



Lesson 4: Kindness & Goodness

Kindness - *chrestotes*: usefulness, moral excellence in character or demeanor, gentle, good
Goodness – *agathosune*: virtue or benevolence; active goodness; love for human beings

Scripture for further study:

Kindness

- Romans 3:4
- 2 Corinthians 6:6
- Ephesians 2:7
- Colossians 3:12
- Titus 3:4

Goodness

- Romans 15:14
- Ephesians 5:9
- Mark 10:18
- 2 Thessalonians 1:11
- Galatians 6:9

Reflection/Discussion Questions:

1. What stood out to you most about today's lesson?
 - a. What did you learn about God?
 - b. What posture do you need to take in response?
2. Who has shown kindness or goodness to you and what did that teach you?
3. How did today's lesson impact you when Greg talked about harsh words & how criticism can shape how we relate to others?
 - a. Do you tend to be quick to offer harsh words or criticism of others? What might be some practical steps you can take to temper your tongue (James 1:5,19)?
4. Knowing that God's kindness leads to repentance, I can _____.
5. What actions can I take this week to provide pleasure or relief to another person?