



KINDNESS

...Blessed is he who is *kind* to the needy... Proverbs 14:21

Day 1: Using a thesaurus or dictionary, do a study of the word *kindness*. List synonyms / antonyms / definitions.

Can you come up with at least 10 acts of kindness that you have completed for someone who didn't deserve it? How many gestures of neighborliness have been shown to you over the last 2 weeks?

Day 2: Why do you think *kindness* is listed among the gifts of the Spirit (Galatians 5:22)? What sort of perks do you get when you show random compassion?

Rephrase these Biblical descriptions of kindness from the passages below. Is being kind a command, or a choice.

- 2 Corinthians 1:3
- Proverbs 12:10
- Proverbs 16:15
- Proverbs 19:12
- Psalm 85:10
- 2 Samuel 18:3

Day 3: Read the account in 2 Kings 4:8-37. Name the characters in the story, seen or implied, and their responses to the kindness shown to them, if any. Where would you put yourself in the story?

Day 4: How would kindness improve your health? As you rephrase these verses, think of modern ways to emulate what you discover. Form a plan of action for each idea, including people, places and dates.

- Proverbs 11:17
- Proverbs 12:25
- Psalm 119:156

- Psalm 103:1-5
- Psalm 119:77
- Job 10:12

Day 5: Read 2 Samuel 2:1-7; 7:1-16. How did the men of Judah reward David for his kindness? Outline the various ways God showed kindness toward David. Were these acts conditional? Did David deserve any of them?

Day 6: How is being kind a witness to nonbelievers? "Random acts of kindness" is presented to every person, but what prompts the giver to perform such actions? What is your motivation behind your compassion?

Read these instances when showing mercy made statements about who God is. Write your own statements.

- Genesis 24:27:1-4; 22-27
- Romans 12:1-8
- Matthew 7:18-20
- Proverbs 14:31

Day 7: Does being kind always bring about favorable results? Name some instances when you chose to be kind and it went unnoticed or unrewarded. How did you feel after that? Explain your answer. Then read these Biblical examples:

- Matthew 8:2-3
- James 5:9-11
- Psalm 63:3
- Luke 6:32-36
- Hebrews 11:30-31

Day 8: Read the account of Rahab in the city of Jericho in Joshua 2:1-21; 5:15-17, 6:21-25 and Matthew 1:5-6. Make a timeline of the events that occurred in the story. What would have happened if the spies had not honored Rahab's request?

Day 9: Does knowing the financial or social situations of people stir your heart to show compassion? When was the last time you did something for a down-and-out individual? What motivated you to show the kindness and what was the recipient's reaction? Were you surprised at the response? Record your thoughts.

Reword these Biblical examples. Can you give examples of agencies or groups that help the poor? Would you give to these organizations? Why or why not?

- Proverbs 19:17

- Exodus 22:26-27

- Psalm 41:1

- Proverbs 14:21-22

Day 10: Study the parable in Luke 16:1-13. What was the motivation behind the steward's reaction to the charge brought against him? Why did he respond in the way he did, and why did Jesus praise his actions? Record your thoughts.

Rephrase Jesus's lesson in verses 9-13. Has this ever happened to you? Explain.

Day 11: How does it feel *not* to be shown mercy? Reword these circumstances when people or life in general did not show compassion. As an onlooker, what preventative measures could have been taken to stay out of the pathway of these mean-spirited acts, if any?

- Genesis 16:1-6

- Jeremiah 50:41-42

- Isaiah 47:1-3

- Jeremiah 16:5-11

Day 12: What characteristics of God can you glean from these passages? Write a journal entry about the many acts of loving-kindness that God has shown you.

- Isaiah 54:7-8, 10
- Lamentations 3:31-33
- Deuteronomy 30:1-3
- Psalm 103:8-10

Day 13: Are you prone to blame God when you have been "short-changed"? Or when He didn't help you when you thought He should have? Make a list of those times in your life, if any.

Read these entreaties to God from men who have felt the same as you may have. Do you find their words a little chilling? Do they ring true to your own confusion at times? Reflect on the tone of each one and any personal feelings.

- Psalm 77:1-9
- Isaiah 63:15
- Psalm 25:6-7
- Psalm 6:4
- Numbers 11:11,15
- Psalm 89:49

Day 14: Read and record the different aspects of Nehemiah's prayer in Nehemiah 1:1-11, including humility, praise, petition, etc. What can you learn about the character of God in this prayer?

Day 15: Read these descriptions. Record the emotions you feel as you recap each of the passages. Does it change any previous concepts you had about God?

- Jeremiah 9:23-24
- Jeremiah 32:18-19
- Lamentations 3:22-23

- Exodus 33:19
- Psalm 8:3-5; Hebrews 2:6
- Psalm 62:12
- Psalm 107:43
- Ps 145:9

Day 16: What are some examples of times when someone can be *kind*, but not be *nice* (i.e. a doctor's report about your cancer)?

Summarize these accounts of such times. Do they shed light on any personal instances you can recall?

- Ruth 1:6-14
- Matthew 1:18-21
- Matthew 16:21-23
- Mark 14:27-31
- Luke 9:1-5
- John 11:11-15

Day 17: Summarize and describe the story of David's kindness in memory of his friend Jonathon in 2 Samuel 9:1-13. Follow up the remainder of the tale in 2 Samuel 16:1-4 and 2 Samuel 19:24-30 21:1-9. Were David's acts kind? Why or why not?

Day 18: What are some visible signs of being kind? Make a list of unusual acts of kindness shown to you. Why did they seem kind at the time? How did it affect you as a person?

Read this verses on ways to show loving-kindness. Do they apply to modern times? Explain your answer.

- Deuteronomy 22:1-4

- Ruth 2:8-16
- Matthew 5:38-42
- Mark 9:38-41
- Luke 6:31-36
- Philippians 2:9-23

Day 19: Retell the story of the kindness of Ebed-Melech, one of the eunuchs in King Zedekiah's house in Jeremiah 38:1-13; 39:15-18. How big does an act of kindness have to be to bring favorable results? What was the result of the Ethiopians' kindness?

Day 20: Read Psalm 25:6-7. When do you show compassion? Are there certain do's and don'ts that you need to consider before responding with kindness? Read these verses and make such a list.

- 1 Timothy 1:12-16
- James 2:13
- Psalm 32:10
- Judges 2:11-23

Day 21: 1 Kings 20:1-35 and recap the account of the watchful eyes of men on King Ahab's reaction before making a commitment. Recount times in your life where it was a good idea to watch first before responding, if any.

Day 22: How should our speech reflect kindness? Are words sufficient to comfort or do actions need to accompany what is spoken? Recall times when silence was enough to assuage a painful experience.

Read these verses and call to mind what circumstances might be most helpful with kind words/actions or when keeping your mouth shut is the best policy.

- Zechariah 1:12-16
- Titus 3:1-5

- Colossians 4:6
- Psalm 141:5

Day 23: Read of an unusual contest in 1 Kings 18:20-40. What do you think of Elijah's actions and words? Were they kind, out of place, unnecessary? How would you have written the contest rules? Would you have had Elijah disqualified?

Day 24: Do you have to learn to be kind or does it come equipped in a child's disposition at birth? When is a good time to start teaching children to respond with kindness?

What do these verses teach you?

- 1 Chronicles 22:5; 1 Chronicles 29:1
- Deuteronomy 28:49-51
- Nehemiah 9:16-17
- 2 Kings 22:1-2, 18-20
- Isaiah 49:10

Day 25: Read the account in 2 Chronicles 10:1-19. In a summary include Rehoboam's counsel given by his advisors. What was the result of his consultation? Could it have been handled differently? How much better would it have been had Rehoboam taken a kinder course of action?

Day 26: Can you think of examples when non-believers showed you some form of kindness? Were their actions unexpected and surprising? Why is kindness considered a value to be taught to children in secular situations (such as in grade school)?

Read these biblical accounts of acts of kindness shown by non-believers. Record your thoughts about these instances.

- Genesis 39:20-23
- Exodus 11:1-3
- Daniel 1:8-16

- Acts 27:1-3

Day 27: Read the scriptures concerning Jesus and His role as a man during his time on earth. How did His coming make such a difference in the way believers should act in their responses to others?

- Isaiah 49:1-13
- Matthew 1:23
- Luke 1:78-79
- Luke 2:52
- Ephesians 2:4-7

Day 28: Trace how Jesus' examples of kindness changed Peter from wild, earthy fisherman to a magnificent, captivating leader.

- Luke 5:5-8
- Matthew 8:14-15
- John 13:3-9
- John 21:1-7, 15-22
- 1 Peter 2:21-23 3:8-9 4:8
- 2 Peter 1:1-7

Day 29: Summarize Jesus' parable of the unforgiving servant in Matthew 18:21-22. What does this story teach us about extending mercy? Has a similar situation occurred for you? Recap it, if any.

Day 30: How much of the classic Bible story of the Good Samaritan do you recall? Read Luke 10:30-37 for the fine details. For instance, who should have helped but didn't? Were the Samaritan and the man related in any way? How much out-of-pocket costs did the Samaritan have to pay, etc.? How far would you go to help someone?

Read other passages that leaders wrote to their following. Do their words move you to make any changes in your expressions of kindness?

- Ephesians 4:32
- 1 Thessalonians 5:15
- James 1:19-20
- Psalm 26:3

Day 31: What is required and what is expected from a believer? Give modern day examples from these verses:

- Hosea 6:6
- Micah 6:8 but to do justly, and to love m
- Micah 7:18
- Philippians 2:1-4
- Proverbs 22:1

Day 32: How often do you think about being kind? Is it a natural response for you? If not, what can you do to begin to show more kindness to people you come in contact with every day?

Consider these comments made by the Biblical writers. Reword them as your own. Then resolve in your heart to be kinder in your gestures, your speech, and your actions without any expectations in return.

- Psalm 31:7-8
- Psalm 48:9-14
- Psalm 92:1-2
- Psalm 143:8
- Proverbs 3:3-6
- Isaiah 63:7