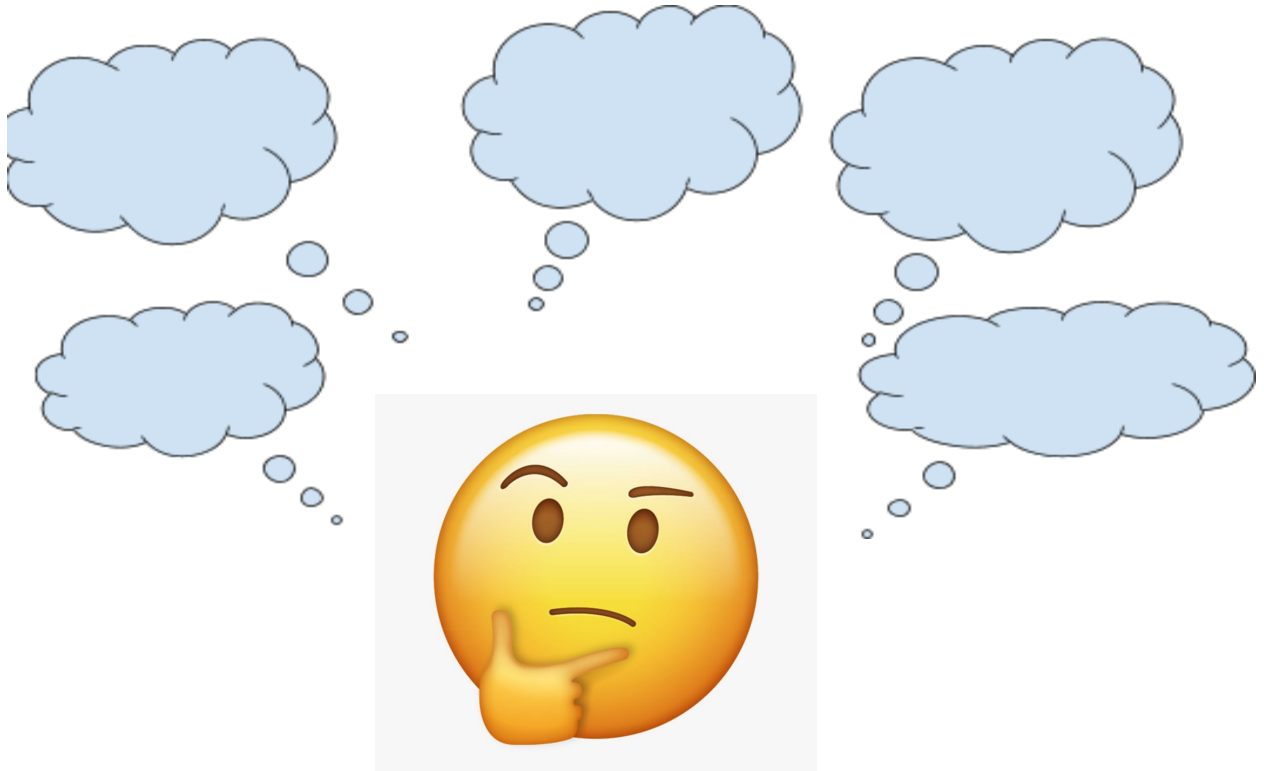# Kindness

What do you think about when you hear the word kindness? What does kindness look like? Sound like? Feel like?

God shows us kindness through the forgiveness of our sins. In **Titus 3:3-5a** we see God being an example for His people. It says, " For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. **4** But when the goodness and loving kindness of God our Savior appeared, **5** he saved us, not because of works done by us in righteousness, but according to his own mercy," (ESV)

Draw a quick sketch below of the cross that will help you remember God's kindness to you.

Look up **Ephesians 4:32** and write in the missing words below.

"Be _____ to one another, tender _____,

_____ one another, as _____ in Christ forgave

_____." (ESV)

This passage commands us to be **KIND** to others and to **FORGIVE** others. Just as God forgives us, we must also forgive those who hurt our feelings or do something that breaks our heart and relationship with the other person.

Proverbs 3:3 (ESV) says,
"Let not steadfast love and faithfulness forsake you;
    bind them around your neck;
    write them on the tablet of your heart."

Write what you think the underlined words above mean.
_____
_____

God wants us to live a life of kindness. He wants us to always show kindness to everyone and at all times. He wants us to think of putting kindness on and in our hearts just like we put our shirts on everyday. Kindness should be a part of who we are and how we treat all people in the world.

Write out **Micah 6:8** and reflect on it and the passages above. In your applications of God's word today, what did you learn about kindness? How can you live out kindness in your life this week? Write 3 things that you will intentionally do this week to show kindness to others.

Micah 6:8

S	Write the scripture:
O	What do you observe in the passage?
A	How can you apply this passage to your life?
P	Write out a prayer asking God to help you show kindness to others.