

## The Spirituality of Happiness | Week #06

Growing Your Kindness Capacity | June 17<sup>th</sup> and 20<sup>th</sup>

### 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?