

## Relational Health, Wellness, Wholeness

### Relational Christian Character and Conduct

#### BE KIND: GENTLE TOWARDS OTHERS

#### HOW/WHAT ARE YOU SPEAKING?

## SCRIPTURES OF THE DAY

Ephesians 4:1;

Ephesians 4:15;

Ephesians 4:29-32

Monday, August 23, 2021

& Tuesday, August 24, 2021

### STUDY & REFLECTION

We live in a broken world whose nature is to reflect that brokenness in the way we think of and interact with others. Yet the Lord has called us into His Kingdom to think and act in a radically different way. This is what our scriptures in Eph 4 are telling us. It is admonishing us, urging us, literally begging us to believe, think of and live with others, by the power of the Holy Spirit, in a different way. By being KIND, By Speaking Kindness! By being GENTLE, By Speaking Graciously.

#### THE TEST OF RELATIONAL HEALTH

SPEAK KINDNESS: SPEAK GENTLENESS (GRACE) TO OTHERS

*“Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” (KJV)*

*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”(NIV)*

Eph 4:29

#### BE YE KIND ONE TO ANOTHER!

Here is the definition of kindness from last week’s teaching: *Being gracious to others. Demonstrating a spirit that others find enjoyable and easy to get along with.* How is this possible? What is needed is a spirit of graciousness. An attitude and tone that others find enjoyable, can only be genuinely manifested if I first, hold them in high esteem i.e. value them. This kind of valuing is a true manifestation of loving someone, and being committed to helping them to live their best. It then, directs my mouth to speak words that support, empower, enrich and heal.

### ACTION ITEMS

Genuine Kindness is Goodness. Kindness manifested towards another is intentionally focused to bringing about blessings and goodness into their life. It begins with how you see them, and proceeds to how you speak to them.

“Life and death is in the power of the tongue!” **Your gracious attitude and words actually bless them with ‘life.’**

Commit to doing (speaking) this way to everyone you encounter this week!

### INVOLVING OTHERS

Report to your small group what you are doing this week in speaking kindness and grace into the life of others.

## Relational Health, Wellness, Wholeness

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#### BE KIND: BE GENTLE TOWARDS OTHERS II

## SCRIPTURES OF THE DAY

[Ephesians 4:1;](#)

[Ephesians 4:15;](#)

[Ephesians 4:29-32](#)

Wednesday, August 25, 2021

& Thursday, August 26, 2021

### STUDY & REFLECTION

Kindness and gentleness are not adjectives we encounter much these days. It seems that the whole world is caught up in a pandemic of anger, complaint, strife, pain, and bitterness. These conditions and actions have invaded even our homes and our churches. Of course this is the planned, deliberate work of the enemy. Satan is a jealous, self-centered, self-focused demon. His *modus operandi* is clear. **He is an expert in causing strife and division.** The Word teaches us that he is so powerful and persuasive that if it were possible he would fool the “very elect.”

As always, the promises and power of God is given to us through the Holy Spirit to not only counteract, but to defeat and overcome the plan of Satan. The Lord does it in ways that are different from ours, and causes miracles to happen in the lives of those who will trust Him by Faith.

One powerful tool of the Spirit is this.....**BE KIND, BE GENTLE, BE NICE, TOWARD ONE ANOTHER!**

Very simple, but quite profound...BE KIND TO ONE ANOTHER! BE GENTLE TO ONE ANOTHER. BE NICE TO ONE ANOTHER BE GRACIOUS TO ONE ANOTHER.

You would think that this is automatic to born-again Christians...*but it is not!!* Our old nature, thinking, ways of doing things are still within us. Our old selves are only controlled by the Power of the Holy Spirit, actively working through us, as we **YIELD** to Him Daily.

Being kind means being gracious to others. Being Kind demonstrates a spirit and manifests actions that others find uplifting and enjoyable. Being kind causes people to be glad when they see you coming toward them. They joyously expect that their day will get brighter because of you. Of course we see this kind of Kindness shown to us in the most powerful way as Christ manifested Loving-Kindness toward us as He took our place on the cross of Calvary, paying for our sins, and delivering us from darkness and hell.

### ACTION ITEMS

Your assignment today is clear. **Show Kindness to everyone you encounter this week.** Be thoughtful. Be creative. Ask the Lord, what can I do to enrich someone’s life? What is my friend going through? How can I lighten the load?

**Do something meaningful to bring wholeness to someone else!**

### INVOLVING OTHERS

Report to your small group what you are doing this week in demonstrating kindness to those you encounter. Listen to their actions and appreciate them.

### STUDY & REFLECTION

For the past few days we have become immersed in studying a particular aspect of our relationship with others. By the Word of God in Ephesians 4, and the Empowering ministry of the Holy Spirit, we have been challenged to conform and direct our Christian conduct and manifestation of fellowship with others, to deliberately and consistently Speaking to others with Kindness and Being in our actions KIND to them.

Speaking kindly, and Acting with kindness toward others, especially those of the household of faith is a demand and expectation of God, of those who are committed to growing and maturing in the Lord. **God is pleased when we hold others in high esteem and value them.** The result is we deliberately and positively, refrain from using words to hurt or tear down, but on the contrary we deliberately use words intended to bless them and build them up in their lives and in their faith.

I challenge you today, to consider the powerful statement inserted by Paul in verse 30. For me, this added a definite weight and importance to the teaching. Paul asserts that when we don't practice such Kindness in our words and actions, that we are in fact "***grieving the Holy Spirit!***" OUCH!!!!

When we refuse to surrender ourselves to the Lord, asking Him to guide and use our words and actions in relationship to others, we are in fact hurting, making sad, or grieving the Holy Spirit. One translation is very graphic, it says we cause the Holy Spirit to cry.

As you reflect on your own usual pattern of speaking to others, and the actions you have taken as you interact with others on a daily basis, to what degree do you utilize gracious words, intended to bless, and kind actions?

### ACTION ITEMS

### INVOLVING OTHERS

This is where involving others is very critical and essential, if we are to improve. In your small group take turns assessing how well each of you have practiced and spoken kindness. Go a step further and use quality time to pray for each other, asking the Lord to help us to be more focused on these traits and actions. Don't forget to ask the Holy Spirit for forgiveness and better awareness of when we are grieving Him.

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Review and Commitment

SCRIPTURES OF THE DAY Saturday, August 28, 2021

Review Scriptures From This week

## YOUR ASSIGNMENT

Our assignment for today is clear.

**Reflect and focus on what you have learned this week.**

This is an excellent time to further put into practice genuine love and concern for others. Ask the Lord to help you to not only speak and act with kindness toward others today, but to help you to embrace and be aware of these critical practices **as a part of your everyday life, speaking and showing love in all of your relationships.**

Yes, He has called you and I to be healers, peacemakers, enriching the lives of others as we walk with Him.

In particular, please spend some time in prayer, asking Forgiveness of the Holy Spirit. Asking Him to help you to not grieve Him but to rely on and please Him!

SHALOM!