

The Faith-Filled Catholic Women's Bible Study Program

A Leader's Guide for Group Discussion

Kindness
Song: "*The Lord is Kind and Merciful*"
CD 2, Track 2

Insert M-1 through M-4
Composer: Jeanne Cotter
Faith-Filled Catholic Women's Bible Music CD

Materials Needed

Faith-Filled Catholic Women's Bible and Music CD, CD player, Participant's Worksheet, Paper, Pen.

Setting the Stage

Before this session, mail (or e-mail) any member of the group that may not have been present at the last session the Participant's Worksheet for this session. Also, send a reminder of the date and time of the session as well as directions to the meeting place (if different from the church). To enhance an atmosphere of **Kindness**, have the song "*The Lord is Kind and Merciful*" from the Faith-Filled Catholic Women's Bible Music CD playing in the background when the participants arrive.

Warm Up - Optional (10 minutes)

Beginning with the leader, in order, have each participant tell one nice or complimentary thing they have heard someone else say (or something that is common knowledge among others) about the person to her right. Comments like: "She makes the best homemade bread." or "She is the best bridge player." or "She is always so polite to others." etc. If a participant wants to share something about some other member of the group (who does not sit at her right) she may. However, make sure everyone is complimented at least once before the activity is complete. It works best if you go around the group two or three times. Encourage discussion, affirmation and fun.

Opening Discussion (10 minutes)

Have each participant share her answers to the following questions: What does the word kindness mean to you? Tell of a memorable time when someone showed you a kindness. What did they do? How did you feel? How do you think society would be changed if more people treated others with kindness?

Spiritual Awakening - Opening Prayer

Pray together the **Prayer** at the top of insert page M-2.

Plan and Purpose (20 minutes)

Ask a volunteer to read aloud the Parable of the Good Samaritan in **Luke 10:29-37 (Page 119 NT)**. Immediately following the Scripture, read aloud the **Plan and Purpose** article on insert page M-1. After silent reflection, discuss the answers to the following questions: Why is it significant that the first two people who ignored the man in need were a Priest and a Levite? What is symbolic about the fact that it is a Samaritan (he was someone from outside the mainstream of society) who extended kindness to the man in need? What is a contemporary equivalent to this parable? Why do you think we often react just as the Priest and Levite did when people are in need? Why is just "helping a little" not enough? Discuss your answers with each other.

Spiritual Awakening - Recognizing (10 minutes)

Ask for volunteers to read aloud the Scripture passages in the **Recognizing** section of **Spiritual Awakening** on insert page M-2. Remind the participants that each reader will pause for a few seconds of silence after each passage to allow anyone to offer any spontaneous thought, prayer, praise or thanksgiving that this Scripture might inspire. After the final Scripture is read, ask the group, "What else do these Scriptures teach us about **Kindness**?" Share and discuss any responses.

Spiritual Awakening - Reflecting (15 minutes)

Have a volunteer read **Matthew 25:34-46 (Page 61 NT)**. After silent reflection, read verses 35 and 36 again slowly. As each act of kindness is read, ask the participants to list the things they have done either as an individual or as a member of a group in the recent past that would be an appropriate response to these challenges in Scripture. When finished, encourage the participants to share their lists with each other. Then, discuss the answers to the following questions: Why is it significant that this list of actions appears under the sub-heading of "The Judgment of the Nations?" In this context, how is kindness to others more than just "the nice thing to do?" Is extending kindness hard to do? Do you think society understands the importance of acts of kindness?

Group Prayer (5 minutes)

Leader: *Father, reveal Your kindness to us through each other and everyone we meet. Accept these prayers, praises and petitions in spirit of kindness and love: **enter aloud all individual intentions.** We ask this through Your Son, our Lord Jesus Christ. Amen.*

Closing Prayer (5 minutes)

Read the **Profile in Faith** article on Blessed Mother Teresa on insert page M-3. Pause at the end for a few moments in silent prayer.

Fellowship (15 minutes)

After the session is completed and while refreshments are served, play softly in the background: "*The Lord is Kind and Merciful*" from the Faith-Filled Catholic Women's Bible Music CD.

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