

# INSIDE OUT

NINE ESSENTIAL ELEMENTS  
OF SPIRITUAL MATURITY

The Fruit of the Spirit  
#5 "KINDNESS"  
The Rev. Dr. Jeremy Mahood  
March 12, 2017

Please read together Galatians 5:22-23. Today's study is on the spiritual fruit of KINDNESS.

1. To whom do you find it easy to be kind?  
To whom or in what circumstances do you find it difficult to be kind?
2. What strikes you most about the following definition of kindness and why?  
"KINDNESS...TO SMILE, TO OVERLOOK A FAULT, TO ACCEPT THE BLAME WHEN IT IS TRULY YOURS, TO NEVER POINT YOUR FINGER BUT ALWAYS OPEN YOUR HEART."  
*From The Relationship Depot by Jeremy Mahood*
3. READ: Luke 6:35-36
  - a. What characteristic of God do you see here?
  - b. In verse 36, what are we told to do and why are we to do it?
  - c. What three things are we instructed to do about enemies?
  - d. What is the result in our lives if we are obedient to this life principle?
  - e. How would you define an enemy in your life?
  - f. To love our enemies requires divine empowerment. Do you agree or disagree and why?
  - g. What is the difference between being nice and being kind? Explain.
4. Discuss this statement by Beth Moore.  
"Kindness is not an action, it's a disposition. You can fake niceness but you cannot fake kindness. Kindness is a disposition from the Holy Spirit."
5. READ: Matthew 11:28-30
  - a. At what times in your life do you find it difficult to be kind?
  - b. What are we instructed to do when we are tired, exhausted or under stress (burdened)?
  - c. What do you think Jesus meant when he said, "Come unto me"? How do we do that?
6. Discuss this statement: "Kindness wears down when we do."
7. What do you think this statement means: "We need to build up in the Spirit, not our ego"?

8. READ: Titus 3:3-8
  - a. What is the big contrast in these verses?
  - b. What attributes of God's nature (character) are discussed and what difference have they made?
  - c. What did God do for us in verse 5 and why did he do it?
  - d. What has God given to every believer in verse 6?
  - e. Who did he give this gift through?
  - f. Why do you feel it is so important to understand we have been given the gift of the Holy Spirit?
  - g. How does this gift relate to Galatians 5:22-23? (The fruit of the Spirit)
  - h. In verse 7, what is the result of this gift that has been given to us?
  - i. What are we instructed to do in verse 8?
  - j. Based on this portion of scripture why do you think that being kind, as opposed to being nice, is so critical in our lives and the lives of others around us?
  
9. READ: Ephesians 2:4-10
  - a. Who/what is the saviour here?
  - b. Why were we saved?
  
10. READ this statement: "There is already a saviour. We must stop trying to be a saviour, we cannot be everyone's, everything".
  - a. What is the difference between trying to be someone's "saviour" and being kind?
  
11. READ: Hosea 11:1-4
  - a. This is a picture of Gods interaction with the nation of Israel. What was God's primary method of interacting with the sinful nation Israel?
  - b. What image does Hosea paint of God?
  - c. When have you experienced the kindness of God in your life or circumstance?
  
12. Why do you think it can be difficult to be kind to those who think differently, believe differently and act differently from ourselves?
  
13. READ:

"KINDNESS MAKES A PERSON ATTRACTIVE. IF YOU WOULD WIN THE WORLD, MELT IT, DO NOT HAMMER IT" ---Alexander McLaren

  - a. What are your thoughts on this statement?
  - b. How did Jesus express the same thought?
  - c. Do you think that a lack of kindness and fear could be connected? If so, in what way? Why or why not?

14. Who do we not get to be kind to? Please defend your position from the word of God.
15. DISCUSS: "When we stop living by the law of kindness, we have forgotten that God has been kind to us".
16. In what ways do you think that kindness leaves a legacy for those who follow us? Is it possible to have a spiritual legacy?
17. RATE YOURSELF: On a scale of 1-10 how would you rate yourself in the area of Kindness: 1 being I'm not good at this at all. And 10 being I practice kindness in every situation without fail

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

Now rate yourself on how you would like to be?

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

What is one step you could take today to move you closer to your goal?

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17. Discuss with your group an act of kindness you could do together. What would that look like? How could you organise this?

Some portions of today's study was based on notes taken from a Beth Moore simulcast in September of 2010

## **UP COMING:**

ALL NATIONS CHURCH FINANCIAL UPDATE: We have completed our first full year in our Mission Outpost! We are planning to share a financial update and budgets with you, as well as report on the 20 x 2020 mission on **Sunday morning April 2nd immediately after the service.**

GOOD FRIDAY and EASTER SUNDAY are only a month away (April 14,16). Plan to attend our Good Friday evening and Sunday morning services, and invite someone to come with you!