



Random Acts of Kindness

September 10, 2022



Sabbath FOR STUDY

- » **Memory Text:** "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires" (Galatians 5:22-24, NKJV).
- » **Our Beliefs, no. 11, Growing in Christ:** "In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the church. We are also called to follow Christ's example by compassionately ministering to the physical, mental, social, emotional, and spiritual needs of humanity."
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 80-82

DO KINDNESS

"All the guy was trying to do was rob a bank. And all the little old lady was trying to do was a good deed. She saw this young man park his car . . . [and] that he had left the keys in the ignition switch. So she grabbed the keys and trailed him into the bank, where she found him talking with a teller.

"'Young man,' she scolded, 'you're going to get your car stolen if you don't stop leaving your keys.'

"The man had just told the teller he had a gun and wanted a lot of money. But the kindly old woman kept on scolding him. He stared at her and finally gave up. Snatching the keys, he dashed out of the bank and drove away.

"Although this story is rather unique, it does illustrate a vital point. Good deeds make a difference. The wise man states: 'Do not withhold good from those to whom it is due, when it is in the power of your hand to do so' (Proverbs 3:27)." —Mark Finley, *Solid Ground*, p. 133.

Sunday RESPONDING

- » Read Matthew 25:34-40.
- » Paul has been a Christian all his life. Ever since he can remember he has been involved in church activities. Lately he has been feeling unmotivated. When he heard about people doing Random Acts of Kindness he wanted to be involved in some kind of service project as well. He shared the idea with his friends, but they were not excited about his idea. "How can you help others catch the vision to be involved in service projects?" he asks.
- » What would you suggest? What is the best way to spread the kindness movement? Is he on his own or should he find a partner? How do you think he could spread the word in his church to get people more interested in doing random acts of kindness in their community?

Monday BIBLE ANSWERS ON GROWING IN CHRIST

- » Read Psalm 77:11-12; John 20:21; Colossians 2:6; James 1:27.
- » As we pray, read, and study our Bibles we learn more about how much God loves us. We see how Jesus interacted with others while on earth—He showed kindness, caring, and love. As His children, we are to show the same love, caring, and kindness to those around us.
- » Find an opportunity and do a random act of kindness this week.

Random Acts of Kindness From the Bible

- » Find the Bible reference that goes with each statement and write the person's name on the lines provided.

John 12:3	Acts 9:36	2 Kings 5:1-4, 14-16	John 6:9
Luke 10:30-37	Genesis 24:10-21	1 Samuel 25:18, 19	2 Samuel 9:3, 4, 6, 7

1. He was hated among the Jews, but he stopped to save a life anyway.

2. Someone asked her for a drink of water and she gave water to him and all 10 of his camels. _____
3. She was a disciple who always did good to others. _____
4. She was the maid of her master's wife. She helped save her master's life. _____
5. Andrew asked him to share his lunch. _____
6. His father's best friend showed him kindness and cared for him.

7. He took food to an army of men. _____
8. Jesus cast demons out of her more than once (Mark 16:9). She loved Him very much. _____



Tuesday

REFLECTING

- » Read John 13:35.
- » We know that God is the source of all true love and kindness. So who should be the kindest people around?
- » There are some who will aspire to greatness by being the best student, the best musician, the best looking, the best athlete. Those who are great in those ways get a temporary reward but their satisfaction and happiness do not last. Nothing that we do for selfish purposes will bring lasting happiness. But ask anyone who spreads kindness around what the reward is. They'll no doubt tell you that it is the greatest experience in the world. The only way to discover how awesome it is to spread kindness is to do it. And who gives you the desire and the power to give of yourself like that? God's Spirit.
- » What does **John 13:35** say? What is it that will tell others if we are followers of Jesus? _____

Wednesday

BIBLE INSIGHTS

- » Fill in the blanks from the New International Version, using Biblegateway.com.
- 1. "Those who are _____ benefit themselves, but the cruel bring ruin on themselves" (Proverbs 11:17).
- 2. "_____ weighs down the heart, but a _____ word cheers it up" (Proverbs 12:25).
- 3. "It is a sin to despise one's _____, but _____ is the one who is kind to the _____" (Proverbs 14:21).
- 4. "Whoever _____ the poor shows _____ for their Maker, but whoever is kind to the _____ honors God" (Proverbs 14:31).
- 5. "Whoever is _____ to the _____ lends to the Lord, and he will reward them for what they have done" (Proverbs 19:17).
- 6. "Love is _____, love is _____. It does not _____, it does not _____, it is not _____" (1 Corinthians 13:4).
- 7. "Make sure that _____ pays back wrong for wrong, but always strive to do what is _____ for each other and for everyone else" (1 Thessalonians 5:15).
- 8. "For this very reason, make every effort to add to your faith _____; and to _____; and to _____; and to _____; and to _____; and to _____, mutual _____; and to mutual _____, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ" (2 Peter 1:5-8).

Thursday

CONNECTING

- » Read Colossians 3:12-14.
- » Review the memory text.
- » "Father, forgive them" is the most heartfelt plea of all time. What about the promise, "You will be with me in paradise"? That's a promise made to a dying man! When the weight of sin crushed the heart of Christ on the cross He cried, "My God, My God, why have You forsaken Me?" (**Matthew 27:46, NKJV**). These were the words Jesus spoke as He paid the highest cost of setting us free at Calvary. "Well done!" will be one of the most joyous phrases that human ears will ever hear when Jesus welcomes us home to heaven.
- » These short statements depict the very heart of God for people. You can pack a lot of love in little statements. Yet those little statements are lifeless without the actions behind them. But we can be sure of this: God loved people so much that He wasn't content to just tell them. He was determined to show them His love. God wants us to do the same thing. We should not only tell others about His love, but show them with our kind actions and words that God cares for each one of them!

Friday

APPLYING

- » Read 2 Peter 1:5-8.
- » The key to developing RAOK (random acts of kindness) as a way of life for you and your friends is a three-part process. We have to be kindheaded, kindhanded, and kindhearted. Often, showing kindness to someone you don't like is a sheer act of will based on the knowledge (kindheaded) that Jesus loves them. But claim the power of God's grace and just do something

kind for them (kindhanded). While you may not have an overnight change of heart, over time you will change. You will experience a different kind of love (God's agape love) and you will never be the same (kindhearted). Think of people you have a hard time extending kindness to. You don't have to start there, but doing random acts of kindness is about being ready for anything. After practicing a few RAOK, take a few minutes and reflect on the experience and what you learned from it.

