

SESSION 2

Practice Kindness



[Read Small Group Guidelines](#)



Opening Prayer

“Lord, thank You for bringing us together tonight. Help us listen well, speak with kindness, and create a space where everyone feels respected and heard. We commit to honoring our group guidelines and being open to growth and accountability. Guide our time together. Amen.”



Overview

The second Jesus Way practice is Practice Kindness. Kindness is not weakness—it is strength under control, choosing to use our words, emotions, and influence to build up rather than tear down. Jesus modeled kindness by responding to people with compassion, truth, and dignity, even in difficult moments. When we practice kindness, we choose compassion in action over contemptuous tones and help create a more loving, healing world.



[Watch Session 2 Video Teaching: Practice Kindness](#)



Discussion Questions

1. What key idea or phrase do you remember from this session?
2. Can you share an example of someone whose act of kindness impacted your life? What happened, and how did it affect you?
3. Read [James 1:19-20](#). Which of these three is the hardest for you to practice? Why?
4. What do you think it practically looks like to choose kindness before reacting? If you feel comfortable, please share an example from your own life/experience.

If you have time, spend a couple of minutes writing down your response to the bonus question. Feel free to use paper, a phone, or a device. Sharing is optional. If we don't have time to get to it today, take a few minutes sometime this week to reflect on and answer the bonus question.

Bonus Question: Where in your life right now might God be inviting you to practice "kindness first"? (Workplace, family, church, neighbors, online interactions, etc.)



Closing Prayer

"Father, thank you for our conversation tonight. Help the truths we discussed take root in our hearts and shape how we live this week. Strengthen our community and help us walk in the way of Jesus. Amen."