



THE Fruit OF THE Spirit

# Galatians 5:22-23

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

# KINDNESS

THE FRUIT OF THE SPIRIT

# Kindness

- Patience and kindness are essential qualities of love.
- 1 Corinthians 13:4 Love is patient, love is kind.
- When you love someone you find it's much easier to be patient with them.
- Being kind to someone is a foundational piece of you loving them.

# How we show kindness

- Helping them, encouraging them, comforting them.
- Doing something that serves or benefits them.
- It means that I put myself in their shoes and think, “What would I most want them to do for me?”
- Could simply be a kind word.
- A warm smile.

# Kindness

- Kindness is often linked to generosity.
- The Greek word is chrestotes.
- It means generosity providing for another person's benefit.

# Romans 2:4

Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?

- God's kindness leads us to repentance.

# Luke 6:35

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.

- He is kind to the ungrateful and wicked.

# Kindness in the OT

- In the Hebrew it's the word hesed.
- Usually translated as lovingkindness or mercy.
- Psalm 23:6 Surely goodness and lovingkindness will follow me all the days of my life, And I will dwell in the house of the Lord forever.

# Isaiah 63:7 (NIV)

I will tell of the kindnesses of the Lord, the deeds for which he is to be praised, according to all the Lord has done for us— yes, the many good things he has done for Israel, according to his compassion and many kindnesses.

# 1 Samuel 20:14-15

If I am still alive, will you not show me the lovingkindness of the Lord, that I may not die? You shall not cut off your lovingkindness from my house forever, not even when the Lord cuts off every one of the enemies of David from the face of the earth.

## 2 Samuel 9:1-7

David asked, “Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan’s sake?” Now there was a servant of Saul’s household named Ziba. They summoned him to appear before David, and the king said to him, “Are you Ziba?” “At your service,” he replied. The king asked, “Is there no one still alive from the house of Saul to whom I can show God’s kindness?” Ziba answered the king, “There is still a son of Jonathan; he is lame in both feet.

## 2 Samuel 9:1-7

Where is he?” the king asked. Ziba answered, “He is at the house of Makir son of Ammiel in Lo Debar.” So King David had him brought from Lo Debar, from the house of Makir son of Ammiel. When Mephibosheth son of Jonathan, the son of Saul, came to David, he bowed down to pay him honor. David said, “Mephibosheth!” “At your service,” he replied. “Don’t be afraid,” David said to him, “for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.”

# The kindness of Jesus

- A life of interruptions.
- Woman with the issue of blood.
- The children/Jesus/disciples
- Blind Bartemaeus
- Syrophoenician woman

# 2 Questions to live by

- What would I do for this person if I was Jesus?
- What would I do for this person if he/she was Jesus?
- Annita Roddick: “The end result of kindness is that it draws people to you.”
- “And I know I wasn’t there but when I looked up to the cross. I see the darkest day in history. I guess that’s what kindness cost.



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