32

- Consider how Paul's list of attributes in **verse 31** differs from those he lists in **verse 32**. Describe how showing kindness enables us to overcome the negative traits and actions listed in **verse 31**. (*1 John 3: 18; 2 Samuel 9: 3*)

- How are the character traits and actions listed in **verse 32** connected to each other? Consider the example that Christ set for us in showing kindness.

Goodness: Wednesday, September 11

Psalm 31: 19

- Describe God's goodness. How does God act on His goodness, and how should we respond? (*Mark 10: 17 – 18*)
- How does David describe those who receive God's goodness? What qualities does he mention, and how can we develop these qualities? (*Psalm 119: 68*)

James 1: 16 – 18

- From **verse 17**, how does James describe God's trustworthiness and consistency? How can we imitate these qualities in doing good for others?
- In **verse 18**, what does James provide as evidence of God's goodness, and how can this bring us hope? (*John 3: 16 – 17*)

Romans 12: 9 – 10

- In **verse 9**, describe Paul's directive to "cling to what is good". What is the benefit of such action? (*Romans 12: 21*)
- Reflecting on **verse 10**, how do we act on the goodness that God shares with us, and how is this related to the topic of kindness (that we considered previously)? What are some of the challenges in cultivating and sharing goodness?