

How We Deal with Others:
Finding a Middle Way with the Fruit of the Spirit

Week 5: The Fruit of Kindness

Each day mark off 15-30 minutes (or more if you have the time) to pause, say the opening prayer, then read the passage and reflect on the questions. The scriptures were selected based on the New Revised Standard Version. As you reflect on the questions, you are encouraged to write your responses that come to mind. Be as specific as you can. You will find that capturing your honest, unfiltered thoughts will lead you to actions that become transformative. This is how the Holy Spirit grows within us.

Opening Prayer (to be said each day): *Lord, thank you for being with me right now. Settle my thoughts. Speak to me. I am open to whatever you say and however you direct me. And I trust that you want only what is best for me. Amen*

Monday: Read Proverbs 11:17.

Reflection: Why would kindness be of benefit to us and not just others?

We rarely reflect on cruelty, but it is the inverse of kindness. Usually, cruelty is thought of in relation to others. How would cruelty be detrimental to oneself?

Tuesday: Read Ephesians 4:29-32

Reflection: What does Paul see as the motivation for being kind?

There is a list of detrimental behaviors and then kindness is the first positive attribute listed. How is kindness a salve to bitterness, rage, anger, brawling, slander, and malice?

Wednesday: Read Proverbs 31:26

Reflection: The author of Proverbs is using a female archetype to create a hopeful vision of humanity. The New Revised Standard Version interprets it that when someone is healthy the wisdom that comes from their mouth is full of kindness. Why would being kind be considered wise?

Has someone's kindness ever made you feel healthier?

Thursday: Read Colossians 3:12

Reflection: Paul mentions that kindness should flow from us because we are holy and beloved. How do you think being holy (complete, set apart) produces kindness?

God's kindness flows to us before we know we need it, who in your orbit desperately needs kindness this week?

Friday: Read 1 Corinthians 13:4-7

Reflection: Kindness is listed as an attribute of love. When have you felt love that was imbued with kindness? What did it look like?

Last week's focus of patience is combined with kindness in this verse. Sometimes values can multiply when combined. Who in your life needs kindness paired with patience?

Saturday: Reflect on your reflections this week. Are there any action steps you feel God would want you to take? What part of your life needs more kindness in it?