Peeled: What's Under Your Skin?
'Living Kindness In A Busy and Cruel World'

Bible Readings and Notes

Psalm 145:13b-21 & Matthew 9:35-38

Outline

1. A Kind Act
2. The Example of Jesus
3. God's Loving Kindness
4. A Framework for Living Kindness
5. Kindness Changes the World

A Kind Act

The Example of Jesus

What did Jesus do?

Mark 5 v.21-43; 7 v.24-30; Matthew 7 v.12; Luke 10 v.25-37; 23 v.39-43

God's Loving Kindness (Hebrew: 'chesed', 'kheh-sed')

"The LORD is gracious and merciful
slow to anger and abounding in steadfast love."
(Exodus 34 v.6-7; Psalm 103 v.8; 45 v.8; Joel 2 v.13; Jonah 4 v.2)

"But when the goodness and loving kindness of God our Saviour appeared, He saved us, not because of righteousness that we had done, but according to His mercy."
(Titus 3 v.4-5, cf: Ephesians 2 v.7-8)

"Cast all your anxiety on Him because He cares for you."
(1 Peter 5 v.7)

A Framework for Living Kindness

i. A Definition: Kindness is 'love in action'

"Love is kind" (1 Cor. 13 v.4) *"Be kind to one another" (Eph. 4 v.32)*

ii. We put on kindness everyday

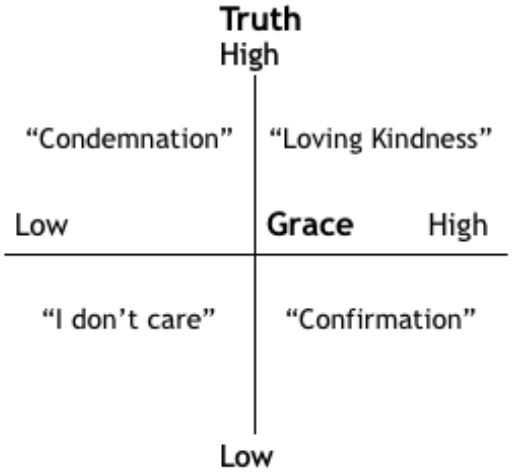
"Clothe yourselves with…kindness…" (Col. 3 v.12)

iii. Kindness involves words and deeds that draw people to God

"Jonathan strengthened David through the LORD." (1 Sam. 23 v.16)

"God's kindness is meant to lead you to repentance" (Rom. 2 v.4)

iv. Kindness is full of grace and truth
(John 1 v.14)



v. Kindness is costly

Time
Humility (Greek: 'chrestotes'

Kindness Changes the World

Evan: "How do you change the world?"
God: "By one act of random kindness at a time!"

The story of Larry Clarke…

Illustrations by Charlie Mackesy

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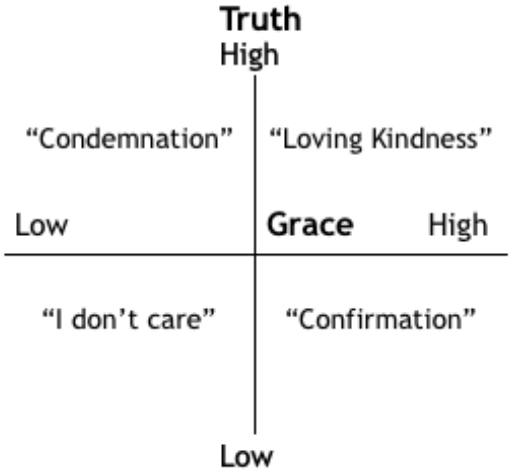

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