

## **Women's Discussion Group**

Wednesday, January 12, 2022

**Theme:** Kindness

**Facilitator:** Kim Budge

### **Definition of kind(ness)**

Sympathetic or helpful nature, a gentle nature, arising from or characterized by sympathy or forbearance, affection.

### **Human Kindness**

Kindness is more than behavior. The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy.

—Mayo Clinic Health System Newsletter – May 29, 2020

### **Godly Kindness**

Scripture teaches us that divine kindness is to be reflected in the human experience. Expressing kindness to other human beings is more important than performing ritual sacrifices.

Psalm 51:16-17 – “For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God you will not despise.”

Matthew 9:13 –...“I desire mercy, and not sacrifice.”

Ephesians 4:32 – “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

### **Kindness from women Paul mentions in the book of Acts:**

1. Dorcas: Acts 9:36-43
2. Priscilla: Acts 18, 1 Corinthians 16:19, 2 Timothy 4:19
3. Lydia: Acts 16:11-15

What can we learn about kindness from these women?

What common ground can we find in the lives of these three women?

How can we translate the actions of these 1<sup>st</sup> century women into our lives as 21<sup>st</sup> century women?

How can we, as women of faith, practice random acts of kindness?