

## The Kindness Project Small Groups

# Here's How It'll Work:



### 1. Find your people

This can be your family, your friends, or a C6 small group through Central!



### 2. Videos

Dive deeper into each week's main idea or re-watch Sunday's message!



### 3. Activities

Okay, we see that eye roll you're thinking "who's got time for activities?" but really growing in kindness starts with laughter and fun, plus you'll get to know your group on a whole new level!



### 4. Conversation

Okay, you watched the video, had some fun getting to know each other, next step - conversation! Below you'll find conversation starters for kids, students, and you kids at heart - because kindness matters at every age!



### 5. Challenge

Now it's time to put kindness into action —we'll help you out with some ideas, or come up with your own kindness goal!

Central

Find all the resources you need at  
[centralholland.org/kindness](https://centralholland.org/kindness)

## Week 1 Transcript

My name is Steve Spitters, and it is my privilege to welcome you on behalf of a larger team of people who put together this Kindness Project journey. Not only have we prayed over the content and purpose of this journey, but we've prayed for you. Over the next 6 weeks, people from all over Central will be gathering in community on this journey. I just want to remind you that this is so much bigger than the small group you are gathered with today.

At some point today you likely scrolled through your social media feed or turned on your preferred news network and were bombarded by a battlefield of ideas being lived out politically, racially, religiously, and socially. Very little of what we see is kind, and that's unfortunate to say the least, especially if your feed has a pretty high percentage of Christians in it.

But so what? Why be kind to others... and even when they aren't kind to us?

Well, as Shaunti Feldhahn tells us in her book, *The Kindness Challenge*, God has an almost inconceivable number of wonderful attributes-but of all of them... God's kindness is described as the one quality that reaches into our hearts, leads us to recognize what we've done wrong, and invites true change in us.

As the apostle Paul wrote to the church in Rome:

"...do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?"

Another way of understanding this passage is...

"Don't you see how wonderfully kind, tolerant, and patient God is with you?... Can't you see that his kindness is intended to turn you from your sin?"

The divine kindness of God can be fully expressed when we focus on how we treat others rather than how we are treated.

Can you reflect on the ways God has shown you kindness today, this week, this year?

I'd like to share with you a story of how in my role as a Student Pastor, I was able to witness the kindness of God.

It was Saturday night at winter camp. We had been spending time in the Word of God and some 300 students were worshipping together and as adult leaders we had prayed about it and decided to hand the mic over to students. We wanted them to have time to share what God was doing in them right there right then. One young man stood and walked to the front. Clearly emotional. He shared about having His heart melted by the grace and forgiveness of Jesus anew over the weekend at camp and how much he was growing in His faith. He then confessed to a multi-year rivalry between him and his brother who was also there at camp and in front of his peers and leaders, asked his brother for forgiveness. Up out of the crowded chapel this young man's brother rose and walked briskly to the front climbed on stage and the rival brothers shared an embrace that was long overdue. This one young man's life transformed by the kindness of God not only brought healing to their relationship, but also inspired others to replace bitter rivalry with kindness.

And here is the truly cool part - when we treat others with kindness, not only does it benefit them, it benefits us and I believe we get the chance to put a smile on the face of our Heavenly Father.

Shaunti Feldhahn says the way we thrive, or live well, as individuals depends far more on how we choose to treat others than on how we ourselves are treated.

That seems kind of backwards, doesn't it? But treating others kindly is the one factor that often leads to those other things in life that make us happy. When we treat others poorly, it often leads to misery. The path to our happy place in life starts with one choice: whether or not to be kind...especially when we really don't want to be kind. And the path to treating others with Kindness starts with recognizing God's Kindness to us.

So what would our relationships look like...at home...at school...at work...or in our world... if we actually lived like kindness was our superpower? We're going to get into that next week.

For today, I'm really excited to see how the kindness of God affects our lives,, and in turn flows through us and into the lives of those around us, as we join together for the Kindness Project. We're glad you're here.

**Week 1: Divine Kind**

**LOVE YOUR NEIGHBOR**

**Description:** Combination of 'Would You Rather' and 'Pick your Poison'

**Objective:** Ice breaker activity for the first week. Encourages the group to get to know each other through interaction.

**DIRECTIONS:**

**Step 1:** Using the list of questions at the bottom of this page, the leader will call on a group member to begin the game.

**Step 2:** The leader will then read the SUBJECT of the first question to that group member (ex. MATH). The chosen group member can then choose to answer the question themselves or pass the question to any other member of the group, that person will then have to attempt the question.

**Step 3:** After the first question is completed, the leader will continue to call on group members until everyone has gone twice. (Note: Some people may end up answering more than two questions because they are repeatedly being "loved" by their neighbors)

\*Each subject has three levels of difficulty (easy-Central Kids / moderate-Students / hard-Adults) However the leader may choose to use any difficulty and may need to use more than one depending on the size of the group.

SUBJECT	EASY	MODERATE	HARD
MATH	What is $7 - 5$ ?	What is $15 \times 3 - 5$ ?	Subtract 7 from the square root of 36?
GEOGRAPHY	A compass always points which direction?	Name all the oceans?	The Nile river is in what continent?
SPORTS	What sport do you try to tackle the quarterback?	The key, paint, and block are all terms in what sport?	In golf you can score a birdie (-1), an eagle (-2), what is a -3 called?
POP CULTURE	What is the name of the Disney mouse?	What is the name of the alternate dimension in Netflix's Stranger Things?	What does the acronym 'smh' stand for?
HISTORY	_____ loves me this I know.	What year did the attacks of 9/11 take place?	Who was the second president in the USA?
SCIENCE	A caterpillar sleeps in a cocoon to become what?	What chemical in plants makes them green?	What scientist discovered/defined gravity?
CINEMA (Movies)	Prior to Buzz, who was Andy's favorite toy?	What do we call the music playing in the background of movies?	Which witch does Dorothy land on when she arrives in Munchkinland?
MUSIC	What instrument has 88 keys of black and white?	How many notes are in an octave?	How many strings does a violin have?
RIDDLES	What do you put in a toaster?	What five letter word becomes shorter when you add two letters to it?	Mary has 4 daughters and each daughter has one brother, how many children does Mary have?

**ANSWERS KEY:** (Subject: easy/moderate/hard)

(MATH: 2 / 40 / -1)

(GEO: North / Atlantic.Artic.Indian.Pacific / Africa)

(SPORTS: Football / Basketball / Albatross or double eagle)

(POP C: Mickey / Upside Down / shaking my head)

(HIST: Jesus / 2001 / John Adams)

(SCI: Butterfly / Chlorophyll / Newton)

(CIN: Woody / Score / W. of the East)

(MUSIC: Piano / 8 / 4)

(RIDD: bread / short / 5)

1. Read Romans 2:4. Where or how have you seen the wonderfully kind patience of God toward you in regards to sin?
  
2. Read Proverbs 21:21 (The Message). Who taught you to be kind when you were a child? As you got older, what or who else shaped your view of kindness? How do you live out what you have learned about kindness?
  
3. Shaunti Feldhahn says, “Whether we thrive depends far more on how we choose to treat others than on how we ourselves are treated.” Have you found this to be true? Please explain.
  
4. “The path to our happy place starts with one choice: whether or not to be kind. Especially when we really don’t want to be.” (Shaunti Feldhahn, The Kindness Challenge) Share a time when you chose to be kind in a situation. In the long run, did it lead you to your “happy place”?
  
5. “It turns out the seemingly gentle quality of kindness has an explosive power, but we don’t always know how to unleash it.” (Shaunti Feldhahn, The Kindness Project) When have you seen the power of kindness shown towards you? How did you respond? When have you shown the power of kindness toward someone else? How did they respond?
  
6. Read Luke 6:27-36. Have you loved your enemies and done good toward those who hate you? What has that looked like in your life? Share a time when you gave to someone and didn’t expect anything in return. How did that affect them? How did it make you feel?

1. Read Romans 2:4. Forgiveness is a form of kindness, share a time you forgave or a time you were forgiven.
2. Who in your life is trying to teach you kindness? How would you do it, same/different?
3. Shaunti Feldhahn says, "Whether we thrive (in life) depends far more on how we choose to treat others than on how we ourselves are treated." Do you agree, why or why not?
4. "The path to our happy place starts with one choice: whether or not to be kind. Especially when we really don't want to be." (Shaunti Feldhahn, The Kindness Challenge) How does being kind make you feel? Is there a time it turned your whole day around, if so please share?
5. Jesus proves that kindness is gentle and unimaginably powerful. Explain how kindness can be the best and yet most difficult thing to do.
6. Think of people you love being around, could be friends, family, or someone you look up to. List some reasons why these people are important to you.  
Now think of some people you don't get along with, or at the very least seem to not like you. Imagine or create a situation where you only act kind to that person, no matter what. How does that person react?

1. What does it mean to be forgiven? What does it mean to be kind?
2. There are math teachers, art teachers, gym teachers, and more. What makes someone a good teacher? Can you teach Kindness? How?
3. What does the word “Thrive” mean? Kindness gives us a thriving life, how?
4. Everyone has a bad day, can you share a story of a time your bad day got better by a kind person.
5. Jesus is the ultimate example of kindness. Give an example of something kind that Jesus did.
6. List some people who need some kindness?  
What could you do for those people?