

YEAR OF GROWTH

KINDNESS

WEEK 4

EXERCISE

How To Grow in Kindness:

It is important to understand the meaning of kindness and to see examples of this characteristic in Scripture. Yet, it is also important to do the work necessary to have and to develop kindness. Our focus will be on passages that teach what one must do to have and to grow in brotherly kindness.

Day One – Sunday

Reflect on the definitions of the words that God used to describe kindness. Think back over the previous lessons. Read again the passages that you have written. Recall the verses you have memorized. Focus on the meaning of brotherly kindness and prepare to exercise in developing this characteristic.

Day Two – Monday

1 Peter 1:22-25

To show brotherly kindness, one must recognize that all Christians are brothers and sisters. Obeying the Gospel purifies the soul (by the blood of Jesus [vs. 18-19]). When we are baptized into Christ we are born again into His family. Thus, the Lord adds us to His church as we are purified into genuine brotherly love! We grow in kindness when we see one another as family.

Day Three – Tuesday

James 2:1-9

To grow in kindness, one must develop an attitude of impartiality. In Christ, we are part of one family (cf. Galatians 3:28-29; Colossians 3:11). Even those who are not Christians are a part of the family of humanity – created in the image of God. We must be kind to all equally.

Day Four – Wednesday**1 Corinthians 12:20-27**

To develop kindness, one must understand that every Christian is needed and necessary. There are no unimportant members of the body of Christ. Paul's illustration using the human body demonstrates this perfectly. Because we are mutually dependent, we must care for one another. We must be kind to all!

Day Five – Thursday**1 Kings 17:8-16**

To practice kindness, one must have a strong faith. This widow showed great kindness to Elijah even though it appeared that it would cost her the last of her food. Her trust in God motivated her to obey His will and to help His prophet. Often, the results of kindness toward others may not be seen in this life. Yet, if we trust in God, we will be kind to all.

Day Six – Friday**John 12:1-8**

To show kindness, one must be willing to sacrifice. Mary anointed the feet of Jesus with expensive perfume. In fact, it was valued at 300 pence – almost a year's wages! To Mary, showing kindness to Jesus was worth any price! It always costs to show kindness. We must sacrifice our time, money, possessions, and ourselves. Yet, it is always worth it.

Day Seven – Saturday**1 Timothy 5:1-3**

To develop kindness, one must also develop respect. Older men and women are to be treated as fathers and mothers. Thus, one must first learn to honor one's parents. Then, one must show that same respect toward others. Kindness values others.