



L I F E I N T H E
SPIRIT

Sermon Discussion Questions

Kindness // Ephesians 4:25-32

- How would you define kindness? How has hearing this sermon changed your original definition? How would you go about teaching a young child: What is kindness?
- Recognizing how we've been forgiven, helps us recognize beauty in kindness that we should desire to share with others. Kindness is deeper than "being nice." How does this truth change how you live and interact with others?
- Pastors Tom and Joey said this was a gut check - be kind, tender-hearted, forgiving each other. We are only able to be kind to others when we are aware of the kindness and tender heart of God. Is there anyone you need to seek forgiveness from because you did not show them this kindness?
- When we consider how we can grow in kindness, we often think of actions we can *do*. Are there any actions you should consider *not doing* in order to grow in this fruit (sarcasm, speech, thoughts, gossip)?
- Practicing kindness should not change from circumstance to circumstance. In the same way we have peace and joy regardless of what's going on in our world. Are you able to practice the same kindness during the pandemic as you did prior? Or the same tender-heartedness? Are you just as quick to forgive?

- Kindness is not contingent on others being kind to you. When have you wrongly placed these expectations on others?

