

VITAMIN K: KINDNESS

Let's commit ourselves to receive God's kindness, and to share God's kindness.

KEY POINTS

- ❖ People in North America take many vitamin supplements – A, B, C, D...but how many think it's important to take Vitamin K?
- ❖ The results of a number of studies show that an important variant of Vitamin K – Vitamin K2 – makes your bones stronger while protecting you from hardening of the heart.
- ❖ Today we're going to talk about a spiritual Vitamin K – Kindness. It might actually have similar effects.
- ❖ Ephesians 4:32 tells us: "And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."
- ❖ Has someone ever been kind to you? The thing that they did might have been small or big, but what was meaningful to you was the kindness of it. You still feel a sense of appreciation every time you think about it.
- ❖ Kindness touches something within us: a deep recognition, a deep value, a deep truth. Somehow we know that when we experience kindness, or give kindness, we experience a little bit of God.
- ❖ Is it easier for you to be kind to someone who has been kind to you or given you something before?
- ❖ Jesus asked a related question during his Sermon on the Mount: If you do good to those who are good to you, what credit is that to you? Don't evil people do that too? (See Matthew 5:43-48.)
- ❖ A lot of the time we have a hard place in our hearts toward certain people. You've been kind to them before and it didn't end well.
- ❖ They've had opportunity to be kind to you, but they somehow didn't notice. Or maybe they did the exact opposite. Do you feel like being kind to them?
- ❖ Even if you're really a good person it can be hard. Even if you are a big-time brand-name Christian and everyone knows you try your best to live for God.
- ❖ And what if God uses you to bring *blessing* to them?
- ❖ A man in the Bible had that experience – we read his story in the book of Jonah. And he was beyond angry that God showed kindness to his enemies.
- ❖ But Nehemiah 9:17 reminds us that God is "...Ready to pardon, Gracious and merciful, Slow to anger, Abundant in kindness..."
- ❖ On the worst night of his life, Jesus was facing a band of men who had come to arrest him. His disciple Peter had a sword, which he swung as hard as he could to split open the head of the guy nearest him. But he only managed to cut off his ear. Then he watched as Jesus touched the man's ear and healed him! What??
- ❖ But later in his life Peter would write that as we grow in our knowledge of God, things within us have to change.

KEY SCRIPTURES:

Genesis 2:15-18, 21-24; Ephesians 5:17-33

- ❖ As we keep moving forward, change by change, we grow into a different life, a rebuilt person. (See 2 Peter 2:1-8.) Verse 7 reminds us that if you and I want to grow and be fruitful, we'll need some Vitamin K.
- ❖ Along with great knowledge and self-control, endurance and godliness, we need to cultivate kindness. Value kindness. Practice kindness. Let kindness change us.
- ❖ According to the Australian Institute of Family Counselling, experiencing an act of kindness not only warms our heart and improves our mood, it also increases the likelihood that we will spread that kindness to at least one other person.
- ❖ You might have a lot of bitterness to get through before you can get to kindness. You might not be where you want to be in your relationship with God. If so, what you need to do right now is what the Ninevites did – repent and seek the kindness of God.
- ❖ Remember what we learned about God earlier from Nehemiah 9: 17.
- ❖ Do you have to repent about something? God is ready. Are you ready to commit your life to God and be baptized into the body of Christ? There is water. Do you want today to be the day of salvation for you? You can come. God is ready to show kindness to you. God is ready to fill you with His Spirit. God is ready to change your life.
- ❖ Titus 3:3-7 reminds us of what we used to be – and of God's mercy despite all of it.
- ❖ Let's commit ourselves to receive God's kindness so we can be changed.
- ❖ And let's commit ourselves to share God's kindness with others.

DISCUSSION/REFLECTION TOOLS

1. Do you find it easier to express kindness to a stranger, or to someone we know very well?
2. How do you feel about doing an act of kindness for someone who definitely does not deserve it? What do you think God would say?
3. Share and discuss answers to this question: Who is affected more by kindness – the person receiving it, or the person giving it?







Prayer Time

Lord, please help me to show the kindness, grace and mercy that You show to me. In Jesus' name.

WEEK OF SUNDAY, JULY 28, 2019

NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

-  (Reminds me/Confirms)  (New idea)  (Think about)
-  (Do this)  (Speaks to my heart)  (Must share)

PRAYER NEEDS/THANKSGIVINGS

Start-up: Who in your life has given you the most help to get to where you are today (parent/teacher/pastor/friend/stranger...)?

Go deeper with your Life Group family.
CONNECT-REFLECT-DISSECT THE WORD
Your Life Group ~ Your Lifeline