

It's easy to cheer for your favorite sports teams, favorite food, or for the actors you love. However, it can be much harder to cheer for the people around you and to show them kindness. Kindness means showing others they are valuable by how you treat them. Through God's kindness, He showed us how valuable we are by sending Jesus to die in our place and by giving us salvation. God was kind to us even when we didn't deserve it, and because of His great love, we can be kind to everyone. Through the stories of the Good Samaritan, Ruth and Naomi, and through Paul's letters we can see God's kindness in action.

In an attempt to trick Jesus, the religious leaders asked, "If we're supposed to love our neighbor as we love ourselves, who is our neighbor?" Jesus answered by telling the parable of The Good Samaritan. In this story, a priest, a Levite, and a Samaritan passed by an injured man, but only the Samaritan stopped to help. The Samaritan was an unlikely hero because Jews and Samaritans were enemies. However, Jesus wanted His followers to understand that they needed to show kindness to all people, even their enemies. When Jesus died on the cross, He died for everyone, and He even prayed for His enemies. Jesus embodied God's kindness and love by spending His time with social outcasts, sick people, and sinners. When Jesus tells us to love our neighbors, that includes the people who are similar and different from us. Instead of focusing on our differences, we can show all people how valuable they are by treating them with kindness.

Another biblical example of kindness occurs in the story of Ruth and Naomi. After both of their husbands died, Naomi told Ruth, her daughter-in-law, to return home to her family. Instead, Ruth showed kindness to Naomi by choosing to stay with her, by moving back to Naomi's hometown, and by gathering grain so they would have food. After seeing Ruth's kindness, Boaz responded by letting her gather all the grain she needed, and eventually by marrying her. Due to their kindness, Ruth and Boaz had a baby who would end up being in the line of Jesus. Both Boaz and Ruth made great sacrifices in order to show kindness to their family. Oftentimes, the hardest people to be kind to are the people who are closest to us. We can easily take our family and friends for granted, but with God's help, we can show kindness even when it's hard. When we show kindness to our friends and family, we remind them of how valuable they are to us and to God. Just like Ruth and Boaz, we should be kind to our family and friends.

Additionally, during the Sermon on the Mount Jesus taught, "And if anyone forces you to go one mile, go with him two miles." To us that might sound strange, but at the time, Roman soldiers could force anyone to carry their pack for a full mile. Kindness can feel like an obligation, which can cause us to do the bare minimum. Yet Jesus challenged us to go the extra mile by showing more kindness than we have to. Jesus gave us the best example of extraordinary kindness by putting us first, by being patient with us, and by loving us. Because of God's great love for us, we can show others that same love by choosing to be kinder than we have to be. When we demonstrate God's extraordinary kindness, people will see Christ in us, and it can change their hearts and lead them to God.

When Paul wrote to the Ephesians, he reminded them about the amazing example of kindness we have because of Jesus. Even in difficult situations, you can choose how to act with God's help. You can choose to treat others the way you would want to be treated by remembering that God was kind to you, even when you didn't deserve it. Even when we were separated from God, God showed us kindness by sending Jesus to rescue us and to model for us what kindness can look like in our own lives. Jesus died on the cross and rose from the dead so that we could be forgiven for our sins. He showed us how valuable we truly are by giving us the greatest example of kindness the world has ever known! God was so incredibly kind to us that we can't help but be kind to the people we meet, even when it's challenging. Through God's love and by the power of His Holy Spirit, we can show His extraordinary kindness to our friends, families, neighbors, and to everyone else we encounter so that they too can know the great lovingkindness of our God. Remember, while we were sinning, God showed us His kindness, compassion, and great love for us by sending Jesus to die in our place for our sins – what act could be kinder than that!





Read Ruth 1:4-5, 15-22, 4:13-17 & Ephesians 4:32

- 1. How did Ruth and Boaz show kindness to their family, and how did God show kindness to them?
- 2. According to Ephesians, why should we be kind to one another and show forgiveness?

Read Luke 10:29-37 & Matthew 5:41

- 3. Who showed kindness to the injured man, and how can we be like him?
- 4. What does Jesus mean with "going the extra mile"?

Read Memory Verse

- 5. Why should we put on kindness and mercy?
- 6. How can we "put on kindness," especially when it's hard?

Life Application Questions

- 7. What are 2 ways that you can show kindness to your family this week?
- 8. Who do you struggle to show kindness towards? How can you treat them with kindness?
- 9. How can you be kinder than you have to be?

