

CHOOSE KIND

From Wonder: When you have the choice between being right or being kind, choose kind.

That doesn't mean there's no such thing as right or that we shouldn't fight for the truth.

Choosing kind means it matters _____ you bring the truth to others.

It means as followers of Jesus, our main goal is not to win arguments; it's to reach _____.

We are against ignorance and falsehoods and deception.

But we are for people – all people.

And the way we reach people best is through kindness.

Titus 3.3-5: For we also once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another. But when **the kindness of God our Savior** and his love for humankind appeared, he saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit ...

My goal is not for you to become a really nice guy – it's for you to become a really good man.

Jesus was more than a nice guy.

He was filled with incredible strength.

But what struck people was his _____ for others and his kindness for those who were rejected as unwanted and worthless by others.

I believe we are called to be strong, principled, and unafraid – unwilling to go along with the values and the lies of our culture, capable of calling wrong “wrong,” and **kind** – more loving and thoughtful and caring than anyone else on the planet.

The Greek word that is translated as kindness in the New Testament can mean “patience,” “helpfulness,” “forbearance,” “gracious restraint,” or “_____ of heart.”

The Bible teaches kindness is essential to be a man of God.

Ephesians 4.32: Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Colossians 3.12: So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience ...

2 Timothy 2.24: The Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful.

Question: When it comes to other people, what do you consider a win?

When it comes to **people who see things differently than you**, what's a win for you?
 Proving that you're smarter than the other guy and making him look foolish?
 Or, is winning trying to understand the other person and helping him see what's true, change his beliefs, come to faith, or live a better life?

What's a win with **your kids**?

Is it getting them to obey and not create any problems for you?
 Or is it for them to know you love them, develop self-confidence and faith in Christ, and want you in their lives when they're grown?

What's a win with **your wife**?

Is it getting her to put you first, never tell you what you don't want to hear or challenge you to change and get better?

Or is a win for you when she feels understood, valued, safe and confident in her gifts?

Winning relationship require kindness.

MEN WHO ARE KIND

1. Put Themselves in _____.

Instead of asking:

How could anybody think like that?

Ask:

_____ would someone think like that?

Before we respond, if we try to understand why someone thinks or acts the way he does (empathy) we will find it much easier to react with kindness and patience.

2. Never _____ the Other Person.

It's ok to challenge someone's ideas; it's never ok to attack his or her intelligence.

It's ok to criticize what someone has done; it's never helpful to condemn their motives.

It's ok to oppose someone's agenda; it's not ok to _____ people and their views because of who they are.

Team of Rivals: For denunciation would inevitably be met with denunciation, "crimination with crimination, and anathema with anathema." He had observed that it is the nature of man, when told that he should be "shunned and despised," and condemned as the author "of all the vice and misery and crime in the land," to "retreat within himself, close all the avenues to his head and his heart." ... Far better to employ the approach of "erring man to an erring brother," guided by the old adage that a "drop of honey catches more flies than a gallon of gall."

When we convey contempt for the other person,
 we don't build bridges, we burn them;
 we don't create relationships, we destroy them;
 we don't help a person change, we get their defenses up and we lose any
 _____ we might have in his or her life.

John Gottman: Contempt is the number one factor that tears couples apart. People who are focused on criticizing their partners miss a whopping 50 percent of positive things their partners are doing and they see negativity when it's not there. People who give their partner the cold shoulder—deliberately ignoring the partner or responding minimally—damage the relationship by making their partner feel worthless and invisible, as if they're not there, not valued. Being mean is the death knell of relationships.

When our words or our actions or our attitudes or social media posts attack and demean another person, we lose all possibility of influencing that person to change in ways that are healthy and positive.

3. Understand there is Great Power in _____ Acts of Compassion

Gottman discovered that one of the best indicators a couple will stay together and thrive is kindness.

And it's the type of kindness that often shows up in little ways.

Little acts of kindness can speak loudly the words, "you matter to me, you're important, and I care about you."