

MORE



WEEK 5: KINDNESS

WEEK 4: ACCOUNTABILITY FOLLOW UP

How well did you put into practice what you heard from God about Patience?

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INTRO

This week, we're continuing our series on the Fruit of the Spirit, and we're focusing on the powerful, yet often underestimated, virtue of Kindness. Kindness is not about being nice or polite; it's us reflecting the heart of God towards others. It's a Spirit-led posture of compassion, generosity, and care toward others that we take even when it's inconvenient or undeserved. Kindness is often misunderstood. Some see it as dangerous, mistaking it for tolerance or even consent, and others confuse it with niceness, yet they are not the same. Kindness is others-focused. It's an act of love that's in someone's best interest. Niceness, by contrast, is often self-focused and aimed at keeping the peace or gaining approval. Kindness isn't always "nice," and being nice isn't always kind.

BIG IDEA

True kindness begins when we put down our stones. We can't show the love of Christ while holding onto judgment, resentment, or self-righteousness. Just like in the story of the woman caught in adultery where we see Jesus show radical kindness, not by ignoring sin, but by inviting grace and sharing truth. When the crowd dropped their stones, they made room for mercy. Kindness calls us to do the same.



OPENING DISCUSSION



In this week's message, we heard Pastor Ryan describe that humankind was created in the image of God. When we dive deeper into what that means and looks like, we must realize that kindness is a quality given to us...a quality that reflects God's character. Kindness is a useful attribute to who we are...uniquely human. We also learned that the Greek word for 'kind' means; "is fit for use or useful". Therefore, kindness is something that's useful.

1. When you hear the word "kindness," what comes to mind? Is it a person, a moment, a quality...?

2. Have you ever experienced kindness that didn't feel "nice" in the moment—but helped you grow? What did that look like?

READ

- John 7:53-8:11
- Romans 2:1-11

APPLICATION

In these verses, we see the kindness of Jesus displayed in the story of the woman caught in adultery, which parallels what Paul discusses in Romans chapter 2. This passage explains that God's kindness, not harshness, judgment, or shame, leads people to repentance.

1. What does it look like to "put down the stones" in your everyday relationships? Are there people you're quick to judge instead of showing grace?

2. Jesus didn't say the woman was innocent, but He still showed her mercy. How can we balance truth and kindness the way He did?



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3. Romans 2:4 says, it's God's kindness that leads us to repentance. How does that challenge the way you respond to people who are struggling or caught in sin?

4. Paul warns against judging others while ignoring our own hearts (Romans 2:1). What area of your own life requires deeper self-examination (i.e. what area of your heart and/or life are you holding back from God?)



TAKEAWAY

Kindness isn't weakness—it's the strength to put down our stones. It reflects the heart of God, not by ignoring truth, but by offering grace. Jesus showed us that kindness can break through shame, soften hearts, and invite transformation. When we lead with kindness, we create space for God's love to do what judgment never could.

LISTENING TO THE LORD

Take some time and seek God for the following questions.

1. God, what "stones" do I need to put down when it comes to showing kindness? (Judgment, bitterness, defensiveness, pride, etc.)

2. What's one relationship, situation, or person this week where you need to lead with kindness instead of criticism or silence? And what would a kind response look like in that situation?

