



### Kindness In God's Presence

For the next seven days dedicate five minutes a day to be in the presence of God. The goal is to grow in kindness by being with God and reflecting on His word. Use the guide below to help you structure your time.

- Pick a place: Choose a "sacred space" — a specific chair, on the porch, or even the parked car. The space should be quiet, comfortable and as distraction-free as possible. The physical location helps signal to the brain that it is time to shift gears.
- Set a Timer: Using a timer prevents "clock-watching" and allows for full immersion in the moment.
- Start with Breath: Taking three deep breaths to begin the five minutes helps regulate the nervous system and creates a physical transition into a spiritual state.
- Reject Perfection: Some days will feel "distracted." That doesn't mean the time was wasted; the act of showing up is itself an expression of faith. When your mind wanders, refocus it.
- Silence or turn off your devices
- Have paper and a pen or pencil.

#### **DAY 1:**

Read Exodus 34:6 three to five times slowly. Reflect on the passage.

6 Then the LORD passed by in front of him and proclaimed, "The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; 7 who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin..." (NASB)

Spend time reflecting on these verses, then answer the following questions with God as your conversation partner.

- How has God demonstrated His lovingkindness towards you?
- How does knowing that God's kindness toward you is not contingent on you impact you?
- How does reflecting on God's kindness change the way you view others?

Address your answers to God (e.g. God, You have been kind towards me...)

#### **DAY 2:**

Read Colossians 3:12-13 three to five times slowly. Reflect on the passage.

12 So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. (NASB)

- What are some mindsets or attitudes that you need to change in order to be more kind?
- How might impatience affect your desire to be kind?
- What connections do you see between love, joy, peace, patience, and kindness?

#### **DAY 3:**

Read Romans 2:4-5 three to five times slowly. Reflect on the passage.

4 Or do you despise the riches of his kindness, restraint, and patience, not recognizing that God's kindness is intended to lead you to repentance? 5 Because of your hardened and unrepentant heart you are storing up wrath for yourself in the day of wrath, when God's righteous judgment is revealed. (CSB)

- How has God's personal kindness to you over the years prompted you to change your life or repent?
- How can you avoid judging others and allow God to occupy that role?
- How does awareness that you will be judged impact you?

#### **Day 4:**

Read Acts 9:36-39 three to five times slowly. Reflect on the passage.

36 Now in Joppa there was a disciple named Tabitha (which translated in Greek is called Dorcas); this woman was abounding with deeds of kindness and charity which she continually did. 37 And it happened at that time that she fell sick and died; and when they had washed her body, they laid it in an upper room. 38 Since Lydda was near Joppa, the disciples, having heard that Peter was there, sent two men to him, imploring him, "Do not delay in coming to us." 39 So Peter arose and went with them. When he arrived, they brought him into the upper room; and all the widows stood beside him, weeping and showing all the tunics and garments that Dorcas used to make while she was with them. (NASB)

- How have others shown kindness toward you?
- What resources, skills, abilities, or talents has God given you to use to show kindness towards others?
- What is currently eating up the time, emotional energy, and finances you need to be able to serve others? What changes can you make to be more available to show kindness?

#### **Day 5:**

Read Luke 6:35-38 three to five times slowly. Reflect on the passage.

35 "But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men. 36 "Be merciful, just as your Father is merciful. 37 "Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned. 38 "Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return." (NASB)

- What are some lessons about kindness that you learn from this passage?
- Considering this passage, what adjustments do you need to make in how you see and treat others?
- What act of kindness will you do within the next 24 hours, expecting nothing in return and for whom?

#### **Day 6:**

Read Luke 7:11-14 three to five times slowly. Reflect on the passage.

11 Soon afterwards He went to a city called Nain; and His disciples were going along with Him, accompanied by a large crowd. 12 Now as He approached the gate of the city, a dead man was being carried out, the only son of his mother, and she was a widow; and a sizeable crowd from the city was with her. 13 When the Lord saw her, He felt compassion for her, and said to her, "Do not weep." 14 And He came up and touched the coffin; and the bearers came to a halt. And He said, "Young man, I say to you, arise!" (NASB)

- What are some lessons you learn about kindness from this passage?
- How open are you to God interrupting your schedule with a divine appointment?
- What can you do to be more aware of the people around you who may have needs?

#### **Day 7**

Read Titus 3:4-7 three to five times slowly.

4 But when the kindness of God our Savior and His love for mankind appeared, 5 He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, 6 whom He poured out upon us richly through Jesus Christ our Savior, 7 so that being justified by His grace we would be made heirs according to the hope of eternal life.

- Spend your time reflecting on God's kindness in salvation.
- How does this passage inspire you to be more evangelistic?
- The greatest act of kindness you can show is sharing the gospel. Who do you know who needs to hear about the kindness of God in salvation? Ask God to give you the opportunity to share the gospel with them and that their hearts will be open.