

CULTIVATE

LIFE TOGETHER IN THE SPIRIT

JUNE GROUP GUIDE



This month, we turn our attention to the fruit of the Spirit called kindness. Not as politeness, niceness, or simple good manners, but as the outward expression of God's compassion toward others.

Throughout Scripture, kindness is deeply connected to the character of God. Again and again, God's people are reminded that they have been met with mercy, patience, and undeserved grace. We, as his people, are therefore invited to extend that same kindness into the world around us.

The Apostle Paul writes:

“Be kind and compassionate to one another..”
(Ephesians 4:32)



Biblical kindness is not weakness. It is strength expressed gently.

Sometimes kindness surprises us by arriving unexpectedly. Sometimes it convicts us by revealing our own hardened hearts or indifference. Sometimes it shows up quietly in ordinary acts of care. And sometimes kindness endures, and in its wake, lives are changed.

Kindness is not something we manufacture through personality alone. It grows as the Spirit softens our hearts and teaches us to see others the way God sees them. It's seeing others through God's eyes instead of our own.

Your group is one of the places where kindness can take root. A place where people are listened to carefully, welcomed honestly, and cared for patiently. A place where we can practice the type of kindness that reflects the heart of Jesus.

Then, maybe that kindness overflows into our congregation. Then maybe our larger community, and hopefully our city. Kindness has always been contagious. This month we get to practice growing in something the world desperately needs.



Personal Reflection and Practice

Look up the passages below on your own and read them slowly. As you read, notice what each passage reveals about kindness: its posture, its purpose, or the kind of life it shapes. Name the main idea of each passage in your own words.

A summary of each section is given. Endeavor to see how these scriptures relate to each statement.

Kindness That Surprises

Luke 10:25–37

Ruth 2:8–13

Romans 2:1–4

Kindness often arrives unexpectedly, demanding that we reconsider what we already assume about God, others, and ourselves.

Kindness That Convicts

Jonah 4:1-11

Matthew 5:43-48

Ephesians 4:31-32

Sometimes kindness reveals the places where our hearts have grown resistant or closed.

Kindness That Cares

Mark 6:30-34

Philippians 2:1-4

1 John 3:16-18

Kindness pays attention, demanding that we see others with compassion rather than indifference.

Kindness That Endures

Colossians 3:12-14

Galatians 6:9-10

2 Thessalonians 3:13

Kindness remains faithful, even when it is unnoticed, inconvenient, or costly.



GROUP TIME

This outline is simply a suggested flow for your time together, not a prescription you must follow. Every group has its own rhythm, personality, and needs. Feel free to adapt the structure in whatever way fosters meaningful conversation and connection.

Use what serves your group, release what doesn't, and trust that the Spirit will guide you as you shape each gathering.

JUNE

Cultivating Kindness

Goal and Purpose:

Reflect on kindness as a fruit of the Spirit, explore how it shapes the way we see and respond to others, and notice where God may be inviting us into greater compassion, mercy, and attentiveness.

Themes for the Month:

Week 1: Kindness That Surprises

Week 2: Kindness That Convicts

Week 3: Kindness That Cares

Week 4: Kindness That Endures

1. Welcome + Opening (10 minutes)

Leader Says:

“Today, we continue our Cultivate journey by turning our attention to the fruit of the Spirit called kindness. This month isn’t simply about trying to be nicer people. It’s about noticing how God’s kindness toward us begins to reshape the way we see, respond to, and care for others.”

Share:

Invite participants to reflect:

- When have you experienced an unexpected act of kindness?
- Why do you think kindness can sometimes feel difficult to offer and/or receive?

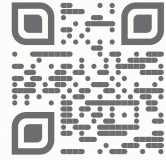
Allow a few quiet moments before sharing.

Leader Note: Creating a Safe Start

Kindness is often connected to vulnerability. Some participants may carry experiences of hurt, rejection, or even disappointment. Encourage honest sharing while reminding the group that listening with gentleness is itself an act of kindness.

2. Watch the Teaching Video with Pastor Rich (10–20 minutes)

(Scan code to watch video)



Leader Says:

“As you watch, listen for how kindness is described. Kindness is not simply only a behavior, but it is something that flows from the character and compassion of God.”

Video Summary (for leader reference):

- Kindness is not weakness or softness. It is one of the most powerful expressions of God’s grace in the world.
- The story of John reflects the kindness of God: receiving something we could never obtain on our own, simply because someone else chose generosity and grace.
- Pastor Rich describes kindness as “grace upon grace upon grace.” God’s kindness toward us becomes the foundation for the kindness we extend to others.
- In today’s world, kindness is often viewed as weakness, especially in political, social, and online environments. Yet Scripture presents kindness as a transformative and deeply powerful force.

- Kindness has the power to disarm people, soften hearts, and create unexpected moments of healing and connection.
- Romans 2 reminds us that it is ultimately the kindness of God that leads people toward repentance and change.
- Followers of Jesus are invited to become a kind of “revolutionary force of kindness” in a world marked by hostility, ingratitude, and unkindness.
- Kindness is not merely about being polite. It is about responding to darkness, frustration, and conflict with the grace we ourselves have received from God.

After the Video

Invite participants to reflect:

- What stood out to you in the teaching?
- Did anything challenge your understanding of kindness?
- Where do you sense God inviting you toward greater attentiveness or compassion?

3. Hear the Word (5 minutes)

Scripture Focus: Ephesians 4:31–32

If time allows, consider also reading Luke 10:25–37 together.

Invite one person to read the passage slowly.
After a pause, invite a second person to read it again.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Leader Says:

“As you listen, don’t try to analyze or fix anything. Simply notice what draws your attention.”

Allow silence.



4. Personal Reflection (5 minutes)

- Which word or phrase stood out to you?
- Does this description of kindness feel comforting, challenging, or both?
- Where do you sense kindness already present in your life?
- Where does kindness feel difficult right now?

5. Shared Reflection (8-10 minutes)

- What stayed with you from the passage?
- What does this Scripture reveal about the nature of kindness?
- What might it look like to practice kindness more attentively this week?
- Does the practice of setting aside bitterness, rage, and anger allow you to be more open to kindness, both giving and receiving?

Leader Note: Kindness is Not Performative

Resist the urge to turn kindness into performance or pressure. The goal is not simply doing more good things, but allowing the Spirit to shape the **posture of our hearts** over time.

6. Closing + Prayer (5 minutes)

Leader Encouragement

“Kindness often grows in small and quiet ways. It appears in the way we listen, respond, notice, forgive, and remain present with others. As we stay open to God’s kindness toward us, the Spirit slowly forms that same compassion within us.”

Closing Prayer

Heavenly Father,

Thank you for the mercy and compassion you continually show to us.

Soften the places in us that have become impatient, guarded, or indifferent.

Teach us to notice others more carefully, to respond with gentleness, and to reflect your kindness in ordinary moments.

Help us become people who care well, forgive freely, and remain open to one another.

We place ourselves in your care and trust your cultivating work within us.

Amen.

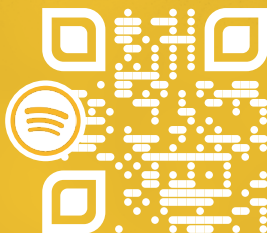
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Learning and growth don't stop when the guide closes! We invite you to listen to our podcasts and watch our videos, where you'll find teaching, conversations, and encouragement to continue your cultivation journey.

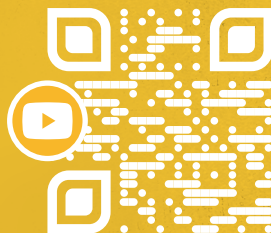
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Throughout 2026, we invite
you to journey with us
through Cultivate.

Each month, a guide is
offered to support reflection,
conversation and growth
as we walk together.



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