

Digging Deeper Devotional

**Feelings Follows Feats:
Using Kindness to Boss Our Emotions Into Line**

Who are you focusing your kindness toward (writing it again will help with personal accountability)?



If you haven't started the kindness challenge or chosen someone, here's a chance to reflect and work this through with Christ. No worries, he covers you with grace! If you have started the kindness challenge, use this help you dig in deeper to what Jesus wants to share with you.

Devotional Verse: Romans 2:4

Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

Bad Rule

My level of kindness is dependent on the behavior of others.

Focus on the Truth

When I walk close to Jesus, I'm kind even to those who don't deserve it.



1. What does the phrase "kindness as a tool" speak to your heart?

2. Why do you need this lesson in kindness lived out in your life?

3. Jesus calls us to kindness but not just to be "good girls." How does kindness lead YOU to repentance?

4. What do you think the ripple effect of kindness will be? Write it here. Then come back on day 30 and see what actually happened and all God has shown you.



Prayer

Lord Jesus, I am in deep need of your kindness. I confess it is hard to give and receive. Would you please help me as I set my heart on kindness? Would you guide me in this? I may feel lost and confused, elated or encouraged at times in this journey and I want to share that all with you. Thank you for being my kind friend. Amen

"Kindness is knowing the reality and choosing the positive things instead. Amazing. Transforming!"
Cheri Gregory



Join the Grit 'n' Grace Girls Community @GritNGracePodcast

Notes

