The Spirituality of Happiness | Week #06
Growing Your Kindness Capacity | June 17th and 20th

What’s the Issue Anyway?

__________ is a character strength related to the virtue of humanity.
Kindness is being ___________ with others: giving time, money and talent to support those in need.
The kindness of strangers ___________ us to action.
The kindness of parents ___________ us of our value.
Kindness isn’t always ___________ or purely motivated.

Wisdom in Scripture about Kindness

A great theme of scripture is the ___________ of God. (Psalm 36:5-9)

a. Divine kindness knows no ___________.
b. Divine kindness is related to divine (distributive) ___________.
c. Divine kindness offers ___________ to everyone.

Jesus showed the ___________ of lovingkindness. (Luke 6:36)

Giving lovingkindness begins by ___________ lovingkindness. (Ephesians 4:32; Romans 2:4)

Human/Ego Expectation: sin > punishment > repentance > transformation
Divine/Jesus Actualization: sin > unconditional love and forgiveness > transformation > repentance.

Don’t Miss This

Lovingkindness ___________ people.

Building your Kindness Capacity

Put your ___________ in unconditional love and forgiveness.
Build ___________ into your life.
Have a ___________ ___________ ___________ ready to go.

How can this make me a better human and our world a better place?
Other people feel ___________ when we display lovingkindness.
What is God inviting you into today?

1. Today, I am putting my faith in the power of unconditional love and forgiveness.
2. Become more intentional and be prepared to show kindness.
3. I need to build margin into my life so I can build my capacity for kindness.

Thought Provoking Questions for Groups or Personal Reflection

1. Where have you seen kindness on display? How did you feel when you received kindness from someone? How do you feel when you act with kindness toward someone?
2. What keeps people from acting with kindness? How is divine kindness different from human kindness?
3. What do you find most encouraging about Psalm 36:5-9?
4. Jesus said that God is kind to the ungrateful and the wicked. When do you think that kindness is exhausted? Depending on your answer, what are the implications for your kindness to the ungrateful and the wicked?
5. What is one thing you can do to build more margin in your life?