

## GROUP Guide: "KINDNESS" – The Sweet Life

Pastor Todd continues the series called "The Sweet Life," focusing on the fifth Fruit of the Spirit: kindness. He opens by distinguishing between surface-level niceness and the deeper, Spirit-produced kindness that Paul describes in Galatians 5. Drawing from Titus 3:4–8, he emphasizes that true kindness flows from a deep recognition of how incredibly kind God has been to us through Jesus. When we understand the grace extended to us, we are freed to extend that same grace to others, not as a transaction, but as an overflow of the Spirit.

Using the story of Jesus and the Samaritan woman in John 4 as the central example, Pastor Todd outlines four kindness keys: Spirit-produced kindness notices people, moves toward people instead of away from them, seeks the good of people, and speaks truth with grace. He challenges the congregation to go beyond polite gestures and pursue a depth of kindness that is only possible through walking in step with the Holy Spirit. The call to action is personal and practical: identify who around you needs to be seen, stop avoiding the uncomfortable, seek others' flourishing even when it costs you something, and speak truth lovingly when the moment calls for it.

Intro Prayer: Heavenly Father, thank you for gathering us together today. As we open your Word and discuss what it means to live with Spirit-produced kindness, we ask that you soften our hearts and open our eyes. Remove any distractions or defenses that might keep us from hearing what you want to say to each of us personally. Help us to be honest with one another and with ourselves. May your Holy Spirit lead this conversation and draw us closer to you and to each other. In Jesus' name, amen.

Ice Breaker: Think of a time when someone showed you an unexpected act of kindness. What happened, and how did it make you feel?

### Key Verses

- Galatians 5:22–23
- Titus 3:4–8
- John 4:9
- John 4:13–14
- John 4:16–18

### Questions

- Pastor Todd said that 'kind people are people who have never gotten over God's kindness toward them.' What does it mean to you personally to truly receive God's kindness, and how does that change the way you treat others?
- In Titus 3:4–8, Paul connects God's kindness toward us with our motivation to do good works. How does understanding grace as the starting point change the way we think about acts of kindness?
- The first kindness key is that Spirit-produced kindness notices people. Who in your daily life might you be overlooking or walking around, and what might it look like to truly see them?
- Jesus crossed cultural, racial, and religious barriers just by speaking to the Samaritan woman. What barriers, whether social, personal, or relational, do you find hardest to cross when it comes to showing kindness?

- The second kindness key is that Spirit-produced kindness moves toward people instead of away from them. Is there someone in your life right now that you have been avoiding? What is one small step you could take toward that person this week?
- The third kindness key is that Spirit-produced kindness seeks the good of people. Pastor Todd asked, 'Do I want others to flourish, or do I only care when their life affects mine?' How do you honestly answer that question in your own relationships?
- The fourth kindness key is that Spirit-produced kindness speaks truth with grace. Can you think of a time when someone spoke a hard truth to you with love and grace? How did it impact you, and what made it feel kind rather than harsh?
- Pastor Todd admitted that he does not always get kindness right, especially with the people closest to him. Why do you think it is often harder to be kind to those we know well, and what practical habits might help us grow in this area?

## Life Application

This week, identify one person in your life that you have been avoiding or overlooking, whether someone close to you or someone on the edges of your daily routine. Make a deliberate choice to move toward that person rather than around them. It could be as simple as a genuine conversation, a text, or a small act of service. Ask the Holy Spirit each morning to open your eyes to the people around you and to give you the courage to notice, engage, and seek their good. At the end of the week, reflect on what God showed you through that experience.

## Key Takeaways

- True kindness is not simply being polite or nice. It is a Spirit-produced depth of care for others that flows from a genuine understanding of how kind God has been to us through Jesus.
- Grace is the foundation of kindness. When we remember that God extended kindness to us before we earned it, we are freed to extend that same kindness to others without making it transactional.
- Spirit-produced kindness requires action: noticing people who are overlooked, moving toward those we might avoid, seeking others' genuine good even at personal cost, and speaking truth with humility and grace.
- The story of Jesus and the Samaritan woman shows that real kindness crosses barriers of race, reputation, religion, and social status. It engages people where they are and points them toward something greater.
- This kind of kindness cannot be manufactured by willpower alone. It grows only as we walk in step with the Holy Spirit, spending time in God's Word and following His leading in our daily lives.

Ending Prayer: Lord, thank you for this time together and for the reminder that you were kind to us first. We confess that we often settle for politeness when you are calling us to something much deeper. As we leave today, give us eyes to notice the people around us, courage to move toward them rather than away, and hearts that genuinely seek their good. Where truth needs to be spoken, give us the grace to do it with humility and love. We cannot do any of this on our own strength, so we ask your Holy Spirit to lead us step by step. May the kindness we show this week point others to you. In the name of Jesus, amen.