

## **Getting Your Eyes off Yourself**

### **Ready:**

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” - Galatians 5:22-23 (NIV)

### **Set**

Several years ago, Sara Tucholsky of Western Oregon University smacked her first home run in her college career with two runners on base in a playoff game against Central Washington University. While rounding the bases, she missed first base. As she started back to tag it, she collapsed with a knee injury. All she could do was crawl back to first, and if her teammates helped her, she would be called out.

Central Washington first baseman Mallory Holtman reportedly asked the umpire if she and her teammates could help Tucholsky. The umpire said yes, so Holtman and shortstop Liz Wallace put their arms under Tucholsky’s legs, and Tucholsky put her arms over their shoulders. The three rounded the bases, stopping only to let Tucholsky touch each bag with her uninjured leg.

“The only thing I remember is that Mallory asked me which leg was the one that hurt,” Tucholsky said in a story from FOX Sports on MSN. “I told her it was my right leg and she said, ‘OK, we’re going to drop you down gently and you need to touch it with your left leg.’” Added Wallace: “We didn’t know that she was a senior or that this was her first home run. That makes the story more touching than it was.

We just wanted to help her.” Holtman told FOX Sports that she and Wallace weren’t thinking about the playoff spot, and didn’t consider the gesture something special. “I hope I would do the same for her in the same situation,” Tucholsky said.

Kindness is defined as demonstrating a gentle, sympathetic attitude towards others, and it is a rare quality. That’s what makes stories like that one so unique. As Christians, however, we are called to be kind to one another. We know that because we know we are called to replicate the kindness that our Heavenly Father has shown us.

For example, how can we do anything less than forgive others when we know God has forgiven us through the sacrifice of His Son? There has never been a greater example of kindness than when God provided a substitute for our sins so that we might not face punishment.

Today, find a way to be kind to those around you and show the world who is Lord of your life.

### **Go**

1. Why is it important to be kind?
2. Who do you know that is kind? Why did you think of him/her?
3. Sara Tucholsky witnessed the value of kindness even in the midst of competition. Have you ever experienced or demonstrated unusual kindness in competition? What was the result of this kind act?
4. How do we get away from the “me, myself and I” mentality and begin to focus on others?

### **Workout**

Ephesians 4:32 1 John 3:18-20

### **Bible Reference:**

1 John 3



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