

CONNECTION GROUPS

Connection Group Questions

October 4, 2020

“Please Be Kind and...”

“Be kind to one another, tenderhearted, forgiving one another as God in Christ forgave you.” ~ Ephesians 4:32

Open

“There are three ways to ultimate success:

The first way is to be kind.

The second way is to be kind.

The third way is to be kind.”

~ Fred Rogers

Do you have a role model for kindness? Think about a person or experience that exemplifies kindness. How did that person or event touch your life?

Discuss

Read Titus 3:3-7

3 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. 4 But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, 6 whom he poured out on us generously through Jesus Christ our Savior, 7 so that, having been justified by his grace, we might become heirs having the hope of eternal life.

Do you find verse 3 to be offensive, or accurate? Did you ever live like this or feel “enslaved” by passions and pleasures? Have you ever wrestled with being hated or hating others?

Paul “personifies” kindness in the person of Jesus Christ. How is that Jesus embodies/incarnates the kindness of God?

What does it mean, “He saved us?” What is the role of righteousness in our salvation? What is mercy? How have you experienced mercy? How is washing and rebirth a part of the experience of salvation? What role does the Holy Spirit play in our salvation? How are we justified by the grace of Jesus? What do we inherit at “heirs?”

George discussed the “science of kindness.” *Have you experienced any of these effects of kindness or seen these effects in others:*

MORE JOY
MORE LOVE
MORE PLEASURE
MORE ENERGY
MORE LIFE
LESS DEPRESSION
LESS STRESS
LESS ANXIETY

Apply

George referenced the virtuous cycle of kindness and happiness. The kinder you are, the happier you feel. The happier you feel, the kinder you act. The key insight is the “on ramp” of kindness. We can decide to do acts of kindness no matter how we feel. And once we do, we start to feel happier.

Will you take on the “30 Days of Kindness” challenge? Have you already begun? How is it going? Please share examples of kindness to encourage and inspire your Group. Is there anything you cal plan to do as a group for our 30 days of kindness?