

**Follow my example, as  
I follow the example of  
Christ.**

**1 Corinthians 11:1  
(NIV)**

# Imitate God's Kindness

## By John J. Liptak

The Bible demonstrates God's kindness in what is referred to as Common Grace. There are kind people throughout the Bible who are generous, caring, empathetic, and compassionate. However, not all of God's creations can imitate God's Kindness.

The Scriptures teach that divine kindness is to be reflected in all human experience.

- ✓ Paul calls on you to imitate God in 1 Corinthians 11:1 (NLT) when he says, "Imitate me, just as I also imitate Christ," and that people need to imitate Him as He *is* Christ, and in 1 John 2:6 (ESV) when the Bible says, "He who says he abides in Him ought himself also to walk just as He walked." In our modern society, a famous saying goes that imitation is the sincerest form of flattery. So, too, you should imitate the Lord and show kindness in many different ways.
- ✓ God warns you not to withhold kindness in this life, or you shall suffer the consequences. "He who withholds kindness from a friend forsakes the fear of the Almighty" (Job 6:14, NIV). Instead, God encourages you to be as kind as possible in this life. "Whoever pursues righteousness and kindness will find life, righteousness, and honor." (Proverbs 21:21, NLT).
- ✓ God has provided the ultimate example by sacrificing his son on the cross for you. In 1 Peter 2:21 (NLT), the Bible proclaims, "For you have been called for this purpose, since Christ also suffered for you, leaving you an example to follow in His steps." God urges you to follow in his footsteps and show compassion to other people and animals, develop an altruistic attitude, and be as compassionate to yourself as you are to others.

The following assessment, "Imitate God's Kindness," helps you reflect on your life and explore how well you live a kind life. You will have instructions for scoring and interpreting your results. Next, you will write in a journal about the meaning of your scores and then have suggestions for how to live the wisdom of the Bible.

**THIS ASSESSMENT IS FOR SELF-EXPLORATION ONLY! See A Medical Professional or Religious Leader for help if you need it.**

# Self-Exploration Directions

The “Imitate God’s Kindness” activity helps you reflect on your behavior and explore how well you are imitating the kindness God has shown you and that Jesus showed during His lifetime. This activity contains 30 statements about qualities encompassing the virtue of kindness. The statements are broken into three sections or scales:

- Compassion for Others
- Altruistic Attitude
- Self-Compassion

Read each of the statements and decide whether or not the statement describes you. If the statement is TRUE, circle the number next to that item under the TRUE column. If the statement is FALSE, circle the number next to that item under the FALSE column.

In the following example, the circled number 1 under FALSE indicates the statement of the person completing the inventory is not valid.

As God Has Called Me to be Kind to Others...	TRUE	FALSE
I go out of my way to help others	2	1

**This is not a test. Since there are no right or wrong answers, do not spend too much time thinking about your answers. Be sure to respond to every statement.**

<b>As God Has Called Me to be Kind to Others...</b>	<b>TRUE</b>	<b>FALSE</b>
I go out of my way to help others	2	1
I receive a sense of deep satisfaction when I help others	2	1
I enjoy giving my time, energy, and resources to good causes	2	1
I believe that giving is as vital as receiving	2	1
I give money to my charities of choice	2	1
I never expect anything in return when I help others	2	1
I seek out ways to use my talents to help others	2	1
I often volunteer my time without getting something in return	2	1
I am patient when others ask me for assistance	2	1
I am supportive of other people, even when I am busy	2	1

**Compassion for Others TOTAL = \_\_\_\_\_**

<b>As God Has Called Me to Have Unselfish Regard for Others...</b>	<b>TRUE</b>	<b>FALSE</b>
I am very concerned about people less fortunate than me	2	1
I care equally about people of all different cultures	2	1
I go out of my way to be kind and helpful to people in need	2	1
I am sensitive to the needs and problems of others	2	1
I am selfless at all times	2	1
I am an advocate for people in need	2	1
I have empathy and can place myself in the shoes of others	2	1
I make an effort to practice random acts of kindness daily	2	1
I am very tolerant of people who have different views than me	2	1
I always provide support and comfort when people are upset	2	1

**Altruistic Attitude TOTAL = \_\_\_\_\_**

*(Continued on the next page)*

<b>As God Has Called Me to be Kind to Myself...</b>	<b>TRUE</b>	<b>FALSE</b>
I do things that provide me with pleasure	2	1
I speak kindly to myself	2	1
I give myself praise when I do well	2	1
I avoid criticizing myself	2	1
I do not expect to be perfect in all I do	2	1
I am tender and caring to myself in challenging times	2	1
I remind myself daily of what I did that made me feel good	2	1
I am patient about my flaws and shortcomings	2	1
I keep my feelings in check when I am upset	2	1
I write out the accomplishments I am proud of	2	1

**Self-Compassion TOTAL = \_\_\_\_\_**

## **SCORING DIRECTIONS**

Being kind is one of the most essential character skills a person can possess. The activity you just completed is designed to help you explore the level of kindness you show in imitating God's kindness to you. On the previous pages, total the scores you circled and transfer that number below.

**Compassion for Others TOTAL = \_\_\_\_\_**

**Altruistic Attitude TOTAL = \_\_\_\_\_**

**Self-Compassion TOTAL = \_\_\_\_\_**

*Go to the Profile Interpretation on the Next Page*

# PROFILE INTERPRETATION

Next, for each of your TOTAL scores, make an X on the continuum line of the matching scale below to find your level of kindness.

**Compassion for Others** measures people's generosity by helping others, supporting causes, and giving time, energy, talents, material things, and money to others without expecting anything in return.

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**10 = Low**

**15 = Moderate**

**20 = High**

**Altruistic Attitude** measures people's level of caring for others by being kind-hearted, showing appreciation, tolerating different people, and enjoying pleasant and gentle interactions.

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**10 = Low**

**15 = Moderate**

**20 = High**

Self-compassion measures people's level of caring by being compassionate, forgiving themselves when they make a mistake, speaking kindly to themselves, not expecting perfectionism, and being patient with their limitations.

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**10 = Low**

**15 = Moderate**

**20 = High**

## Ways to Build Your Compassion for Others

The following are ways to be more compassionate with other people. How can you take action in your life to imitate God's kindness?

- **Remember when you were benevolent (kind to people) and recall how you felt.** How can you be more compassionate with others to feel this feeling more often?
- **Show your willingness to help others using your unique knowledge, skills, and abilities.** What special knowledge, skills, and abilities do you possess? How can you share these to improve the lives of others?
- **Believe that you have much in common with others who are different from you.** How can you help others who live in a different culture, have different political perspectives than you, or have different life experiences?
- **Better understand what other people are going through and feel their pain.** Whom do you know who is in pain? How can you show compassion for them?
- **Put yourself in the shoes of other people.** How can you be more mindful of other people's emotions, thoughts, and experiences?
- **Take action when you see other people suffering.** Who in your life is suffering, and how can you lessen their suffering?

Please see my book **Calculating the Essentials of Christian Life** for tips and journaling prompts on living a Christian life. You can think about them or write about them in your journal. You are doing great! Please keep up your excellent work.

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