



# 6 Week Group Bible Study

*Each Session is About 1 hour & 30 Minutes*

*\*\*Can be adjusted to accommodate a 1 hour session*

## ***A Heartfelt Thank You***

Dear Reader,

It is with profound gratitude and joy that I extend my heartfelt thanks to you for embarking on this journey through this Bible study on kindness. Your presence and commitment to exploring the transformative power of kindness in the light of God's Word fill my heart with deep appreciation.

As the world around us grows increasingly chaotic and divisive, the need for kindness has never been more crucial. Kindness has the power to heal, restore, and bring hope to a hurting world. It is a reflection of God's nature and a testament to His love for us.

In preparing this study, my earnest desire was to create a space where we could delve into the profound wisdom and guidance found in Scripture regarding kindness. Together, we will explore the depths of God's kindness towards us, the example of Jesus as the embodiment of kindness, and the practical ways we can cultivate kindness in our lives.

Join me as I extend my heartfelt thanks to our Heavenly Father, the source of all kindness and love. It is through His guidance and inspiration that this study has come to life. May His Spirit guide us as we dive into the depths of His Word and inspire us to embrace kindness as a way of life.

I pray that as you engage with the lessons, reflections, and discussions within this study, your heart will be stirred, your perspective transformed, and your actions motivated to extend kindness to those around you. Together, let us be beacons of God's love and kindness, making a lasting impact on the world.

Once again, thank you for joining me on this journey. May God bless you abundantly as you explore the transformative power of kindness.

With sincere appreciation,

Monique



PAGES 1 - 4 WEEK 1:  
***The Blessings of Kindness and the  
Consequences of Cruelty***  
Proverbs 11:17

PAGES 5 - 8 WEEK 2:  
***The Call to Justice, Mercy, and Humility***  
Micah 6:8

PAGES 9 - 12 WEEK 3:  
***Serving Christ Though Compassionate  
Actions***  
Matthew 25:35

PAGES 13 - 16 WEEK 4:  
***Devoted Love and Honoring Others***  
Romans 12:10

PAGES 17 - 20 WEEK 5:  
***The Kindness and Love of God: A  
Salvation of Mercy***  
Titus 3:4-5

PAGES 21 - 24 WEEK 6:  
***Cultivating Unity and Compassion in  
Christ***  
1 Peter 3:8



**Title: *The Blessings of Kindness and the Consequences of Cruelty***

**Objective:**

To explore the wisdom of Proverbs 11:17, guiding participants to understand the significance of kindness and the detrimental effects of cruelty in our lives and relationships. The study aims to inspire participants to cultivate kindness and avoid cruelty for their own benefit and the well-being of others.

**Opening Prayer: (5 minutes) - Ask for any prayer requests**

Dear Heavenly Father, we come before you with open hearts, seeking wisdom and understanding from your Word. As we study Proverbs 11:17, help us grasp the importance of kindness and the consequences of cruelty. Empower us to live out a life of kindness for the benefit of ourselves and those around us. In Jesus' name, we pray. Amen.

**Introduction (5 minutes):**

Begin by reading Proverbs 11:17 aloud: "Those who are kind benefit themselves, but the cruel bring ruin on themselves." Explain that this verse contrasts the outcomes of kindness and cruelty, emphasizing the positive impact of kindness and the destructive consequences of cruelty.

**Discussion Questions (20 minutes):**

- What does it mean to be kind? How would you define kindness?
- Why do you think kindness benefits the one who shows it?
- In what ways can cruelty bring ruin upon the person who displays it?
- Share examples from your own life or from Scripture where you have seen the effects of kindness or cruelty.
- How does kindness or cruelty affect relationships and the overall well-being of individuals and communities?

**Exploring the Scripture (15 minutes):**

Divide into smaller groups (if applicable) and ask participants to read and discuss the following related Bible passages:

Proverbs 3:27-28: Reflect on the importance of not withholding good when it is in our power to act, and how kindness extends beyond mere words.

Matthew 7:12: Discuss how treating others with kindness aligns with Jesus' teaching to do unto others as we would have them do unto us.

Galatians 6:7-10: Explore the concept of sowing and reaping, emphasizing the principle that our actions have consequences.

**Group Discussion (20 minutes):**

- In what ways have you personally experienced the benefits of kindness? How did it affect your relationships and overall well-being?
- How can we cultivate a lifestyle of kindness and ensure that our actions align with our words?
- Discuss the potential long-term consequences of cruelty in relationships, communities, and even one's own character and reputation.
- Share practical examples of how we can demonstrate kindness in our everyday lives and make a positive impact on those around us.

**Application (10 minutes):**

Invite participants to reflect individually and share one practical step they will take to cultivate kindness in their interactions with others. Encourage them to be intentional in seeking opportunities to show kindness and to examine their own attitudes and actions to ensure they align with a spirit of kindness.

**Closing Prayer (5 minutes):**

Gracious Father, we thank you for the wisdom found in your Word. Help us to be people of kindness, reflecting your love and grace to those around us. Guard our hearts from cruelty and help us to understand the far-reaching consequences of our actions. May kindness be the hallmark of our character, bringing blessings to ourselves and others. In Jesus' name, we pray. Amen.



**Title: *The Blessings of Kindness and the Consequences of Cruelty* - NOTES**

---

**DATE**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





**Title: *The Call to Justice, Mercy, and Humility***

**Objective:**

To explore the message of Micah 6:8, guiding participants to understand the divine requirements of justice, mercy, and humility in our relationship with God and others. The study aims to inspire participants to actively pursue justice, show mercy, and cultivate a humble walk with God.

**Opening Prayer: (5 minutes) - Ask for any prayer requests**

Dear Heavenly Father, we come before you with hearts open to receive your wisdom and guidance. As we study Micah 6:8, help us comprehend the significance of acting justly, loving mercy, and walking humbly with you. Empower us to apply these principles in our lives and bring glory to your name. In Jesus' name, we pray. Amen.

**Introduction (5 minutes):**

Begin by reading Micah 6:8 aloud: "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." Explain that Micah, in this verse, provides a concise summary of what God expects from His people: justice, mercy, and humility.

**Discussion Questions (20 minutes):**

- How would you define justice, mercy, and humility based on this verse?
- Why do you think these three qualities are important to God?
- How has God shown us what is good and revealed His expectations through His Word?
- In what ways have you personally struggled or grown in acting justly, loving mercy, or walking humbly with God?
- Share examples from Scripture or your own life where you have witnessed justice, mercy, or humility being lived out.

**Exploring the Scripture (15 minutes):**

Divide into smaller groups (if applicable) and ask participants to read and discuss the following related Bible passages:

Isaiah 1:17: Reflect on the call to seek justice, correct oppression, and bring justice to the fatherless and the oppressed.

Luke 10:25-37 (Parable of the Good Samaritan): Discuss the intersection of justice, mercy, and humility demonstrated in the parable and its relevance to our lives today.

James 4:6-10: Explore the connection between humility, submission to God, and resisting pride in our daily walk with Him.



***Group Discussion (20 minutes):***

- How can we actively pursue justice in our personal lives, communities, and the world around us?
- In what ways can we demonstrate mercy to others, following God's example of extending compassion and forgiveness?
- Discuss the challenges and blessings of walking humbly with God. How does humility influence our relationship with Him and others?
- Share practical examples of how we can apply justice, mercy, and humility in our everyday lives and interactions.
- How can these three qualities shape our witness as followers of Christ?

***Application (10 minutes):***

Invite participants to reflect individually and share one practical step they will take to incorporate justice, mercy, or humility into their daily lives. Encourage them to seek opportunities to act justly, show mercy, and cultivate a humble attitude in their relationships and interactions.

***Closing Prayer (5 minutes):***

Gracious Father, we thank you for revealing what is good and what you require of us. Help us to act justly, love mercy, and walk humbly with you. Strengthen us to be instruments of justice, vessels of mercy, and examples of humility in the world. May our lives reflect your character and bring glory to your name. In Jesus' name, we pray. Amen.



**Title: The Call to Justice, Mercy, and Humility - NOTES**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

A series of 18 horizontal lines providing space for writing or drawing.





## **Title: Serving Christ Through Compassionate Actions**

### **Objective:**

To explore the message of Matthew 25:35, encouraging participants to understand the significance of caring for those in need and to inspire them to actively engage in compassionate acts of service.

### **Opening Prayer: (5 minutes) - Ask for any prayer requests**

Dear Heavenly Father, we come before you with grateful hearts for your love and compassion towards us. As we delve into your Word and discuss Matthew 25:35, open our hearts and minds to understand how we can serve you by serving others. Empower us to be instruments of your love in the world. In Jesus' name, we pray. Amen.

### **Introduction (5 minutes):**

Begin by reading Matthew 25:35 aloud: "For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger, and you invited me in." Share the context of this verse, explaining that Jesus is describing the final judgment and highlighting the importance of caring for those in need.

### **Discussion Questions (20 minutes):**

- What is the significance of Jesus using these specific examples of hunger, thirst, and welcoming strangers?
- How do you think acts of compassion towards those in need reflect our relationship with Christ?
- Why do you think Jesus identifies Himself with those who are hungry, thirsty, and strangers?
- In what ways have you personally experienced the impact of receiving help or hospitality from others?
- How might our response to those in need reflect our understanding of God's grace and love?

### **Exploring the Scripture (15 minutes):**

Divide into smaller groups (if applicable) and ask participants to read and discuss the following related Bible passages:

Isaiah 58:6-7: Reflect on the kind of fast that God desires, which includes acts of justice and compassion towards the oppressed and those in need.

James 2:14-17: Discuss the connection between faith and works, emphasizing the importance of demonstrating our faith through compassionate actions.

Luke 10:25-37 (Parable of the Good Samaritan): Explore the call to love our neighbors as ourselves and the implications of showing mercy and compassion to those in need.

***Group Discussion (20 minutes):***

Reconvene and encourage participants to share insights from their small group discussions. Facilitate a conversation using the following prompts:

- How can we practically fulfill the call to care for those who are hungry, thirsty, and strangers in our communities?
- Share personal experiences where you have witnessed or participated in acts of compassion towards those in need. How did it impact you and those involved?
- How can we cultivate a heart of empathy and awareness towards those who may be overlooked or marginalized in society?
- In what ways can our actions reflect the love and grace of Christ to those we serve?

***Application (10 minutes):***

Invite participants to reflect individually and share one practical step they will take to actively engage in compassionate acts of service towards those in need. Encourage them to consider specific organizations or local initiatives they can support or initiate themselves.

***Closing Prayer (5 minutes):***

Gracious Father, we thank you for the example of compassion and love that Jesus demonstrated during His earthly ministry. Help us to be attentive to the needs of others and to respond with genuine care and compassion. Empower us to be your hands and feet, extending your love to the hungry, thirsty, and strangers among us. May our acts of service bring glory to your name. In Jesus' name, we pray. Amen.



**Title: Serving Christ Through Compassionate Actions - NOTES**

**DATE** \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---







## **Title: Devoted Love and Honoring Others**

### **Objective:**

To explore the meaning and implications of Romans 12:10, encouraging participants to cultivate a spirit of devoted love and honor towards one another.

### **Opening Prayer: (5 minutes) - Ask for any prayer requests**

Dear Heavenly Father, we come before you with open hearts, seeking wisdom and understanding as we study your Word. Guide our discussion on Romans 12:10 and help us internalize its message, that we may grow in love and honor towards one another. In Jesus' name, we pray. Amen.

### **Introduction (5 minutes):**

Begin by reading Romans 12:10 aloud: "Be devoted to one another in love. Honor one another above yourselves." Share the context of the verse, explaining that the apostle Paul is exhorting believers on how to live out their faith in practical ways.

### **Discussion Questions: (20 minutes)**

- What does it mean to be "devoted to one another in love"?
- How can we practically honor others "above ourselves"?
- Why do you think Paul emphasizes both devotion and honor in this verse?
- How might living out this verse impact our relationships and the unity of the body of Christ?
- What are some challenges we may face in practicing devoted love and honoring others?

### **Exploring the Scripture (15 minutes):**

Divide into smaller groups (if applicable) and ask participants to read and discuss the following related Bible passages:

John 13:34-35: Reflect on Jesus' commandment to love one another and the significance of this love as a testimony to the world.

Philippians 2:3-4: Discuss the importance of humility in honoring others and considering their needs above our own.

1 Peter 2:17: Explore the concept of honoring all people, including those who may be difficult to love, and how it reflects our reverence for God.



**Group Discussion (20 minutes):**

Reconvene and encourage participants to share insights from their small group discussions. Facilitate a conversation using the following prompts:

- How can we practically demonstrate devoted love and honor towards one another in our daily lives?
- How does our understanding of God's love for us influence our ability to love and honor others?
- Share personal experiences where you have seen devoted love and honor expressed within the body of Christ. How did it impact you?
- What are some specific actions or attitudes we can adopt to grow in devoted love and honor?

**Application (10 minutes):**

Invite participants to reflect individually and share one practical step they will take to cultivate devoted love and honor towards others. Encourage accountability and support in implementing these actions.

**Closing Prayer: (5 minutes)**

Gracious Father, we thank you for the instruction and wisdom found in your Word. Help us to walk in devoted love and honor towards one another, reflecting your love and bringing glory to your name. Strengthen us and empower us by the Holy Spirit to live out Romans 12:10 in our daily lives. In Jesus' name, we pray. Amen.



**Title: Devoted Love and Honoring Others - NOTES**

**DATE**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





**Title: *The Kindness and Love of God: A Salvation of Mercy***

**Objective:**

To explore the message of Titus 3:4-5, helping participants understand the transformative power of God's kindness, love, and mercy in our salvation. The study aims to deepen participants' appreciation for God's grace and inspire gratitude, humility, and a desire to extend kindness to others.

**Opening Prayer: (5 minutes) - Ask for any prayer requests**

Dear Heavenly Father, we humbly come before you, grateful for your kindness, love, and mercy. As we study Titus 3:4-5, help us comprehend the magnitude of your grace in our salvation. Open our hearts to receive your love and empower us to extend kindness and mercy to others. In Jesus' name, we pray. Amen.

**Introduction (5 minutes):**

Begin by reading Titus 3:4-5 aloud: "But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy." Explain that these verses emphasize the central role of God's kindness, love, and mercy in our salvation.

**Discussion Questions (20 minutes):**

- How would you define the kindness, love, and mercy of God as described in these verses?
- Why is it significant that our salvation is not based on our own righteous deeds but on God's mercy?
- In what ways have you personally experienced the kindness and love of God in your life?
- How does understanding God's kindness and love impact our relationship with Him and our response to His grace?
- How should the knowledge of God's mercy and kindness motivate us to treat others?

**Exploring the Scripture (15 minutes):**

Divide into smaller groups (if applicable) and ask participants to read and discuss the following related Bible passages:

Ephesians 2:4-5: Reflect on God's rich mercy and great love, which made us alive with Christ even when we were dead in our sins.

Luke 6:36: Discuss the call to be merciful as our Heavenly Father is merciful, and the connection between God's mercy and our treatment of others.

Romans 5:8: Explore the depth of God's love demonstrated through Christ's sacrifice while we were still sinners.

**Group Discussion (20 minutes):**

- How does the kindness, love, and mercy of God impact our understanding of His character and His relationship with us?
- Reflect on the significance of salvation being a gift of God's grace rather than something we earn through our own efforts.
- Share personal experiences or testimonies of how God's kindness and mercy have transformed your life or the lives of those around you.
- How can we practically express gratitude for God's kindness and love in our daily lives?
- Discuss ways we can extend kindness and mercy to others, reflecting the character of God.

**Application (10 minutes):**

Invite participants to reflect individually and share one practical step they will take to extend kindness and mercy to others in their lives. Encourage them to seek opportunities to demonstrate God's love and grace in tangible ways.

**Closing Prayer (5 minutes):**

Gracious Father, we stand in awe of your kindness, love, and mercy. Thank you for saving us through your boundless grace. Empower us to extend kindness, love, and mercy to others, reflecting your character and sharing your salvation with the world. May our lives be a testimony to your goodness. In Jesus' name, we pray. Amen.



**Title: The Kindness and Love of God: A Salvation of Mercy - NOTES**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

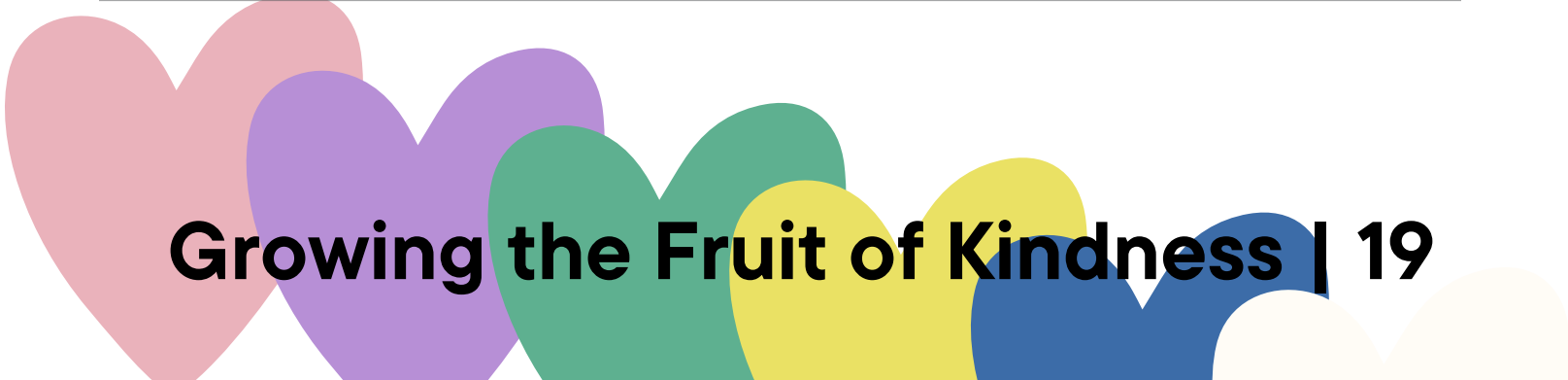
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





## **Title: Cultivating Unity and Compassion in Christ**

### **Objective:**

To explore the message of 1 Peter 3:8, guiding participants to understand the importance of unity, empathy, love, compassion, and humility in their relationships with one another as followers of Christ.

### **Opening Prayer: (5 minutes) - Ask for any prayer requests**

Dear Heavenly Father, we gather before you, grateful for the gift of community and the opportunity to study your Word. As we delve into 1 Peter 3:8, open our hearts and minds to grasp the significance of unity and compassion in our relationships. Teach us to love one another with sincerity and humility. In Jesus' name, we pray. Amen.

### **Introduction (5 minutes):**

Begin by reading 1 Peter 3:8 aloud: "Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble." Explain that Peter, in this verse, addresses believers, urging them to cultivate qualities that promote harmonious relationships and Christlikeness.

### **Discussion Questions (20 minutes):**

- What do you think it means to be "like-minded" as believers?
- How does being sympathetic contribute to healthier relationships and unity in the body of Christ?
- Why do you think love is emphasized as a key aspect of Christian character?
- How do compassion and humility work together to shape our interactions with others?
- Share examples of situations where unity, empathy, love, compassion, or humility made a positive impact on your relationships or community.

### **Exploring the Scripture (15 minutes):**

Divide into smaller groups (if applicable) and ask participants to read and discuss the following related Bible passages:

Romans 15:5-6: Reflect on the call for unity and like-mindedness among believers and the purpose of glorifying God with one voice.

Philippians 2:1-4: Discuss the importance of humility and putting others' interests above our own, following the example of Christ.

Colossians 3:12-14: Explore how love binds everything together in perfect harmony and how believers are called to put on compassionate hearts.



***Group Discussion (20 minutes):***

- Reconvene and encourage participants to share insights from their small group discussions. Facilitate a conversation using the following prompts:
- How can we practically foster unity, empathy, love, compassion, and humility in our relationships with fellow believers?
- In what ways can these qualities impact our witness to the world and draw others to Christ?
- Share personal experiences where you have witnessed or demonstrated like-mindedness, empathy, love, compassion, or humility. How did it impact you and those involved?
- What challenges or barriers might hinder us from living out these qualities consistently? How can we overcome them?

***Application (10 minutes):***

Invite participants to reflect individually and share one practical step they will take to cultivate unity, empathy, love, compassion, or humility in their relationships. Encourage accountability and support in implementing these actions.

***Closing Prayer (5 minutes):***

Gracious Father, we thank you for the gift of community and the call to live in unity and compassion. Teach us to be like-minded, sympathetic, loving, compassionate, and humble. Strengthen our relationships and help us reflect the character of Christ to the world. In Jesus' name, we pray. Amen.



**Title: Cultivating Unity and Compassion in Christ - NOTES**

**DATE**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

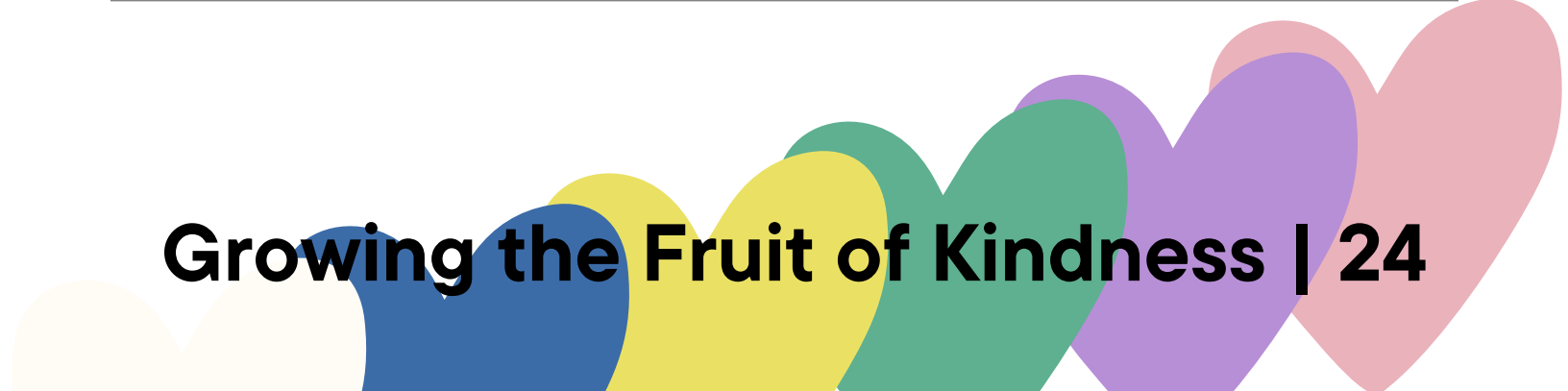
---

---

---

---

---





If this study resonated with you,  
please join our Facebook group:

**On the Journey**