

Week 6 Transcript

Kim: Welcome to week 6, the final week of the Kindness Project, my name is Kim and I'm a part of the spiritual formation team here at Central.

Craig: Hey all of you I'm Craig, Lead Pastor at Central. Thank you all so much for taking on this project with us, we believe that kindness is so important that it simply must not end with this series.

Kim: Right so over the past few weeks we've talked about God's kindness to us, kindness as a superpower, the different ways niceness can hurt people and kindness blindness, and finally how to celebrate people with praise parties.

Craig: Yeah we've covered a lot of ground but all of this is really just the beginning because kindness isn't a six-week project. It is actually a way of life.

Kim: Nothing changes if nothing changes if we want to see improvements in our family and our community and even our nation, some of us, well all of us, need to change how we show kindness to all of those around us.

Craig: Yeah absolutely, in fact this whole project started in a sense because God did a work in my life right at the start of the year before all this covid madness happened, can you believe that. Now every year, Wibke and I have a word and this year the word that God gave us was kindness, now let me be clear, it is not that I felt I was being unkind. It's that, all too often I am so focused on the task at hand and I'm guilty of not taking the time to make someone feel extra special.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

So how has the kindness challenge affected me, well it has affected me in a lot of different ways. simple ways too, for example, Wibke and I recently downsized our home and we moved even closer to church. We initially thought we would put the things that we didn't need anymore on Facebook Marketplace and then put them out there to sell.

But Kindness is also about being generous and considerate so rather than sell all of our furniture, we determined to give most of it away and that generosity for example, blessed a man who was rebuilding his life, it touched a young mother who is navigating through a crazy difficult season.

So my journey into kindness is helping me see that small actions can have a far-reaching impact and when we are kind, we cause a ripple effect in our community that impacts people, even for eternity.

Kim: I never told you this but I can tell the difference between last year and this year and it's not that you were ever mean but the whole focus on kindness and the softness and the way you're doing things as a great leader

So what's next, change starts with you, and it starts with me. Choose one relationship just one and practice these three simple things everyday.

Number 1: eliminate negativity

Number 2: practice affirmation

Number 3: do something kind, don't just say it, do something.

Craig: Three simple things, often tough to remember. One final thought for you, we all know that there is one particular place where we see a lot of extra negativity, social media. It's as if, you take the body away we can all be brash.

So here is something else, we want to challenge you for the next 30 days and I know this is hard we're coming up to something important in our nation but for the next 30 days post only positive things on Facebook, on Instagram, on LinkedIn, anywhere where you interact online there are all kinds of negative memes, sarcastic jokes, fear filled thoughts online so let's just be the ones who bring Hope and Life to those places; let's share the loving promises of Jesus and remember **BE KIND!**

Kim: Thank you so much for being with us on this journey of kindness. I know it seems simple but I think it's really profound.

Both: Thank you have a great week guys.

Week 6: Ready, Set, Change

BUSINESS (KINDNESS) CARDS

Description: : A business card that everyone can keep to remind them of all the great things they are and all the great things they do!

Objective: Take time to intentionally compliment each other, acting both kind and positive.

DIRECTIONS:

Place the name of each person in your group on a business card or if you're not in a group, write the name of someone you care about. Each member of the group will say or write something kind on the card. Keep the card in your wallet, at your desk, or simply close by as a reminder of your kindness and the kindness of others. Below is an image of the general idea.

**Your Are
Important**

*I will always
remember...*

Your Name Here

Smart!!!

**Best
Dressed**

Funny!!!

1. In what ways do you see kindness helping in the weeks, months, or years to come?
2. What was your biggest takeaway from this series?
3. Jesus will always be the epitome of kindness, how have you grown closer to Jesus this season? If you're unsure, what can you do next?
4. The whole point of the Kindness Project is to improve your relationships, specifically one relationship. Who is first on your list?

1. During this series, have you tried to show kindness more than before? Explain what happened or what you did differently?
2. What will you remember about this series or this season of your life?
3. How has Jesus worked in your life this year?
4. The whole point of the Kindness Project is to improve your relationships, specifically one relationship. Who is first on your list?

1. How has Jesus helped you this year? What will you do to help others?
2. What will you always remember about kindness?
3. Where can you go to find kindness and love?
4. Who in your life will you try harder to be kind to? How?