



Life Group Questions

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Date: February 26, 2022 (Kindness Challenge)

Scripture: Romans 2:4, Ephesians 2:4-8, and Luke 6:35-36

1. **Ice Breaker:** For fun, and for those who took the *Kindness Quotient Assessment*, share your results (what characters got assigned to you). Did you come out more or less kind than you thought you might?
2. **God's Kindness to Us.** Read the following passages shown on the slide during the sermon interview: Romans 2:4; Ephesians 2:4-8 and Luke 6:35-36. What do they suggest about how kindness plays into how God's demonstration of His grace to us through the Gospel, and in turn about how we should extend kindness to others around us? Have you experienced this kindness of God's grace to you personally (or from someone else)? If so, share how.
3. **Our Kindness to Others.** Read the following passages: 2 Corinthians 6:6; Galatians 5:22; Colossians 3:12; 1 Corinthians 13:4-5. What do they suggest about the role kindness plays in our witness to others and in our relationships with others? Can you give personal examples, either as a giver or recipient of such kindness?
4. **Why we are sometimes so unkind?** Read Luke 10:25-37 (Parable of the Good Samaritan) and Romans 7:15-20. How were the "good" men unkind to the injured man? Do you think they considered themselves to be unkind?
 - How do or might we justify unkind words, actions, and attitudes in our own lives? Can you give an example when you were not a "good neighbor" to someone, or an example when you were?



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- From the Romans passage, why is it so hard at times to be kind to others? What is the solution? (See Romans 8:1-11.)
- Who could be considered modern day "Samaritans" (someone who lives a lifestyle we don't approve of)? How can you show the kindness of a "good neighbor" to them? When you show such kindness, who do you think is most affected? Why?

5. **Nixing the Negativity.** Step 1 in the Kindness Challenge is saying nothing negative, either to a person or about him/her to someone else. In her Book, Shaunti lists seven different kinds of negativity:

- Thinking that doing something is too hard.
- Exasperation, irritation, and pointing out mistakes
- Sarcasm
- Grumbling
- Anger or bitterness at something or someone
- Unjustified suspicion of another
- Catastrophizing a situation

Share which specific kinds of negativity you need to work on most.



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- Read Philippians 2:14-15. What is one of the most important reasons why we are commanded not to be negative. Why does that matter? Of all the kinds of negativity listed above, why do you think God specifically singles out complaining and arguing in this passage?
- Read Luke 11:33-36. How is this helpful to “nixing the negativity”?
- Share examples of how we exhibit this negative behavior, how to confront it, and the benefits of not complaining and arguing.

6. **Practicing Positive Praise.** Step 2 in the Kindness Challenge is daily thinking of some one thing to sincerely praise or affirm about another person (and tell that to both to the other person and someone else). Why is sharing praise about someone to another person so important? See Proverbs 16:24; 18:21; 25:11.

- Psychologists say we need at least 5 different affirmations for every one corrective comment. How can you include praise even when you need to communicate a correction?

7. **Carrying Out Kindness/Generosity.** Step 3 in the Kindness Challenge is daily doing a small act of kindness or generosity for another person. Read Mark 12:41-44. Why is the act of someone, who has almost nothing but giving just a little, more impactful than someone who has an abundance giving a lot? What does that mean for us as we engage in acts of generosity or kindness each day?



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- Can you remember a time when someone was generous towards you in a way that you knew was a great sacrifice on his or her part? How did that affect you at the time? Looking back, can you trace any kind of long-term impact from that generous action?
8. If you are comfortable doing so, and if you are taking the 30-Day Kindness Challenge, share with your group the person you have chosen to be kinder to for the next 30 days, and why you chose this person.
- What do you will hope will happen during the next 30 days, particularly for you? What is your greatest concern or fear as you look ahead to the next 30 days? How can your group best pray for you over the next 30 days?
 - Please conclude by praying for each other about the requests shared.
 - Try to remember to check in and share updates each week about how the Kindness Challenge is going for everyone.