

**WEEK 3 PARTICIPANT WORKBOOK FRUIT OF THE SPIRIT - April 22, 2026**

**Theme: Kindness That Looks Like Jesus (Words, Responses, and Mercy)**

**Scriptures: Ephesians 4:31–32; Romans 2:4; Exodus 34:6; Psalm 145:17; Colossians 3:12; Proverbs 15:1; Luke 6:35; 1 Corinthians 13:4**

**Key Idea:** Biblical kindness isn't weakness — it's Spirit-formed strength that shows up in how we speak, forgive, and treat people who don't "deserve it."

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**1) Welcome Beloved saints of God.**

**Tonight's goal:**

To understand what kindness looks like in Scripture, identify what blocks it in me, and choose one real-life way to practice it this week.

**Opening Prompt (write 1–2 sentences):**

When I hear the word "kindness," I usually think it means:

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**2) Scripture Reading Notes (Observation)**

**A) Ephesians 4:31–32 — Put Off / Put On**

As you read, circle the "put away" words and underline the "put on" words.

**What must be put away (list a few):**

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**What must replace it:**

- Be \_\_\_\_\_
- Be \_\_\_\_\_
- \_\_\_\_\_ one another

**Why does Paul ground kindness in the gospel?**

“As God in Christ \_\_\_\_\_.”

\_\_\_\_\_

**B) Romans 2:4 — Kindness That Leads to Repentance**

**According to this verse, God’s kindness is meant to lead me to:**

\_\_\_\_\_

**What’s one area where I resist that leading?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**C) God’s Character Foundation (Exodus 34:6; Psalm 145:17)**

**What words describe God in Exodus 34:6?**

\_\_\_\_\_

\_\_\_\_\_

**Psalm 145:17 says God is righteous and kind in:**

\_\_\_\_\_

**Why does it matter that kindness starts with God’s character (not mine)?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3) Kindness in Everyday Practice (Colossians 3:12; 1 Corinthians 13:4)**

**Colossians 3:12 tells believers to “put on” (list the traits):**

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**1 Corinthians 13:4 says love is \_\_\_\_\_ and \_\_\_\_\_.**

**How are love, patience, and kindness connected in real life?**

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**4) Dig Deeper (Group Discussion)**

1. Which passage challenged you most tonight — and why?

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2. What do you think is harder:

a) being kind to people you like, or b) being kind to people who hurt you? Why?

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### 4) Dig Deeper (Group Discussion) Continued

#### Words + Tone (Proverbs 15:1)

3. Proverbs 15:1 contrast two kinds of speech. Where do you tend to struggle most: tone, timing, or content?

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#### Mercy Toward the Difficult (Luke 6:35)

4. Luke 6:35 calls us to kindness even toward the ungrateful and evil. What makes that hard — and what would it take for you to obey it?

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### 5) Self-Examination (Private Reflection)

#### A) Kindness Check (circle one)

This week my kindness has been: **Consistent / Sometimes / Rare / Unsure**

**What's your honest reason for that answer?**

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**B) Inventory (rate 1–5)**

(1 = rarely true, 5 = consistently true)

- I’m kind in my tone when I’m stressed. **1 2 3 4 5**
- I’m quick to forgive instead of holding grudges. **1 2 3 4 5**
- I choose compassion when someone irritates me. **1 2 3 4 5**
- I’m kind when there’s no benefit to me. **1 2 3 4 5**
- I practice patience with people who move slowly or think differently. **1 2 3 4 5**

**Which one reveals the biggest gap right now?**

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**C) Root-Level Questions (write honestly)**

1. What tends to kill kindness in me?  
(Examples: pride, bitterness, hurry, entitlement, insecurity, control)

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2. Who is one person I struggle to be kind toward — and why?

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3. What would it look like to treat them the way God treated me in Christ?

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**6) Application (This Week’s Practice)**

**Choose One “Kindness Step”**

Pick ONE practice for this week (circle one):

- Speak a soft answer in one tense moment

- Initiate reconciliation with one person
- Do good for someone who can't repay you
- Encourage someone you usually overlook
- Replace one harsh habit with one tender action

**My one-sentence plan:**

This week I will practice kindness by \_\_\_\_\_

\_\_\_\_\_

**My “kindness test moment” will likely be:**

\_\_\_\_\_

**My prayer phrase when I’m tempted to react:**

“Lord, help me be \_\_\_\_\_ and \_\_\_\_\_ right now.”

\_\_\_\_\_

**7) Memory + Meditation (Optional)**

Choose one verse to carry this week (circle one):

**Ephesians 4:32 / Romans 2:4 / Proverbs 15:1 / Luke 6:35**

**Write it (or a key phrase) here:**

\_\_\_\_\_

\_\_\_\_\_

**Why this one matters to me right now:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**8) Closing Prayer (Write Your Own)**

“Lord, thank You for Your kindness toward me.

Help me put away bitterness and harshness, and put on compassion and forgiveness.

Make my words gentle, my heart tender, and my actions generous — even when it costs me. Amen.”