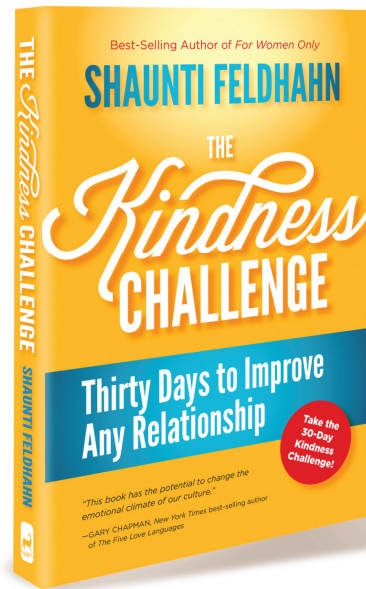
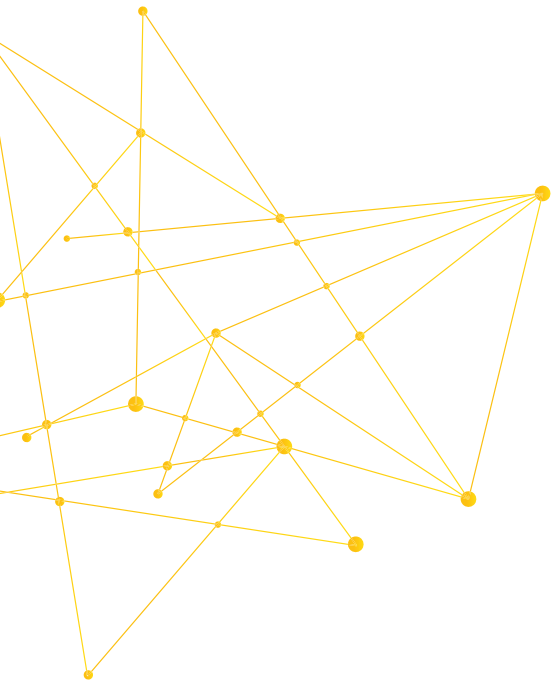


THIRTY DAYS.
SMALL CHANGES.
BIG RESULTS.



The Kindness Challenge Study

6-Session Participant Guide



For use with *The Kindness Challenge* book, by Shaunti Feldhahn. Other resources can be found @ jointhekindnesschallenge.com



Why Kindness

Kindness makes the world go 'round!

Welcome to The Kindness Challenge! For the next six sessions, you will learn about and experience the transformational power of kindness. We hope you gain great insight into your personal relationships --and yourself.

GETTING STARTED

Awareness and Action are the first steps to transformation. In The Kindness Challenge book research, we found that true awareness arrives only after you take action. Which is why this study involves not just group discussion, but actually doing the 30-Day Kindness Challenge together. (Pick the same start date; this study assumes that groups meet weekly and start the 30-Day Kindness Challenge the day after the Session 2 meeting. If you prefer a different time frame, see the Facilitator Guide and adjust accordingly.)

Since this study offers short teaching videos, *The Kindness Challenge* book is not mandatory but it is highly recommended (your personal learning will be somewhat limited without it). You can either read the book ahead of time or follow the suggested reading order as you go (there is more reading early on than in later weeks).

Also, in each Session you will see more discussion options than you can cover in any one week for a one-hour meeting time; pick and choose what works best for your group.

WATCH VIDEO for Session 1
jointhekindnesschallenge.com/resources

LOOKING IN

It's often said that any journey begins with just one step. And if it is a journey to change, we often need to understand "the why."

1. What motivated you to join The Kindness Challenge?
2. As you look back on your life, is there anyone that comes to mind as a model of kindness? (Friends, family members, acquaintances, public

figures?) What specifically do they do and/or say that makes your model stand out to you?

IN THE NEWS

In 1988, President George W. Bush said, "I want a kinder, gentler nation." In 2016, President Barack Obama declared, "Qualities like kindness and compassion, honesty, hard work -- they often matter more than technical skills or know-how."

Yet as *The Kindness Challenge* states: "People have always had a remarkable capacity for both graciousness and harshness, but today it seems harshness is more easily let loose." It often seems the more negative a story is, the more it gets aired. And aired. And aired again. People routinely post inflammatory comments on social media just to incite reactions. And we all know that one person who complains about everything. Our souls can be fed with so much negativity, grumbling, and frustration, that we simply become numb to it.

1. What specifically do you think has caused the shift toward our culture becoming less and less kind?
2. Do you think this cultural shift has affected you, personally?
3. Are there ways you contribute to the unkind culture? If you could change just one thing, what would it be?

FAITH FOCUS

In Luke 10: 25-37, an unidentified Jewish expert in biblical law has a discussion with Jesus. The expert understands that we are instructed to love God with all our heart, soul, strength and mind, and to love our

neighbors as ourselves. "But," he asks Jesus, "Who is my neighbor?" Jesus answers with the parable of the Good Samaritan. A Jewish man is robbed, beaten, and left for dead. Several "good" men, fellow Jews, pass by but do not stop to help. Then a Samaritan passes by. Although Jews and Samaritans viewed each other as unworthy and as sworn enemies, the Samaritan bandaged the injured man, took him to a nearby inn and paid for his room. Jesus asks which person was a neighbor to the injured man; the lawyer acknowledges that it was the Samaritan, "the one who had mercy on him." Christ responded, "Go and do likewise." The person who was the "enemy" becomes the hero: and the "good neighbor" the expert was told to be like – even though he was originally asking who he had to be kind to!

1. How were the "good" men unkind to the injured man? More important: Do you think that they considered themselves to be unkind?

2. How might we similarly justify unkind words, actions and attitudes in our daily lives?

a. *If you are willing, give an example of a time when you might not have been a "good neighbor" to someone.*

b. *Give an example of a time when you were a "good neighbor" – even if it was difficult.*

3. Who could be considered modern day "Samaritans?" (Someone who lives a lifestyle you don't approve? That rude family member? Beggars on a street corner? Aggressive drivers? Those of opposing political views?) While you may not encounter them being physically beaten, robbed, and left for dead each day, you probably do encounter those who feel that way spiritually or emotionally.

a. *How can you show the kindness of the good neighbor to them?*

b. *When you show such kindness who do you think is most affected?*

4. One definition of true love is to give someone what they need, not necessarily what they want. Regardless, we are instructed to: Let no unwholesome word proceed from your mouth, but only such a word as is good for edification **according to the need of the moment, so that it will give grace to those who hear.**" (Ephesians 4:29, NASB)
What are ways that you can put this instruction into practice?

LOOKING FORWARD

Prepare to embark on the 30-Day Kindness Challenge!

- **Decide:** Are you doing the 30-Day Kindness Challenge as a group, starting the day after your next meeting?
- **Sign up for the Challenge** – either at www.jointhekindnesschallenge.com or via the organization through whom you learned about the Challenge. When prompted, pick the start date that your group has selected.
- **Identify your kindness target** – the person for whom you're doing the 30-Day Kindness Challenge. Consider: Will you tell them you're doing the Challenge for them? (Most people do not.)
- **Consider:** Would you like to create a gift journal for your person? If so, buy a gift journal, then secretly record your daily words of affirmation and present it as a special gift once the 30 days are done.
- **Decide** how you will record your actions, observations, and any tips along the way. A notebook? On a mobile device? Ensure that your recording method is easily accessible *during the course of your everyday activities.*
- **(Optional) Complete the [Pre-Challenge Kindness Quotient Assessment](http://app.jointhekindnesschallenge.com/assessments/kindness_quotient)** (http://app.jointhekindnesschallenge.com/assessments/kindness_quotient).

- ### Read Chapter 6, Nix the Negativity, of *The Kindness Challenge* and (optional) Chapter 5, Think You Know How To Be Kind? Think Again

*And the second (greatest commandment) is
...Love your neighbor as yourself
-Matthew 22:39 (NIV)*

*Kindness requires heroic self-sacrifice, not self-protection.
-Shaunti Feldhahn, The Kindness Challenge*



Nix the *Negativity*

Say nothing negative, either to your person or about them to someone else.

AND WE'RE OFF! The 30-Day Kindness Challenge Begins Tomorrow!

If you have not already done so, identify who you are going to do the Challenge for, and sign up at www.JoinTheKindnessChallenge.com, or the website provided through your organization. You'll receive a daily reminder email with tips for the journey.

LOOKING BACK

In our last group session and reading, we discovered that kindness transformation requires intentionally focusing on words, actions and attitude.

1. Once you began thinking about it, did you notice times when you were or were not kind – in words, actions or attitude – that you might have missed before?
2. Did you begin to notice acts of kindness (or unkindness) by others that you may have missed in the past?

WATCH VIDEO for Session 2
jointhekindnesschallenge.com/resources

LOOKING IN

You had extra homework this week while gearing up for the 30-Day Kindness Challenge: Signing up for the Challenge, arranging a note-book/device to record observations, buying your optional gift journal, and reading Chapter 6 of *The Kindness Challenge* and (if possible) Chapter 5.

1. We all have kindness blind spots, and the research found two types of Kindness Blindness were common. How might one or both of these blind spots be affecting you?

2. There are seven different types of negativity. If you are willing, please share which specific types or subtypes that you need to work on? Were you surprised to realize some ways that you are not kind?

3. What specifically will you do to nix those types of negativity?

IN THE NEWS

There are many examples of public figures making negative comments, catastrophizing, grumbling, and spreading suspicion. Then there are examples such as Martin Luther King, Jr. He led a cultural revolution for civil rights through peaceful protests and said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

1. What are some current, meaningful, newsworthy examples of kindness? As a group try to identify at least three or four. (This is good training to cut through our brain's tendency to focus on the negative and overlook the positive.)
2. Have you noticed any impact of the negativity in the news or media, in your own life? How can you minimize its impact on you?

FAITH FOCUS

Discuss one or both of the following scripture sections:

Why No Negativity?

Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

- Philippians 2:14-15 (NLT)

1. This scripture presents one of the most important reasons why we are commanded to not be negative. What is it, and why does that matter?

2. Of all the types of negativity (see Chapter 6 of The Kindness Challenge), why do you think God specifically singles out 'complaining and arguing' in this passage?

3. No-one thinks of themselves as a complainer or arguer, but we all do it. Share some examples, how to confront it, and the benefits when we do not complain.

Consequences of Negativity

Consider this scenario where negativity influenced actions and destinies of God's chosen people. After God delivered the Israelites out of Egypt (doing many miracles in the process), they were too afraid to battle the Canaanites, even though God has told them he would give them the land:

After God delivered the Israelites out of Egypt (doing many miracles in the process), they are too afraid to battle the Canaanites, even though God has told them he would give them the land:

13¹ The Lord now said to Moses, "Send out men to explore the land of Canaan, the land I am giving to the Israelites..."

25¹ After exploring the land for forty days, the men returned... [Saying,] "We entered the land you sent us to explore, and it is indeed a bountiful country...."

28¹ But the people living there are powerful, and their towns are large and fortified.... 31¹ We can't go up against them! They are stronger than we are!" 32¹ So they spread this bad report about the land among the Israelites.... Numbers 13:1; 25-32 (NLT)

14¹ Then the whole community began weeping aloud, and they cried all night... [Saying,] 3¹ "Why is the Lord taking us to this country only to have us die in battle?... Let's choose a new leader and go back to Egypt!"...

7¹ [Joshua and Caleb] said to all the people of Israel, "The land we traveled through and explored is a wonderful land! 8¹ And if the Lord is pleased with us, he will bring us safely into that land and give it to us. It is a rich land flowing with milk and honey... 9¹ don't be afraid of the people of the land... the Lord is with us!..." 10¹ But the whole community began to talk about stoning Joshua and Caleb. - Numbers 13:1, 25-32; 14: 1-10 (NLT)

1. In this story, why didn't the positive words of Joshua and Caleb have any impact? What is ultimately behind the negative viewpoint of the people? How can you confront that in your own life?

2. Hundreds of thousands (or millions) of Israelites had waited years to go into the Promised Land – and then suddenly gave up based on the viewpoint of a few. What does that say about the power of a negative narrative and our responsibility to confront it? Have you seen any examples in your own life?

3. In this story, how does negativity lead to actual *unkindness*?

4. Thankfully, kindness has power, too. How might increasing kindness and stopping negativity actually increase faith (yours or others)?

LOOKING FORWARD

- The 30-Day Kindness Challenge for your group starts tomorrow!** Don't forget to sign up today for your group's start date www.jointhekindnesschallenge.com.
- Read Chapter 7**, Practice Praise/Overcoming Ten Tricky Traps, of *The Kindness Challenge*.
- Take the online [Negativity Profile](http://app.jointhekindnesschallenge.com/assessments/negativity_profile)**-http://app.jointhekindnesschallenge.com/assessments/negativity_profile
- Begin journaling.** As you begin the 30-Day Kindness Challenge, jot notes daily about what you did and any observations (bring each week for reference). Also, begin working on your gift journal.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

- Ephesians 4:29 (NASB)

*When we nix the negative, we get greater peace and more purpose.
-- Shaunti Feldhahn, The Kindness Challenge*



Practicing Praise

Every day, find one positive thing that you can sincerely praise or affirm about your person and tell them, and tell someone else.

LOOKING BACK

30-Day Kindness Challenge Check-In

Congratulations on completing your first week of the 30-Day Kindness Challenge! The Challenge this week was likely a roller coaster – sometimes it probably felt easy and fun, other times quite impossible!

1. Have your eyes been opened to any blind spots? For example, ways you were more negative than you realized – or not nearly as positive? Share one, and how you plan to address it.

2. Did you identify any specific negativity patterns that you see in yourself? (Did you complete the online Negativity Assessment that came in one of the daily emails this week?) If so, what specific actions are you taking to turn that negative pattern into a positive one?

3. Have you remembered to log your observations in your personal notebook or device? What patterns do you see about what works well for you – and what doesn't?

WATCH VIDEO for Session 3

jointhekindnesschallenge.com/resources

LOOKING IN

In Chapter 7 we learned that we do not praise as often as we think we do. We also learned that praise has maximum impact when shared with the person and others.

1. Which of the ten tricky praise traps do you encounter most? Have you been able to identify some ways to overcome it?

2. Why is sharing praise about your person to someone else so important?

3. There's an old saying (author unknown) that says, "How you make others feel about themselves, says a lot about you." Why do you think that is true?

IN THE NEWS

Despite the negativity in today's media there are still plenty of stories praising others.

1. Think of a recent news or community story that affirmed someone who deserved it. What specifically were they being praised for? Their generosity? Perseverance? Winning? Is there something similar about your target that you can praise?

2. If you were to write an affirming news headline about your kindness target, what would it be?

3. If you've had a difficult relationship with your person, does giving praise feel like "letting them off the hook?" How can you overcome that concern to give praise anyway – and what might happen when you do?

FAITH FOCUS

An attitude of praise flows out of a grateful heart. And sometimes we're not grateful because we were expecting one thing – but got

something else. Sometimes, we don't have a right view of others, God or even ourselves. But when we better align our expectations, we can be more grateful. When we are more grateful, we can more readily see what can be praised. Consider these scriptures:

Kind words are like honey- sweet to the soul and healthy for the body.
-Proverbs 16:24 (NLT)

*"... Shall we indeed accept good from God and not accept adversity?"
In all this Job did not sin with his lips."*
-Job 2:10 (NASB)

As Jesus continued on toward Jerusalem, he reached the border between Galilee and Samaria. As he entered a village there, ten men with leprosy stood at a distance, crying out, "Jesus, Master, have mercy on us!" He looked at them and said, "Go show yourselves to the priests." And as they went, they were cleansed of their leprosy. One of them, when he saw that he was healed, came back to Jesus, shouting, "Praise God!" He fell to the ground at Jesus' feet, thanking him for what he had done. This man was a Samaritan. Jesus asked, "Didn't I heal ten men? Where are the other nine? Has no one returned to give glory to God except this foreigner?" And Jesus said to the man, "Stand up and go. Your faith has healed you."
-Luke 17:11-19 (NLT)

1. Do you think we subconsciously expect only good from God in this life, and not adversity? Why is that? Is that an expectation we should adjust?

2. In the account of the ten lepers, note that only the Samaritan (who was often looked down on by others) came back with gratitude. The writer of this gospel appears to be emphasizing that the Samaritan probably felt the most unworthy of being healed by the Messiah.

a) Do you think the other nine didn't come back because they felt they deserved the healing? Or for some other reason?

b) Have you ever fallen into that same trap?

3. Who specifically does the Samaritan praise? Do you think he shared the same praise when he told others of his healing? What might this say about what God wants from us when He answers our prayers?

4. Among the Israelites, honey was not only a sweetener but a medicine. What can you find to praise in your person that would act as a medicine, with healing properties to them, and why?

5. Psychologists say we need at least five affirmations for every one corrective comment. How can you include praise even when you need to communicate a correction – even when you're legitimately upset?

LOOKING FORWARD

- Keep up the 30-Day Kindness Challenge:** Don't forget to focus on the three elements of kindness, not just the daily tips!
- Read Chapter 4** (Kindness in Practice), of *The Kindness Challenge*.
- Take your online Praise Profile assessment-** http://app.jointhekindnesschallenge.com/assessments/praise_profile
- Journal and record your observations.** If you are compiling a gift journal, be sure to write your daily notes of praise. Also, continue to log actions and observations in your personal notebook to help you identify what is most meaningful to your person.

*The practice of praise is very satisfying.
It is also the catalyst of kindness.
--Shaunti Feldhahn, The Kindness Challenge*

*People will rarely work at their maximum potential under criticism, but honest appreciation brings out their best.
--Dale Carnegie*



Carry Out Kindness (Generosity)

Every day, do a small act of kindness or generosity for your person.

LOOKING BACK

30-Day Kindness Challenge Check-In

Congratulations on completing your second week of the 30-Day Kindness Challenge! You are at the half-way mark!

1. How was your week and what did you learn through the Challenge? Last week, we learned about the obstacles to praise. Which obstacles did you find yourself needing to overcome this week? Did you notice any patterns for when praise was either easier or more difficult?
2. What is an example of how you either succeeded at practicing praise when you might not have otherwise, or how you missed the mark, and what did you learn as a result?
3. Have you noticed any trends yet? (These will be easiest to identify if you are using a personal notebook to log your observations.) If not, it's still early.
4. If you completed the Praise Profile Assessment, what was the most meaningful or surprising discovery about yourself from the results?

LOOKING IN

This week's reading assignment, **Chapter 8: Carry Out Kindness**, tells us about the 8 types of generosity.

1. Of the 8 types of generosity, which comes more naturally to you or do you find yourself doing most often? Which are most challenging?
2. Looking forward to this upcoming week, what are some new ways to show generosity that will be most meaningful and impactful to your person?
3. What are some steps that you can take this week to be more successful/intentional in these challenging areas?
4. Giving others our undivided attention can be one of our most meaningful acts of generosity. How specifically can you make someone feel worthy of your undivided attention -- even if they are interrupting you?



IN THE NEWS

There are many examples of incredible generosity through the ages. Life-changing acts such as Oskar Schindler and Corrie Ten Boom risking their lives to help to save Jewish families during World War II. Or families who have forgiven those who perpetrated terrible crimes

against their loved ones. Or even touching moments like competing 2016 Olympic 5000 meter runners, Nikki Hamblin of New Zealand and Abbey D'Agostino of the United States, who stopped to help each other finish their qualifying race after falling.

1. Can you think of any recent news story - local, national, or global -- about someone who demonstrated the power of generosity?

2. What do you think was their motivation -- and what was the impact (not just on others, but on them)?

3. What specifically can we learn about the power of generosity from that example? What might you do differently as a result?

FAITH FOCUS

Meaningful generosity is not “just” the giving of something. True generosity is the act of giving up something precious to us without expectation of anything in return.

41 Jesus sat down opposite the place where the offerings were put and watched the crowd putting their money into the temple treasury. Many rich people threw in large amounts. 42 But a poor widow came and put in two very small copper coins, worth only a few cents. 43 Calling his disciples to him, Jesus said, “Truly I tell you, this poor widow has put more into the treasury than all the others. 44 They all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on.”

- Mark 12:41-44 (NIV)

Can't you just picture this widow as she places her meager coins in the box? While we do not know for certain, she likely did so with her head low, eyes downcast, and her ragged clothing drawn as close to her as possible, trying her best to not draw attention to herself. And then who notices? Can't you just hear the joy and pleasure in his voice as Jesus says, “this poor widow has given more than anyone else!”

1. Why is the act of someone who has almost nothing giving a little more impactful than someone who has abundance giving a lot? What does that mean for US as we engage in acts of generosity or kindness each day?

2. Can you remember a time when someone was generous towards you in a way that you knew was a great sacrifice on their part? Or maybe they gave something that might have been a *little* thing for them, but it was important for you? Or perhaps they withheld a just penalty or consequence that you deserved? How did that event affect you at the time?

a) *How did that event affect you at the time?*

b) *Looking back, can you trace any longer-term impact that resulted from that generous action?*

LOOKING FORWARD

Keep up the 30-Day Kindness Challenge

Don't forget the three components: nix the negativity, practice praise, and this week's emphasis to carry out kindness through generosity.

Read Chapter 4, Kindness In Practice, of *The Kindness Challenge*

Take the online assessment to identify your [Generosity Profile](http://app.jointhekindnesschallenge.com/assessments/generosity_profile)- http://app.jointhekindnesschallenge.com/assessments/generosity_profile.

Continue journaling. Jot notes daily in your personal notebook about what you did and any observations. Bring it each week to refer to when needed.

Don't forget to work on your gift journal - it's a gift of time, and thoughtfulness.

He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things? Romans 8:32

As we do these little acts of kindness, we not only make an impact on that person in the moment, but we also send the vital message that someone cares.

-- Shaunti Feldhahn



Kindness in Practice

Put it to work! Kindness must be a habit to become a lifestyle.

You are close to the home stretch!

LOOKING BACK

1. How was your week, and what did you learn through the Challenge?
2. Last week, we learned about the importance of generosity. What did you find most challenging to give sacrificially? Your time? Money? Favorite snack? When you did so, did you notice anything different in you?
3. Which of the eight types of generosity comes naturally to you? Which did you try to apply this week?
4. If you completed the online Generosity Profile assessment what did you discover about yourself?

WATCH VIDEO for Session 5
jointhekindnesschallenge.com/resources

LOOKING IN

Chapter 4 of *The Kindness Challenge* (Kindness in Practice), explores the eight principals of how kindness works in practice. For example: Kindness doesn't happen naturally and if you aren't purposeful, it's likely that your default when irritated may not be kindness! Another example is "What you think in your mind is going to come out of your mouth!"

1. Share an example of how you've seen a specific principle in action so far. What did you learn from that?

2. Do you think that using or applying the kindness principles is a skill just like any other skill? Thinking back to where you were when you started, which area do you think you have most improved?

3. Which principle(s) are still most difficult for you to apply? Why? What would help you improve?

IN THE NEWS

A Pause in Politics?

2016 was a challenging presidential election year with unprecedented personally-negative rhetoric by many candidates and voters. Yet during the October 9, 2016 presidential debate, an undecided voter asked each candidate to name one positive thing that they respect in one another. For a moment, those attacks turned to a seemingly sincere exchange.

1. Did that short exchange change anything, in any way? If so, what does that say about any ability (or responsibility) we have to bring change and combat unkindness?
2. After the answers were given, one candidate seemed suspicious that a compliment was actually a compliment. And some observers were suspicious of the motives of whichever candidate they didn't support. How does consistent negativity about someone change our view of that person's motives? And does consistent non-negativity work in reverse?
3. In your own life, does your view of someone's intentions ever change how you respond to them? Is there any way to correctly discern someone's intentions? How can we avoid incorrectly assuming negative motives and instead respond in a productive way?

A Polite Parking Lot?

In surveys, fast-food chain Chick-fil-a is credited with creating a "culture of kindness" in their customer service. Yet that culture has also been observed among customers. Observers have noticed instances in which multiple cars in long drive-through lines backed up and scooted over to avoid blocking the path or parking of other cars. Customers often ask other customers, "Were you in front of me? Go ahead."

1. Does the Chick-fil-A “culture of kindness” spill over to customers? Or are people attracted to that chain already more likely to be kind? Or something else?

2. When have you observed kindness being contagious, causing others to be kinder, too?

3. Within your sphere of influence, where would applying intentional kindness most likely be contagious and spread to others you don't know?

FAITH FOCUS

In Ephesians 4:32 (NASB), Paul instructs us to “Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.”

1. Has your sense of what “being kind to one another” means changed during the past few weeks? If so, how?

2. Why do you think Paul included the need to forgive each other in his instruction to be kind ?

3. Is there someone that you need to forgive of something? Take a moment and privately reflect on this question. Then, make a plan to express that forgiveness to whomever needs to hear it. Share with the group if appropriate.

In the Sermon on the Mount, Jesus gives us an even more challenging command:

Do to others as you would like them to do to you. “If you love only those who love you, why should you get credit for that?...And if you do good only to those who do good to you, why should you get credit? Even sinners do that much! And if you lend money only to those who can repay you, why should you get credit? Even sinners will lend to other sinners for a full return. “Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of

the Most High, for he is kind to those who are unthankful and wicked. You must be compassionate, just as your Father is compassionate.
-Luke 6:31-36 (NLT)

It is difficult to be kind consistently. It is even more difficult to be kind to a difficult person who is not kind to you.

1. When you deal with a challenging person, what specifically can you do to extend the same mercy, grace, kindness and forgiveness that God extends to us?

2. Are there any times you shouldn't be kind to your “enemies?”

3. If possible, share one example of a time when you either were or were not able to “love your enemies” in this way. What did you learn from that?

LOOKING FORWARD

This is your final week of the 30-Day Kindness Challenge! Finish strong as you continue to nix the negativity, practice praise, and carry out acts of generosity.

Read Chapter 2, Kindness Is A Superpower, of *The Kindness Challenge*.

Continue journaling and begin planning how you will present your gift journal.

Use #joinkindness to spread *The Kindness Challenge*, document your journey, and share advice with others!

Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.
-Proverbs 3:3 (NASB)

Kindness - It has to be a habit. Otherwise it doesn't happen.
-Shaunti Feldhahn, *The Kindness Challenge*



Kindness is a Superpower

A Little Kindness Goes A Long Way

Congratulations! You are at the finish line for your 30-Day Kindness Challenge. As you wrap up your final few days of the Challenge, finish strong. And celebrate!

LOOKING BACK

During the past six weeks, you've become a student of kindness and learned that kindness is more than an occasional anonymous random act of generosity. You've learned about the components of kindness: nixing the negatives, practicing praise, and carrying out acts of generosity.

1. Who do you feel has changed more during this process: your person, or you? How?

2. If possible, give an example of a recent challenging situation (with your person or someone else) that you handled differently than you might have one month ago.

3. What have been some unexpected benefits that you have experienced through intentionally focusing on the three kindness components?

WATCH VIDEO for Session 6

LOOKING IN

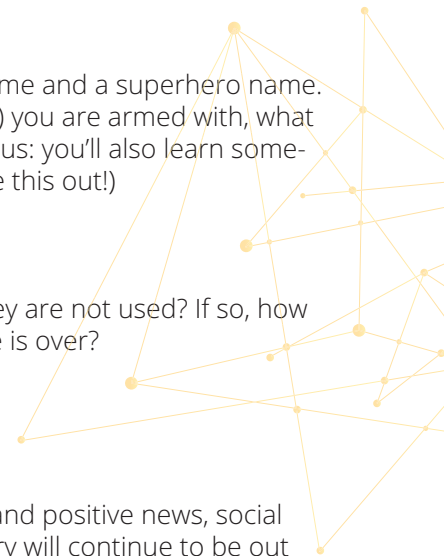
In Chapter 2, kindness is described as being a superpower. Its power to transform is unparalleled in social science. When we choose to employ the superpowers of kindness we can (among other things) melt through walls of contention, allow emotional "bullets" to bounce off of us, and have x-ray vision to see and understand what is going on inside

the other person.

1. Which superpower(s) have you experienced most directly as you have practiced kindness during the challenge? Give at least one specific example of that superpower in action.

2. All superheroes have an alter ego name and a superhero name. Now that you know which superpower(s) you are armed with, what should your superhero name be? (Trust us: you'll also learn something about yourself from trying to figure this out!)

3. Will kindness superpowers fade if they are not used? If so, how can you prevent that once the Challenge is over?



IN THE NEWS

After the Challenge is over, both negative and positive news, social media, talk shows, memes and commentary will continue to be out there for your consumption.

1. Do you think it will be easy to slip back into more easily seeing the negative, and missing those things that are worthy of praise? How can you avoid that?

2. What is one specific thing you can and will continue to do to share kindness with others in your circle? Let us know your decision and share your success stories with us at #Joinkindness!

FAITH FOCUS

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

- 1 Corinthians 13:4-7 (NLT)



The very first comparison in these cherished verses is that love equals kindness. When you show others kindness, you show them love. And when you show them true kindness, you are demonstrating Christ's love and showing what Christ truly wanted us to be: a light to the world. Not a people who judge, are mean, keep score of wrongs, or selfish, but a light to others.

5. When it gets tough, which strategy do you think will most help you to persevere? (Gratitude? Encouraging signals? Celebrating responses?)

1. Over these past weeks, have you experienced any “a-ha” moments and realized how you were actually showing love? Please consider sharing an example.

2. In what ways do you see kindness differently today than you did before?

3. Those cherished words in 1 Corinthians are actually words of rebuke to those who were not showing love in the way all of us should. Looking back, do you see ways you used to be unloving, that you feel now have fundamentally changed? How can you avoid going back to old patterns?

Now, read the last sentence of the passage above. If love is kind and love never gives up, then neither does kindness. During the 30-Day Kindness Challenge, most of us are creating new patterns to replace old habits years in the making - which may have included some very challenging situations. Healing broken marriages, transforming contentious relationships, eliminating tension, or reaching the heart of someone who has become withdrawn doesn't always change in two weeks, or even thirty days. When you encounter those hard moments, perseverance will be needed. Chapter 10 (Ready, Set, Change: Kindness For Life) provides ideas on how to keep going when the going gets tough.

4. After the official Challenge is over, what is one specific thing that you will commit to do to continue to demonstrate God's unconditional kindness and love to others?

LOOKING FORWARD

- Be sure to finish strong during your last few remaining days and begin implementing your plan to make kindness a lifelong habit. If you need help, check out Chapter 10 of The Kindness Challenge for success strategy suggestions.
- Complete your online [Post-Challenge Kindness Quotient assessment](http://app.jointhekindnesschallenge.com/assessments/kindness_quotient)- http://app.jointhekindnesschallenge.com/assessments/kindness_quotient to identify your kindness progress!
- Make your final entries and add your finishing touches to your gift journal. Present the journal and enjoy. Share a pic
- Celebrate! And be sure to share your success stories and even pictures of your gift journal and recipient using #JoinKindness!

“...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

- Philippians 4:8 (NIV)

*Remember: Nothing changes if nothing changes.
Kindness not only has the power to change the other person
- It has the power to change you.
- Shaunti Feldhahn*

*In the end, it just feels better to be kind.
-A 30-Day Kindness Challenge Participant*