

The God-Filled Life

#1: The Unstoppable Power Of Kindness

Ephesians 4:32 *Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

1. Understand the _____

a) It's great _____

Ephesians 1:7 *He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.*

b) It's good for _____

c) It's contagious

d) Kindness _____

Romans 2:4 *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?*

2. Make the choice to be kind

Matthew 5:44,47 *But I say, love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven. For he gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. If you love only those who love you, what reward is there for that? Even corrupt tax collectors do that much. If you are kind only to your friends, how are you different from anyone else? Even pagans do that.*

Key: Retrain your brain by saying " _____ "

3. Do something every day

Luke 6:35 *Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked.*

Random acts

Put change in a vending machine
Hold the door open for someone
Give candy to your bank teller
Let someone go ahead of you in line
Wash someone's car for free
Walk dogs at a shelter
Set the table for dinner or clean up afterwards
Buy coffee for a stranger
Tell the principal how great your teacher is
Make a get-well card for someone
Leave a popcorn surprise on a redbox
Clean your room without being asked
Give a candy bar to the bus driver
Send dessert to another family at a restaurant
Buy extra school supplies for a teacher
Give someone a hug coupon
Make a homemade gift for someone
Write a kind note to someone tell them something you admire about them.
Bring cookies to the police station
Compliment someone
Share an overheard compliment
Send a postcard to a sick child who wants to receive mail
Offer to run errands for a new mom
Write a thank you note to someone
Buy lemonade from a stand
Leave quarters at the laundromat
Leave a gift in a library book

Proverbs 11:17 *Your kindness will reward you, but your cruelty will destroy you.*

1 Corinthians 13:4 *Love is patient and kind. Love is not jealous or boastful or proud*

Ephesians 1:8 *He has showered his kindness on us, along with all wisdom and understanding.*

Luke 7:42

But neither of them could repay him, so he **kindly** forgave them both, canceling their debts. Who do you suppose loved him more after that?”

Colossians 3:12

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

2 Timothy 2:24

A servant of the Lord must not quarrel but must be **kind** to everyone,

Proverbs 3:3

Never let loyalty and **kindness** leave you! Tie them around your neck as a reminder. Write them deep within your heart.

Ephesians 4:32 [Full Chapter]

Instead, be **kind** to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.