

Kindness & Gentleness

Monday, 8/23/10 – Read Micah 6:6-8

My Observations: _____

A Question to Answer: The Hebrew prophets, like Micah, cut through rituals and rules and pointed back to core values that were at the heart of relationship with God -- justice, kindness, “walking humbly.” ... What do you think these words mean? Focus especially on kindness, one of the fruits of the Spirit we have been thinking about this summer. Kindness is a relationship word. It points us to the way we live in relationship with others, how we treat other people. Remember a time when someone was kind to you. Remember the specific act of kindness. Remember what you felt. Remember what that did for your relationship with that person. Make some notes on your experience.

Tuesday, 8/24/10 – Read Luke 10:29-37

My Observations: _____

A Question to Answer: What does kindness look like? One really good example is Jesus’ story of the good Samaritan. (Notice the word “mercy” in verse 37; it’s the same word that’s also translated “kindness.”) What did the Samaritan do that was merciful or kind? Why is his action so surprising?

Wednesday, 8/25/10 – Read John 8:1-11

My Observations: _____

A Question to Answer: We live in a world that is often hostile, judging, and condemning. In such a world, expressing non-condemning kindness to someone can require courage -- the kind of courage Jesus showed in today’s reading. Have you ever had to be courageous in order to express kindness? What was that like? How did the person to whom you showed courageous kindness respond?

Thursday, 8/26/10 – Read 1 Corinthians 13:4-8a

My Observations: _____

A Question to Answer: This very familiar reading suggests that kindness is one of the characteristics of love. Do you agree? Is kindness an expression of something larger, like love? ... Sometimes we may think of kindness as a little thing, maybe even just a courtesy. But if kindness is a fruit of the Spirit, kindness is one way of making the Spirit of God a real part of our behavior. ... What do you think? Is kindness a bigger thing than we often think?

**Friday, 8/27/10 – Read Proverbs 14:20-21
and Luke 14:12-14**

My Observations: _____

A Question to Answer: Do you show kindness to everyone, to ANYone? Are there some people to whom you are less likely to be kind? If so, why? Why would you be kind to some and not to others? Proverbs 14:21 suggests that there is a special

payoff in kindness toward those who have no way of paying you back. ... What do you think? How does this proverb compare with Jesus' teaching in Luke 14:12-14?

Saturday, 8/28/10 – Read Galatians 6:1-5

My Observations: _____

A Question to Answer: All of us have times when we need to give feedback to another person about their behavior. Sometimes it's work-related. Sometimes it may be very personal. Galatians 6:1 suggests we give feedback "in a spirit of gentleness." Why is that so important? Could it be that gentleness seeks to protect the integrity of the other person -- to build them up, not to tear them down. Gentleness is a fruit of the Spirit. How is gentleness an expression of the Spirit?

Sunday, 8/29/10 – Read James 3:13-18

My Observations: _____

A Question to Answer: Today's reading contrasts wisdom and gentleness with selfish ambition. Ambition is about getting what I want. Gentleness focuses concern on the needs of the other person. ... When do you focus your attention on the needs of another person? When do you find yourself focusing on your own needs and wants? How are those experiences different for you?

My Faith Journal, August 22, 2010

Outcomes #8

Dr. Zhang's Hands

What do I hear God saying to me today?

What action do I intend to take this week?

Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.