



Abundant Life

— WORD STUDY WORKSHEET John 10:10

Kindness



Begin Here

Take a moment to quiet your heart before the Lord.

Ask Him to help you see His Word clearly and to shape your understanding through His Spirit.

As you begin, consider:

Where might God be inviting you to reflect His kindness more intentionally right now?

The Word: Kindness

chrēstotēs (khray-STO-tace)

**Goodness of heart,
graciousness, moral
tenderness**

- Biblical kindness is not mere politeness or personality.

Kindness is not:

- Conditional or selective
- Passive
- Weakness

Rather, kindness is:

- Intentional goodness
- Strength expressed through grace
- Love made visible through action

Which aspect of kindness stands out most to you right now?

The Word in Scripture

Ephesians 4:32
Colossians 3:12
Luke 6:35

Observe:

- How is kindness described or demonstrated in each passage?
- What motivates biblical kindness?
- How is kindness connected to God's character and grace?

Note any repeated ideas, contrasts, or instructions you notice.

Living the Abundant Life

Consider kindness in three directions:

- **Upward** — Responding to God with gratitude and humility
- **Inward** — Allowing God's kindness to soften and transform your heart
- **Outward** — Reflecting Christ's grace in your words and actions

**Which direction feels most needed right now?
What is one simple, specific way you can practice kindness this week?**

Primary Verse

*"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."
— Ephesians 4:32*

Kindness and the Abundant Life

How does kindness flow from a heart shaped by the gospel?
In what ways does practicing kindness protect your heart from bitterness, pride, or indifference?
How does kindness reflect the abundance Jesus describes in John 10:10?

Kindness is strength shaped by grace and lived out in love.

