

Discipleship – Spring 2012 – Week beginning 5th March 2012

Home group / study notes: Fruit of the Spirit – kindness and goodness

Feel free to use as much or as little as you wish. The aim is to encourage us to become better disciples by being more aware of God's very nature being reflected by us and developed within us. Make prayer a key focus this week rather than being left to the end.

Read Ruth 1:3 -16, preferably as a *Lectio Divina*. This will take 15-20 minutes or more, allowing time for people to suggest thoughts and words which occur to them during the readings (*minimum two slow readings with quiet between / background music if you prefer*)

Do not make this reading into a Bible study, but simply share thoughts if desired, things which God may be saying to individuals through these events in the OT.

Pray for people who are lonely, homeless, having to move away from family and friends, or becoming dependent on others.

Read Eph 4:25 – 5:2 (*part of this was read in church*) In what ways are kindness and goodness demonstrated? *Notice that once again they are acts of will not emotion.* Are there ways in which we 'grieve the Holy Spirit', either individually or as a church? How could we be a positive witness to unbelievers especially at work or in the community?

Why do you think that kindness and compassion are closely linked to forgiveness (v32)?

Can you share any ideas as to how to get rid of bitterness and not give the devil a foothold? Are there things you find hard to let go? Acknowledge that it can be really hard; if this is 'work in progress' for you don't feel a failure but remember that is why Christ came – see 5:2

Extra Bible study if you want: Barnabas is described in Acts 11 as a 'good man'. Have a quick look at his qualities if there is time: Acts 4:36; Acts 9:26-27; Acts 11:22-26; Acts 15:36-41

Pray the grace together.