

# Kindness

Kindness is a deliberate act and I choose to act in kindness. God has shown me great kindness even when I didn't deserve it. His actions – keeping His promises and extending mercy and forgiveness toward me – have always reflected His loving kindness. Therefore, today I will treat everyone with kindness.

The fruit of the Spirit living in me is kindness. So regardless of how others may treat me, I will remain calm, peaceful and undisturbed by their actions. I will be quick to forgive and willing to overlook their actions by responding to them with kindness. All people are created in the image of God and deserve to be treated with kindness regardless of how they have distorted and misrepresented that image. Kindness is a deliberate act and I choose to act in kindness.

The expression of kindness requires initiative, thus I will consider others' needs above my own. As others observe me throughout the day I will be careful and disciplined in my actions to communicate kindness, for my actions reflect my relationship to Jesus as His follower. Kindness is further proof the Holy Spirit is living in me, for it is a quality and virtue that characterizes Jesus.

My choice today is to be kind to everyone. For those who show me kindness I will respond likewise. For those who choose to hurt me I will respond Christ-like toward them by speaking words of kindness and blessing. I am not responsible for what others may do or say to me, I am however responsible for how I respond to them. When I am tempted to blame others for a bad attitude, or have an unwillingness to forgive, or feelings of ill will developing within my heart and head, I will prayerfully ask the Holy Spirit to supernaturally produce kindness in and through me.

God's principle of sowing and reaping affect all of life. I will sow kindness in response to every situation, be it with actions or words, knowing I will reap much more than I have sown. I will add value to those I love with kindness. I will win over my adversaries with kindness. I will brighten the day of strangers with kindness. I will be an expression of Jesus' love to everyone through kindness. Kindness is a deliberate act and I choose to act in kindness.

## Study: Kindness

**Day 1:** God's Kindness - *Galatians 5:22-23* (Page 893); *Romans 2:4* (Page 858); *John 8:1-11* (Page 816)

**Day 2:** Loving My Enemies - *Luke 6:27-36* (Page 786); *Romans 5:8-10* (Page 860)

**Day 3:** About My Heart - *Hebrews 3:12-14* (Page 921); *Hebrews 12:14-15* (Page 928); *Matthew 7:16-20* (Page 738)

**Day 4:** About My Tongue - *James 3:1-12* (Page 931); *1 Peter 3:8-11* (Page 936)

**Day 5:** Live in Kindness - *2 Corinthians 6:3-10* (Page 885); *Ephesians 4:2* (Page 896); *Ephesians 4:22-24* (Page 897)

**Day 6:** Living a Godly Life - *Colossians 3:12* (Page 903); *2 Peter 1:3-9* (Page 938)

**Day 7:** Love and Kindness - *1 Corinthians 13:4* (Page 878); *1 John 3:14-20* (Page 942).

Read the *Daily Reading* once again and highlight things that stand out. Answer the questions below for growth in this area. Take time to learn the memory verse.

**Memory Verse:** 2 Corinthians 6:6 *"We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love."*

2 Corinthians 6:6

### Life Transformation Questions:

1. As you read the *Daily Reading*, what stood out and why?
2. What action will you take to apply this truth? Be specific.
3. What areas of your life will benefit from this action? How and why?