

## Week 3 PROACTIVE KINDNESS

1. Have you ever found yourself in Lo-Debar (living in a barren land of loneliness, depression, anxiety, addiction, sadness, etc.)? How did you manage to move out of Lo-Debar?
2. Mephibosheth was labeled a “cripple” by society. Have you ever felt that you were “labeled”? If so, what was your label? How did you handle that situation?
3. Describe a time when you expected something bad to happen but were surprised when it turned out positive. What was it that turned things around in this situation?
4. Have you ever “made someone’s day”? What was that like for you? What was it like for the other person?
5. Describe a time when someone showed you unexpected or undeserved kindness. How did you feel? What did you perceive the act of kindness did for the giver?
6. How has God shown you kindness in your life?
7. Who in your local neighborhood would Jesus reach out to with kindness? Think creatively: how can you share the love of God with those around you?
8. Think of people in your life who you don’t like or have trouble getting along with. Why should you show them kindness?
9. Is there an area of your life that is in Lo-Debar right now? What will it take for you to get moved out? What kindness do you hope to experience?
10. Think of someone in your life who needs your kindness... your Mephibosheth. What will you do to show kindness to this person?