



## Fruit of the Spirit

### Session 7 – “Kindness and Goodness”

#### Galatians 5:16-23 (NKJV) –

<sup>16</sup> I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

<sup>17</sup> For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. <sup>18</sup> But if you are led by the Spirit, you are not under the law.

<sup>19</sup> Now the works of the flesh are evident, which are: <sup>[a]</sup>adultery, <sup>[b]</sup>fornication, uncleanness, lewdness, <sup>20</sup> idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, <sup>21</sup> envy, <sup>[c]</sup>murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, <sup>23</sup> <sup>[d]</sup>gentleness, self-control. Against such there is no law.

#### I. REVIEW

A. Previous weeks – The fruit of love, joy, peace, patience and faithfulness

#### II. The Fruit of Kindness

A. God flows with ALL of the manifestations of the fruit of the Spirit

1. God flows in love, joy, peace, patience and faithfulness

B. Examples of the loving kindness of God

1. Psalm 63:3 (KJV) – Because thy lovingkindness is better than life, my lips shall praise thee.



2. **Psalm 117:2 (KJV)** – For his merciful kindness is great toward us: and the truth of the LORD endureth for ever. Praise ye the LORD.
  - a. The kindness of God is demonstrated in his Mercy
  - b. He his merciful not judgmental.
  
3. **Nehemiah 9:17 (KJV)** – And refused to obey, neither were mindful of thy wonders that thou didst among them; but hardened their necks, and in their rebellion appointed a captain to return to their bondage: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not
  
4. **Luke 6:35 (KJV)** – But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil.
  - a. Notice – God is kind to the unthankful and to those who are evil.
  
5. **Jeremiah 31:3 (KJV)** – The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee
  - a. The character of God is revealed in his kindness
  - b. His kindness is a drawing card
  - c. **Romans 2:4 (KJV)** – Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?
  - d. God demonstrates HIS kindness through US to draw people to himself.
  - e. By YIELDING to the fruit of Kindness, God is able to use us to ATTRACT others
  - f. A lack of YIELDING to the fruit of kindness becomes a stumbling block.

**C. What does the Bible say about the Church being kind?**



1. **2 Corinthians 6:4-6 (KJV)** – <sup>4</sup>But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, <sup>5</sup>In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; <sup>6</sup>By pureness, by knowledge, by longsuffering, **by kindness**, by the Holy Ghost, by love unfeigned
  - a. Kindness is supposed to be an attribute of ministers of God
  
2. **Ephesians 4:32 (KJV)** – And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.
  - a. Paul gave this directive to the church – BE KIND!
  - b. Others are not built up by being harsh but by being kind.

#### D. Practice = development of the fruit of kindness

1. **The best place to develop kindness is the place where people may be unkind to you**
2. **Proverbs 15:1 (KJV)** – A soft answer turneth away wrath: but grievous words stir up anger.
3. Determine to be kind even when you are tested and pushed to the limit.
4. To manifest kindness is to manifest Jesus – It is always better to manifest Jesus rather than your flesh.

#### E. Kindness Definition = fair speech – good words – gracious and useful

1. Kind words make us useful for the kingdom
2. Harsh, mean, rude words make us less useful to the kingdom

### III. The Fruit of Goodness

#### A. Definition –

1. Favor, bountiful, welfare, gracious, the best – Old Testament
2. Benefit, virtue, benevolence – New Testament
3. Goodness is the state of being and acts of benevolence that benefit others.



4. Kindness is more the attitude and manner in which goodness is demonstrated.
5. The fruits of Kindness and Goodness almost always work together

#### **B. Scriptures about the Goodness of God**

1. **Exodus 34:6 (KJV)** – And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth,
2. **Psalms 34:8 (KJV)** – O taste and see that the LORD is good: blessed is the man that trusteth in him.
3. **Psalms 136:1 (KJV)** – O give thanks unto the LORD; for he is good: for his mercy endureth for ever
4. Kindness is God's attitude toward people
5. Goodness is His acts toward people

#### **C. We need to receive His Goodness**

1. **Psalms 27:13 (KJV)** – I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.
2. **Psalms 23:6 (KJV)** – Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever
  - a. All of my days are SENTENCE with GOODNESS not evil

#### **D. We manifest God by ACTS of goodness**

1. One ACT of goodness manifest all of the various aspects of the fruit of the Spirit
2. Eph 2:10 Declares that we are created in HIS workmanship, created in Christ Jesus for GOOD WORKS – WORKS OF GOODNESS
3. **Matthew 5:44-45 (KJV)** – <sup>44</sup>But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; <sup>45</sup>That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust
4. If you want to make a difference in a bad situation or a bad relationship, DO SOMETHING GOOD!
5. Practice ACTS of GOODNESS as the Lord leads you!