

Fruit of the Spirit: Kindness



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Speaker:
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Galatians 5:22-23

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, self-control; against such things there is no law.

1 John 3:18

Let us not love in word or talk but in deed and
in truth

Luke 10:25-28

25 And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” 26 He said to him, “What is written in the Law? How do you read it?” 27 And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all

Luke 10:25-28

your mind, and your neighbor as yourself.” 28
And he said to him, “You have answered
correctly; do this, and you will live.”

True Kindness

- Is an overflow of love into action

Imbed video here

<https://www.youtube.com/watch?v=wMLcd-zobJo>

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THE UCLA BEDARI KINDNESS INSTITUTE IS A NEW INTERDISCIPLINARY ORGANIZATION DEDICATED TO THE RESEARCH, EDUCATION, AND PRACTICE OF KINDNESS, WITH THE GOAL OF EMPOWERING CITIZENS AND LEADERS TO INVEST IN BUILDING MORE HUMANE SOCIETIES.

The mission of the UCLA Bedari Kindness Institute is somewhat unique in that our goal is two-fold – we’re committed not only to engage in best-in-class research on kindness, but to strategically turn that learning into real-world practices through education and dynamic local, national and global partnerships. Said more simply, we don’t just want people to learn about kindness, we want people to DO kindness.

Luke 10:29

29 But he, desiring to justify himself, said to Jesus, “And who is my neighbor?”

True Kindness

- Is an overflow of love into action
- Requires awareness and empathy

My Own Little World

Father, break my heart for what breaks yours

Give me open hands and open doors

Would you open my eyes and let me see

That my own little world is **not about me.**

My Own Little World

What if there's a bigger picture?

What if I'm missing out?

What if there's a **greater purpose**

I could be living right now

Outside my own little world?

Luke 10:30-33

30 Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. 31 Now by chance a priest was going down that road, and when he saw him he passed by on the other side.

Luke 10:30-33

32 So likewise a Levite, when he came to the place and saw him, passed by on the other side. 33 But a Samaritan, as he journeyed, came to where he was

Luke 10:33-35

33 But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. 34 He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. 35 And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him, and whatever more you spend, I will repay you when I come back.'

Luke 10:36-37

36 Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?" 37 He said, "The one who showed him mercy." And Jesus said to him, "You go, and do likewise."

True Kindness Is Hard Because..

- We have to give it to everybody

True Kindness Is Hard Because..

- We have to give it to everybody
- It requires intentionality



True Kindness Is Hard Because..

- We have to give it to everybody
- It requires intentionality
- It needs to be consistent

Colossians 3:12

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness and patience.

Acts 1:8

But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth.”

Romans 2:4

Or do you presume on the riches of his kindness and forbearance and patience, not knowing that God's kindness is meant to lead you to repentance?

True Kindness

- Is an overflow of love into action
- Requires awareness and empathy
- Is hard but we're empowered!
- Leads us to repentance

Matthew 25:34-36

34 Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. 35 For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, 36 I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'

True Kindness

- Is an overflow of love into action
- Requires awareness and empathy
- Is hard but we're empowered!
- Leads us to repentance
- Has a higher purpose

1 Peter 4:8-11

8 Above all, keep loving one another earnestly, since love covers a multitude of sins. 9 Show hospitality to one another without grumbling. 10 As each has received a gift, use it to serve one another, as **good stewards of God's varied grace**: 11 whoever speaks, as one who speaks oracles of God; whoever serves, as one who

1 Peter 4:8-11

serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.

Application

“Am I known for my kindness?”

“What is breaking God’s heart around me?”