

1. Can you identify a time recently when someone was kind to you? What did they do and how did it make you feel?
2. How has God been kind to you this week?
3. Kindness is a thread that runs through this book and this chapter. Identify the various kind gestures done by the different characters in chapter 3.
4. Look at v 10. Why was what Ruth did 'a kindness greater than she had shown earlier'?
5. Read Colossians 3:12-14. What does it mean to wear kindness?
6. How are the other characteristics in these 3 verses connected to kindness?
7. Kindness is expressed in words and actions. Make a decision about how you could grow in kindness. eg...I will do a random act of kindness every day or I will speak more kindly about others....etc
8. Ask the Holy Spirit if there is someone you might not think of that He wants you to show kindness to this week. Ask Him to show you what to do.