

Galatians 5:1,13-25

Free to be kind

Christ has set us free and we should not go back to our old, enslaved ways. However, this is not a freedom to do anything we want – instead, we should imitate Christ in becoming slaves to one another and loving our neighbours as ourselves. Paul encourages believers to live by the Spirit, rather than the flesh, and to cultivate the good fruit that the Spirit gives.

Read this week's passage:



Living Scripture

'Do not use your freedom as an opportunity for self-indulgence, but through love become slaves to one another.' Galatians 3:13

What does freedom mean to you?

What do you wish you were free to do?

Our freedom in Christ is a paradoxical one – we are not following laws to avoid judgment, but a rule of love, a way of living that is compelled by generosity and kindness for others. Paul reminds us of Jesus' teaching that we should love God and love our neighbour as ourselves. Jesus' teaching is a summary of the Law or the best way to understand the underlying principles for living good lives in God's kingdom. We are to live in a way that deepens our relationship with God and promotes peace and love in our community.

Does your freedom lead you to independence and self-reliance? Or does your freedom give you more opportunities to love and be kind?

First impressions

- What kindness have you shown/ experienced this week?
- Is your church known for kindness?
- Where is kindness needed in your community? What can you do to show it this week?



Pray

Thank you, Lord, for all the kindness in this world. Help us to see the kindness we experience every day. Give us motivation and strength to pay it forward. Enable us to help others see and act in kindness. Amen.



Write

a note of encouragement to someone you know, or perhaps someone in your community whose acts of service might often go overlooked.

CREATE

a marble jar and add a marble each time you or someone in your household is kind, or when someone is kind to you.

REFLECT

Reflect on the fruit of the Spirit in Galatians 5:22-23. Ask God which fruit has been growing in your life. Which fruit would you like to see more of?

WATCH



Have a look at Life Vest Inside (Kindness Boomerang) on YouTube. Notice how each act of kindness causes another. Which way do you want to try out?

