

*Trans*  
~~CONFORM~~  
**TRANSFORMING KINDNESS**

**Ephesians 4:22-25:** Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy. So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body.

**LIFE GROUP / PERSONAL STUDY:**

In Romans 12, we're told to stop conforming to the patterns - the secularism - of the world and to be transformed by the renewing of our mind. We've been learning that one way God works in this transformation process is by growing the Fruit of the Holy Spirit in our lives. To determine where we are in this process, it's important for us to recognize whether His love, joy, peace, and patience are becoming more evident in our lives. The next fruit we'll look at this week is the Fruit of Kindness - another Fruit of the Spirit that we desperately need in our world today!

1A) Compare Ephesians 4:21-24 to Romans 12:2. What similarities do you find? What differences?

1B) PERSONAL: How important do you think these instructions were to Paul and his message?

2A) PERSONAL: How would you describe the concept of "kindness."

2B) In a dictionary or thesaurus, what are the synonyms of Kindness?

3) PERSONAL: Are you seeing "kindness" expressed in our culture today? If so how? If not, what are you seeing?

### Read Ephesians 4:25-29:

4A) List the specific instructions we're given in this passage.

4B) Why is it important that we follow these instructions according to the following verses?

Verse 25:

Verse 27:

Verse 29:

### Read Ephesians 4:30-32:

5A) What additional instructions are we given in these verses?

5B) What promise do we find in verse 30?

5C) PERSONAL: How do you think the reason we're given in verse 32 relates to the Presence and Power of the Holy Spirit in our lives?

6A) What do we learn in 1 Corinthians 13:4-6?

6B) PERSONAL: How do you think the Fruit of Kindness growing in our heart could change our attitude about people and situations that we're dealing with?

6C) PERSONAL: How could this change in attitude or mindset change our actions and the atmosphere around us?

### Read Acts 4:32-35:

7A) How was kindness being expressed in the early church?

7B) PERSONAL: How do you see kindness expressed in today's church and what can you do to personally help?

**ACT:** Our world seems to be filled with people who think only of themselves, so kindness is sometimes difficult to find. However, as followers of Jesus, who have received such incredible loving kindness from Him, we should be constantly letting our light shine by being kind to others with the help of the Holy Spirit growing this fruit within us. Our attitudes need to be transformed so that we are willing to share with and share in the trials and afflictions that others experience and do all that we can to express kindness. Let's never settle for being a "thermometer" that just registers the atmosphere and complains about it, but be a "thermostat" that helps to regulate it!

**Daily Devotional:** It always helps to look at the context of the passage. Then try to answer the following questions about the passage. Who is involved? What is going on? Where is the action taking place? When? How can this concept apply to my life? Why is it important? Also look for Commands, Warnings, and Examples to follow or not to follow.

- This week let's read various passages that reveal why kindness is so important.

## **Monday:**

### **Proverbs 11:17 NLT**

Your kindness will reward you, but your cruelty will destroy you.

## **Tuesday:**

### **Zechariah 7:9-10 NLT**

This is what the Lord of Heaven's Armies says: Judge fairly, and show mercy and kindness to one another. Do not oppress widows, orphans, foreigners, and the poor. And do not scheme against each other.

## **Wednesday:**

### **Romans 2:4 NLT**

Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

## **Thursday:**

### **Romans 11:22 NLT**

Notice how God is both kind and severe. He is severe toward those who disobeyed, but kind to you if you continue to trust in his kindness. But if you stop trusting, you also will be cut off.

## **Friday:**

### **Ephesians 1:7-8 NLT**

He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. He has showered his kindness on us, along with all wisdom and understanding.

## **Saturday:**

### **Colossians 3:12 NLT**

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

## **Sunday:**

### **Titus 3:4-7 NLT**

When God our Savior revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Savior. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.

