

## VALUE #2: KINDNESS COUNTS

For the week of May 19, 2019

Passage: Ephesians 4:26-32

Full message available at [highpoint.church/currentseries](http://highpoint.church/currentseries)

### GOAL:

To exhibit kindness as a person, family member, and Christian.

### GET GOING:

- Are you known as a kind person in your home? Your school? Your workplace? Amongst your friends?
- Some of the nicest people aren't Christians, and unfortunately sometimes Christians can be some of the meanest people. Why is kindness important for our Christian witness? Why should it be a Christian value?
- This weekend we learned 5 aspects of Kindness as an important Christian, family value. Which of these stands out to you the most, and why? Can you think of another aspect of kindness and why it is an important Christian value?
  - Kindness speaks truthfully
  - Kindness resolves conflict immediately
  - Kindness corrects gently
  - Kindness encourages constantly
  - Kindness forgives freely

### Memory Verse:

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you" - Ephesians 4:32



## KEEP GROWING:

- Everyone can fake kindness. While God is concerned about our actions, He's more concerned about the state of our hearts. Do you ever find yourself faking kindness, while grumbling on the inside? What can you do to soften your heart in your opinions of other people?
- Re-read Ephesians 4:30. We can grieve the Holy Spirit with our words. This passage is not just about profanity, it's about using our words to build each other up. How often do your words build people up? How often do your words tear people down?
- We live in a fallen world, and often brokenness in relationships is a results of words that were said. Are there any relationships in your life that need healing because of words you said, or were said to you? What can you do to begin inviting Christ into the situation and reconcile?

### **Bonus Challenge:**

Think about creating a mission statement for your family. One sentence that says what your family is about. As an example, Highpoint's Mission Statement is "We exist to help people believe in, belong to, and become more like Jesus." What do you want your family to live for?

