

Ephesians 4:31-32 (NLT) - Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Kindness is the combination of compassion, and action.

Study Guide

1. Think about a time you felt someone was kind to you. What exactly did they do?
2. Take a moment to read Matthew 5:21-24. With the understanding that the sacrificial system—and thereby any offerings made at the temple—was Israel's only perceived way to receive God's grace for their sins, how crazy would it seem to leave something so important behind to help someone forgive you? What does this say about God's view of kindness?
3. When talking about forgiving others, we can find ourselves struggling to let go of the personal hurt, or the desire to get back at others. Forgiving others can sometimes be misunderstood as something only beneficial to the forgiven, and not to the forgiver. But, the forgiveness we are called to both receive and give is one that ought to benefit the giver. So often, our anger and hurt fills up our mind, blocking our ability to see joy, find peace, or even rest. So, to forgive is to both extend grace, and to make room to refocus on Christ and all His wonders.
4. With this in mind, how do you feel about forgiveness? Are there people who you haven't forgiven that come to mind? How often do they come to mind? What would it look like for you to forgive them and move forward?