
Sermon Text Discussion Notes 07/19/2020

Ephesians 4:25-32 – “Kindness” by Edgar Momoh

Overview

When we become Christians, we put on a new spiritual identity that reflects our devotion to Christ and walking in the light of his commands. We live a lifestyle that is different from the world around us and different from our pre-Christian past. This means that our new identity in Christ should be marked by spiritual fruit - virtues that affect the world around us. This includes kindness: the inner disposition created by the Holy Spirit that causes us to be sensitive to the needs of others.

1. What is kindness?
2. What is it not?
3. Why kindness?
4. How do we reflect a life of kindness?

Quotations

Kindness is “an ability to serve others practically in a way which makes me vulnerable and it comes from having a deep inner security.” -Tim Keller

“Here are four possible ways we can reflect the kindness of God:

- 1) *Kindness in our lifestyle* – this is a call for living a life of generosity and cordiality toward others. Ex: treating your waiters with kindness by tipping them well.
- 2) *Kindness in our emotions* - I guess this is one area many of us need the most growth and maturity. Paul says, let bitterness and wrath and anger and clamor and slander be put away from you along with all malice. Do you easily forgive others their wrong or live with resentment?
- 3) *Kindness in our speech* - Are you gentle, tender, and considerate with your words especially when you are angry? It does not only imply not using obscene language. What about raising your voice or speaking unkindly?
- 4) *Kindness in our actions* - this is finding ways and time to do things that are most convenient for others. Ex: taking care of the things your spouse or kids dread or helping them at the time when they are most tired or frustrated.” – Edgar Momoh

Understanding & Application

- 1) What is one way you recently experienced the kindness of another person? What do you find most commendable or memorable about their action?
- 2) Read *Ephesians 4:25-32*. Compare and contrast the ways that this passage differentiates between kindness and its opposites.
- 3) What is your strategy to bring your heart into greater alignment with *Ephesians 4* for the next time you find yourself lacking kindness?
- 4) Read aloud Edgar’s four areas where we can reflect the kindness of God.
 - a. Spend time confessing to each other ways you have not been kind (overall, or in each area).
 - b. Then, take several minutes to encourage each other with specific ways you’ve seen God help one another express kindness in those four areas.
 - c. Next, share one way you’ve recently seen God’s kindness in your life.
 - d. Lastly, share one specific way you resolve, by God’s grace, to express kindness in the next few days.