

next, for instance_reported bigger increases in mood than those who repeated the same act over and over. [1]

3. Do you find in your own experience that you agree with this?
4. Does doing something kind for others make you happy?

Consider the following passage:

Suppose a brother or sister is without clothes and daily food. If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. (James 2:15-16, NIV)

5. What does this say about your relationship with God and others?

To love others is to love God, and your relationship with him is not just sustained through faith, but reliant on your interaction with others.

No one has ever seen God; if we love one another, God abides in us and his love is perfected in us. (1 John 4:12)

Reconvene.

[1] <http://www.psychologytoday.com/articles/200607/pay-it-forward>

[2] <http://www.imdb.com/title/tt0413099/quotes>

Kindness

No act of kindness, no matter how small, is ever wasted. - Aesop

Free Time – Fifteen minutes.	(6:00 – 6:15)
Opening – Fifteen minutes.	(6:15 – 6:30)
Small Groups – Thirty-five minutes.	(6:30 – 7:05)
Reconvene – Twenty minutes.	(7:05 – 7:25)
Tony's Mission Trips – Ten minutes.	(7:25 – 7:35)
Closing Prayer – Ten minutes.	(7:35 - 7:45)
Free Time – Fifteen minutes.	(7:45 - 8:00)

Opening.

[Play roughly 2:30 from *Pay It Forward*, starting at about 8:00 in.]

[Questions addressed to the whole group.]

Have any of you ever wanted to change the world?

Have any of you ever thought about how you could do it?

What things do you think you can do to change the world?

[A quote from Aesop, as seen above.]

No act of kindness, no matter how small, is ever wasted.

[A quote from *Evan Almighty*.]

God: How do we change the world?

Evan Baxter: One single act of random kindness at a time.

God: [*while writing A-R-K on ground with a stick*] One Act, of, Random, Kindness. [1]

Small Groups.

1. Have you done anything nice for someone lately, just because? If so, how did you feel afterward?
2. Has anyone done anything nice for you lately, just because? If so, how did you feel afterward?

[Part of an article from *Psychology Today*]

In 2006, psychologist Sonja Lyubomirsky decided to put the kindness-fulfillment connection to the test. She asked students to carry out five weekly “random acts of kindness” of their choice, anything from buying a Big Mac for a homeless person to helping a younger sibling with schoolwork.

The students reported higher levels of happiness than a control group, with students who performed all five kind acts in one day reaping the biggest rewards by the end of the six-week study period. Previous studies have found that altruistic people tend to be happy, but Lyubomirsky's was the first to establish that good deeds are actually the direct cause of an increase in well-being.

In a companion study, she found that participants who varied their acts of kindness_volunteering at a library one day and hosting a surprise party for a friend the