

Digging Deeper Discovery

An Unexpected Key to Improving Relationships

After listening to this episode, we encourage you to pray for a person God wants you to focus kindness on and then do the challenge!

Write their name in the space below (writing it down will help you stay committed to this process):



Discovery Verse: 2 Timothy 2:24 (NIV)

And the Lord's servant must not be quarrelsome but must be kind to everyone, able to teach, not resentful.

Grow Your Grit

It takes grit to be honest with ourselves and actually do the 30 day kindness challenge.

Embrace God's Grace

God knows it's hard and we can lean on him to help us achieve this fruit of the spirit.



1. How does 2 Timothy 2:24 help you understand this challenge?

2. How are you going to stay heartfelt and honest? This isn't a religious rule to follow. We are purposefully developing a fruit of the spirit. This is hard stuff! Do you need an accountability friend? A prayer partner? A written promise between you and God?

3. How will you deal with unkind thoughts and feelings as they creep up?

4. God always equips the willing! He wants us to succeed in this. What do you need from God right now to help you succeed in the 30 day kindness challenge?



Prayer

Kind Father, the giver of all goodness, and kindness, would you open my heart and mind to accept this challenge? I've struggled so long in this relationship but today, I give it to you and ask that you help me try a 30 day kindness challenge. I pray for transformation not just with the other person, but with myself too. When it gets hard, please remind me I can do this in your power and not just mine. Thank you for your kindness to me. Help me become more kind. In Jesus Name, Amen



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Notes

