

**Discussion Guide for Fruit Group Cluster #3**  
**2021 Fruitful Living Lenten Journey**  
**Kindness & Goodness**  
**Pastor Fritz**

*“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5.22-23*

- THANKS EVERYONE for making time to be part of what God is doing in our Fruitful Living Series!
- Thank you, leader, for pulling this Fruit Group together.



**Let's Get Started!** To warm up, share your name and a simple (yes, some can be elaborate) act of kindness that you've received at some point. Thanks for sharing briefly to ensure time for the whole group.

Opening prayer: *Thank you, Lord, for gathering us together for our third session to explore your Spirit fruits of kindness and goodness. We know our world can be pretty sour at times. Thanks for your plan to use each of us to sweeten it with the Holy Spirit's help. In Jesus' name, Amen.*

Discuss:

1. In his sermon, Pastor Fritz shared how two nights before Jesus' arrest, a woman unexpectedly showed up to anoint his head with oil. Jesus indicated how personally uplifted he was by this "act of kindness," sharing that her kindness would be talked about wherever the gospel is shared. (The fact that we're discussing it today proves Jesus' point). What's your reaction to this story?
2. According to scientific studies, doing a random act of kindness can reduce, stress, anxiety and depression. Our bodies are flooded with hormones (that make us calmer, healthier and happier), serotonin (which heal our wounds, help us relax, and makes us feel good), endorphins (which reduce pain), and oxytocin (which reduces blood pressure and makes us feel more loving and loved). So, acts of kindness lead to less aches and pains, more energy and confidence. Maybe even longer life. Research suggests that many people, when they SEE an act of kindness, are more likely to DO an act of kindness themselves. Based on your own experience, do you "buy" this scientific data or is all a bunch of gobbly-gook?
3. Can you think of a song with the word kindness in it? Can you sing it for the group?
4. Mr. Rogers says there are just 3 things we need to do: be kind, be kind, be kind. Do you agree?

5. A few weeks back, we discussed the Five Love Languages, or the concept that different people feel loved most profoundly in different ways (words of encouragement, acts of support, physical touch, etc.). Is it possible that you don't notice others trying to show you kindness because it's not "your kindness language"? Thoughts?
6. The Wednesday devotional speaker, Susan Naschke, spoke of the sixth fruit, "goodness." What did Sue's comments on goodness inspire for you?
7. In the very popular Psalm 23 we declare, "goodness and mercy shall follow me all the days of my life." What does that mean to you?
8. How would you describe the difference between kindness and goodness?
9. Pastor Fritz shared the difference we feel between a phone that's constantly charged versus one flashing red with only 6% energy. He compared it to two life mindsets: A. Our daily agendas must be accomplished all on our own with our limited capacity. B. Our daily agendas are accomplished with the partnership of the Holy Spirit, whose love and power constantly flow through us. (Romans 8.11 and 1 Corinthians 3.16). Your comments?
10. Bonus question: Have any of you memorized all nine amazing fruits listed in Galatians 5.22-23? If so, dazzle the group by reciting the list.

*Closing Prayer: Dear Lord, thanks again for these holy moments and my "fruit group" friends in Christ. Be with us this week. Steer our schedules so our lives support your purposes and pleasure. We're honored that it's your desire to partner with us in making life less of a jungle and more a garden, even if in little ways. Because little ways add up to big differences. Guard and guide us. In Jesus' name, Amen.*

Thanks everyone!  
See you next week!