

ONE CONVERSATION

***Parents:** Most people think that they are kind at heart. What does it mean, however, to be kind? And what does Scripture say about the human heart? Is it naturally kind? Paul, quoting Psalms, says in Romans 3 that there is no one who is righteous and does good (Rom. 3:10-11; Ps. 14:1-3). Isaiah described the human heart as deeply deceitful and desperately sick (Jer. 17:9). To be kind is to desire good for and do good unto others. So, according to the Bible, our hearts are not naturally bent toward kindness. True kindness is unusual because it goes against our selfish nature as sinful human beings (Rom. 1:18-32) because to be truly kind to others requires that you sacrifice your desires for good of others. Therefore true kindness is supernatural—it doesn't come from us. The fact that there is kindness in the world is evidence of the goodness of God. In this session, your son or daughter saw Ruth show tremendous kindness to someone in need when she had every reason not to.*

Remind your son or daughter of the Central Truth and how we are to show kindness to others, just as God showed perfect kindness to us in sending His one and only son, Jesus Christ.

CENTRAL TRUTH

God is committed to showing kindness to His people and calls them to commit to showing kindness to others.

PERSONAL CHALLENGE

› **Dwell:** Read Psalm 40 and as you do, journal a list of where David was physically and spiritually, and where the Lord brought him. Also journal your answers to the following questions.

- How do you see God's sovereignty on display in these verses?
- How should you respond to the many ways God has shown you His grace? His kindness?
- How do you see God's mercy and grace in Psalm 40? How has God been gracious to you in the past? Recently?
- How did David respond to these demonstrations of God's sovereignty, mercy, and grace?

› **Memorize:** Ruth 1:16

› **Pray:** Thank God for being sovereignly in control of your life. Thank Him for His promise to work His ultimate good out of every situation and circumstance you face no matter how bad. Ask God to give you eyes to see the many ways He has shown kindness to you. Pray that He would help you to count the cost and consider it worthwhile to sacrifice of yourself in order to serve others. Pray that God would use you to point many people to Christ by showing self-sacrificial kindness to them.