

Titus 2:3-5 – Titus instructed the older women to teach the younger, among other things, to be kind.

Whether or not you feel compelled to make notes, use these questions for your thought and meditation.

- What is kindness? Dictionary definition? Bible definition?
- Why must kindness be taught?
- Is there a difference between being 'nice' and being 'kind'?
- Read through at least one or two of these examples of kindness, or choose a couple of your own:
 - Gen. 24 – Rebekah to Abraham's servant
 - 1 Sam. 25:1-35 – Abigail to David and his men
 - 2 Sam. 9:1-13 – David to Mephibosheth
 - Mark 1:39-41 – Jesus to the leper
- From each of the readings, think about the following:
 - What were the circumstances?
 - What need did the giver of kindness see?
 - What kindness was shown?
 - What was the motivation for the kindness?
 - How far did the giver of the kindness go?
 - What was the outcome?
 - Any other observations?
- Think of a time when you were the recipient of a particular kindness: how did it make you feel?
- How about an unkindness?
- How have you benefited from showing kindness to others?
- Are there certain people to whom you find it easier than others to show kindness?
- Are there particular situations or circumstances that make it difficult for you to be kind, or that create obstacles?
- Who/what is the ultimate example of kindness? To what extent does that kindness reach?

Online links you might find interesting (if you are viewing this on your computer, ctrl-click the link):

- A video: http://www.youtube.com/watch?v=cDDWvj_q-o8
- A wedding sermon: <http://www.sermoncentral.com/sermons/wedding-clothes-roger-haugen-sermon-on-weddings-46625.asp?Page=1>
- An interview: <http://www.ashortcourseinkindness.com/articles.htm>