

Fruit Five | Kindness

How Do We Define It?

Compassion fueled by God, that results in compassionate acts toward others.

What Does It Look Like?

1. Acting with compassion to the soul of another person, even when undeserved.

How Do We Do It?

Aware of God's compassion to us, we restrain the desire to lash out and instead act in compassion to others.

Let's Unpack It

- Is kindness an attribute most men have? Why or why not?

- When is it hardest to be kind to another person?

- While being kind includes restraint, it also requires intentional action. What does "kind action" look like?

- How does kindness impact it's recipient?

- Who in your life do you need to show more kindness to? How do you plan to do that?