

RECAP

How were you able to experience the joy of Jesus this week?

IDEA 1

“What comes into our minds when we think about God is the most important thing about us.” A.W. Tozer

What comes to your mind when you think about God?

We also have a soundtrack playing in our minds about ourselves. Often, the soundtrack playing in our minds is mean—and we have it on repeat. Our individualistic society, our scrolling while we compare ourselves to the best of others, our questioning of encouraging words spoken over us has led to us being unkind to ourselves and we often don’t even see it.

What soundtrack are you playing in your head? How would you like it to change?

IDEA 2

His kindness is who Jesus is at the center—it is benevolent, authentic, approachable, and it’s what led Him to the cross.

In Exodus 34 God gives us a clear autobiographical description of Himself:

“The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin.”

How have you experienced the kindness of Jesus?

How would you like to experience the kindness of Jesus?

SPIRITUAL PRACTICE

When we truly receive His kindness, we are kind to ourselves and others. God's kindness needs to be understood for it to really transform us—it has to move from head to heart and be received and experienced!

Scripture over and over declares to us the kindness of God, the kindness of Jesus.

Have your group spend some time in quiet reflection. Take some deep breaths as you or someone in your group reads these Scriptures over each other.

Psalm 145:17

The Lord is righteous in everything he does; he is filled with kindness.

Zephaniah 2:7

For the Lord their God will visit his people in kindness and restore their prosperity again.

2 Corinthians 2:1

I, Paul, appeal to you with the gentleness and kindness of Christ.

Reflect on His kindness, on the sacrifice He made for you. Ask Jesus for more, to see His face and to experience His kindness in a fresh way.

NEXT STEPS

Let's change the soundtrack in our heads. Let's soak in the kindness of Jesus and truly receive it.

Being kind to ourselves means reminding ourselves daily that while we may fall short, Christ is enough.

Brainstorm what you could do to remind yourself of God's kindness each day this week.