

Week 3 Transcript

Welcome back to the Kindness Project, we're so glad you are here.

This week in "When Kindness Kills" we ask: are there any situations when being kind isn't the right thing to do? Have you ever experienced someone saying something that sounds "kind", and is said with a smile, but you know it is fake? Sure, they were "nice" and did the "right" thing on the surface but was it truly kind?

Shaunti Feldhahn, in The Kindness challenge, explains it this way:

"niceness is a by-product of kindness, but niceness on its own isn't the goal."

Kindness is more than just "acting" kind, it is caring about the best interests of others.

That means kindness will challenge or confront others when it sees something wrong, but it does so with gentleness, tactfulness and hopefulness.

"Niceness" avoids difficult conversations that might upset someone out of a desire to avoid conflict. Niceness may help me feel better in the moment, but Kindness helps us both in the long run. Remember our goal is this: improving relationships with others and changing hearts. When we are kind in how we confront a problem, we can improve the relationship. This is true especially when someone is unkind to us, it is true of close relationships, as well as with people you may only meet once.

Here is a great example Shaunti gives us from The Kindness Challenge:

A guy gets ripped off by a car repair shop. Does he need to be kind? Most of us are probably thinking, "no! He should give the shop owner a piece of his mind!" Or maybe you are thinking, "well it would be more kind to just leave, and not say anything." There is a third option. Kindly confront the shop owner. Don't demean, but rather challenge, to try to make him aware of how behavior affected you.

Again we look to Proverbs: A gentle answer turns away wrath, but a harsh word stirs up anger.

Whether or not you dive into a difficult situation isn't the issue; what makes you either kind or unkind is how you express yourself.

Why is it kind to confront someone?

There are 3 reasons:

1. This reaction is more Kind to you because it protects your emotional health. You are not carrying anger for a real injustice around with you wherever you go.
2. It's more kind to the person receiving the feedback because they are receiving honesty in a gentle way.
3. It is kind to both of you because it provides an opportunity to mend a broken relationship.

If confronting a situation like this can improve the relationship with someone you are not likely to see again, imagine what it can do for relationships with those closest to you.

After all, in troubled relationships, aren't boundaries and hard truths needed at times? Absolutely.

But Shaunti reminds us, we still need to use kind words. Combating unkindness with unkindness defeats the purpose! Worse, anything done out of frustration, hurt, or anger is likely to achieve only defensiveness and a broken relationship in the long run.

So confronting people who have been unkind to you is often necessary, but when we bring kindness and clarity into the confrontation, it can be a game changer.

A final thought today:

Hal Donaldson, author of "Your Next 24 Hours", says: "One sentence, spoken in anger or haste, can be completely forgotten by the speaker and years later, be quoted verbatim by the recipient." Wow. Our words carry weight, and we must be kind in our choice of words, and the way that we say them.

So this week, as you come in contact with challenges or relational conflicts, remember to be kind by speaking up in a gentle way!

See you next week!

Week 3: When Killing with Kindness, Kills

HANDLE WITH CARE

Description: : Solve scrambled phrases and words.

Objective: Acquire valuable information about kindness and work as a team to complete the activity.

DIRECTIONS: “TO BE UNCLEAR IS TO BE UNKIND,” DAVE RAMSEY

In this activity you will see several scriptures on kindness as well as quotations from the books “The Kindness Challenge” by Shaunti Fedhahn and “Your Next 24 Hours” by Hal Donaldson. Only the phrases will be scrambled and unclear. Work as a team or divide up the word load, but your goal is to solve each word scramble. (Red words are scrambled!)

1. 1 Corinthians 13:4 - “voLe is ntpieat and nkid; eovl does not yvne or btsoa; it si not gantarro ro drue.”

SAMPLE: “Love is patient and kind; love does not envy or boast; it is not arrogant or rude.”

2. Luke 6:35 - “But love rouy eensime, and do godo, and lend, expecting nthonig in nruter, and your ardwer will be eatrg, and you will be sons of the Most High, for he is dink to the gfunratle and the liev.”

3. The Kindness Challenge - “Knowledge and nnessidk go hand in nahd. Being kind is ptyme if you’re trying to be dkni in all the ognrw raaes. And ingwonk what to do is ptyme if you don’t do it with ndnseski.”

4. The Kindness Challenge - “Being nikd is not the ames thing as being cien, ieekpgn the eepac, and not roingkc the toab. There’s iontghn wrong with being ecin-it can make for a much more tanlpesa environment-but it is lhsalreow than being kind.”

5. Proverbs 31:26 - “She seopn her omtuh with modsiw, and the eachting of ssendnik is on her gntheou.”

6. The Kindness Challenge - “Whether or not you veid into a tidculfif situation isn’t the eussi; what smkae you either idnk or kuinnd is how you pxreess it.”

7. Your Next 24 Hours - “idKn sword can be toshr and yesa to peaks, but their echoes are ytrlu dsesenl.”

1. Hal Donaldson, author of “Your Next 24 Hours”, says: “One sentence, spoken in anger or haste, can be completely forgotten by the speaker and years later, be quoted verbatim by the recipient.” Has there been something said to you in anger or haste that you can remember nearly verbatim? If you are comfortable with sharing it with your group, please do. How did it make you feel when it was said? How does it make you feel now....even if it is years later?

2. From the car repair story in Shaunti Feldhahn’s book *The Kindness Challenge*, she shared: “I would say you could, and should, be kind rather than unkind in confronting the person. The car repair guy has already ripped you off: don’t let him rob you of your emotional health as well. And even if you are confronting him very directly and clearly, your kindness is now extending to the person you don’t know. Because you’ve called this guy out on it, he may not do it (lie) to the next person in line.” Do you agree that calling the car repair person out on the lie is being kind? Why or why not?

3. When have you seen a relationship, a group dynamic, or a culture improve due to kindness being extended? What relationship, group dynamic or culture that you are familiar with could improve through the extension of kindness?

4. Author Shaunti Feldhahn, “Niceness is a by-product of kindness, but niceness on its own isn’t the goal. Kindness will challenge others when it sees something wrong, but it does so in gentleness and hopefulness. Niceness avoids difficult conversations because that might upset the desire for a lack of conflict. That’s one reason many people see niceness in others as a phony outward display. But true kindness is the farthest thing from phony. It requires honesty and strength.” Where have you seen “niceness” implemented when “kindness” was called for?

5. Another very impactful statement Shaunti made went something like this:, “Showing kindness to the other person impacts the other person and changes you.” Has this been true in your life, and if so, how?

6. Consider Shaunti Feldhahn’s statement: “Whether or not you dive into a difficult situation isn’t the issue; what makes you either kind or unkind is how you express it. Remember the goals: improving the relationship and bringing about heart change. If the actions you take aren’t simply to make the other person feel bad or eliminate him or her from your life, then you need to take those actions with a sense of great care. Combating unkindness with unkindness defeats the purpose! Worse, anything done out of frustration, hurt, or anger is likely to achieve only defensiveness and a worse relationship.” What stands out to you and why?

1. Has anyone said anything so hurtful, that you can remember the exact words? What did you do? Could you have done anything better?
2. Let's imagine you catch someone lying. Is exposing the lie for what it is the kindest thing you could do? How would you do that in a loving way? What might be the possible outcomes, both good and bad?
3. Have you ever seen a group, relationship, or culture change because they started being kind to one another? Explain how kindness could make a change in a group or relationship.
4. Being nice is great, but compared to being kind. Being nice can be phony and shallow. How would you describe the difference between kindness and niceness?
5. In the book "The Kindness Project" it's stated that showing kindness impacts them and changes you. What do you think that means? Is there a moment in your life this has been true?

1. How do you feel when someone is being unkind? What can you do to change it?
2. What's more kind, the truth or a lie? Is that always the case?
3. Kindness spreads a lot like laughter. How can you help to keep spreading kindness? When do you know that you're done?
4. What does it mean to "be nice"? Is that different from being kind? If so, how?
5. Like Jesus, being kind and showing love has the power to change the world. But it also changes you. How can being kind change you?