



Kindness

by Gail Yost

*She opens her mouth in wisdom;
And the teaching of kindness is on her tongue.*

Proverbs 31:26

I. What is the definition of kindness?

- A. "The quality of friendliness, generosity, warm-heartedness, sympathy, understanding, charity, humaneness, consideration, forbearance, tolerance, generosity, liberality." (*American Heritage Dictionary*)
- B. "Goodness in action, goodness expressing itself in deeds . . . in grace and tenderness and compassion." (W.E. Vine, *Expository Dictionary of New Testament Words*)

II. What does the Bible say about kindness?

- A. Kindness (or goodness in the King James) is the fruit of the Spirit. (Galatians 5:22-23)
 - 1. Fruit is evidence of what's inside.
 - 2. Fruit is the thing produced by the inherent energy of a living organism.
- B. Kindness is produced (or grown) within our lives as [or while] we live and walk in the Spirit. (Galatians 5:25)

III. How do we progress and grow in kindness?

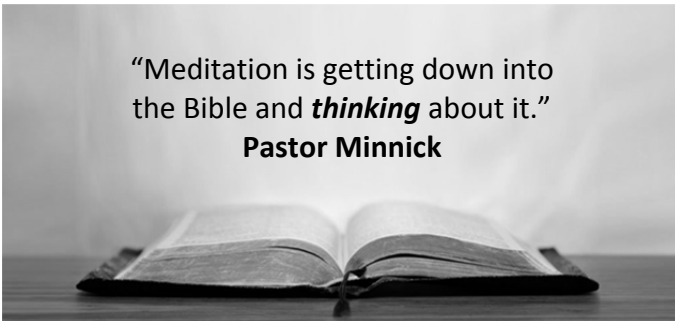
We understand that “*it is God who is at work in you, both to will and to work for His good pleasure*” (Philippians 2:13). So what are some of the continual actions and habits involved in our progress and growth in kindness?

A. Spending time in God’s Word (Colossians 3:16)

1. Read, study, memorize.
2. Focus on how the Bible defines kindness:
 - ◆ The Greek word used in Galatians for kindness, *chrestotes*, comes from a root word meaning usefulness.
 - ◆ The definition of *chrestotes* includes moral goodness, integrity. It involves tenderness, concern for others, the virtue of a person whose neighbor’s good is as dear to him as his own.
 - ◆ Kindness is a matter of the heart, linked to that first fruit of the Spirit, love. (1 Corinthians 13:4)
 - ◆ Paul and Timothy’s ministry was characterized by kindness. (2 Corinthians 6:3-10)
 - ◆ Kindness eases burdens. (Matthew 11:28)
 - ◆ Christ was the embodiment of God’s kindness and love for mankind. (Titus 3:1-7)
3. Meditate.

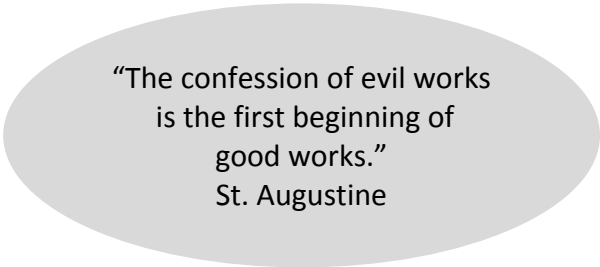
“Meditation is getting down into the Bible and **thinking** about it.”

Pastor Minnick



- B. Obeying God's commands in Scripture (John 15:10)
1. Colossians 3:12 *And so, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience.*
 2. Luke 6:35 *But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men.*
 3. Ephesians 4:31-32 *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind one to another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.*

- C. Spending time in prayer, the vital link between God and us
1. Acknowledge and ask forgiveness for reactive unkindness. (Matthew 5:44)
 - ◆ Anger (Galatians 5:20)
 - ◆ Arguing (2 Timothy 2:24)
 - ◆ Boasting (Galatians 5:26)
 2. Acknowledge and ask forgiveness for withholding proactive kindness. (Philippians 2:3-4)



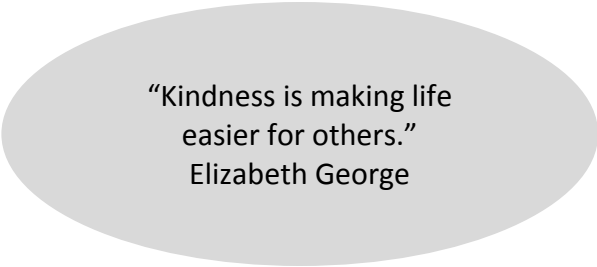
“The confession of evil works
is the first beginning of
good works.”
St. Augustine

3. Pray for God’s wisdom in showing kindness.
 - ◆ Sometimes, the kindest thing we can do is to confront in love. (Ephesians 4:15)

D. Practicing Christian kindness (tenderness and concern for others) through God's grace

1. Speak words of kindness.

- ◆ "A gentle answer" (Proverbs 15:1)
- ◆ "Pleasant words" (Proverbs 16:24)
- ◆ "He who restrains his words" (Proverbs 17:27)
- ◆ "Like apples of gold" (Proverbs 25:11)
- ◆ "Let the words of my mouth" (Psalm 19:14)



"Kindness is making life
easier for others."
Elizabeth George

2. Avoid gossip and slander.

- ◆ "Not malicious gossips" (1 Timothy 3:11)
- ◆ "Evil speaking . . . evil heart" (Luke 6:45)
- ◆ Hatred produces gossip. (Psalm 109:3)
- ◆ Fools spread slander. (Proverbs 10:18)
- ◆ Idleness promotes gossip. (1 Timothy 5:13)

- E. Noticing the needs of others and, with the Holy Spirit's empowering, responding with kindness.
(Considerate = Consider it.)
1. Be patient and forgiving with each other.
(Colossians 3:13)
 2. Absorb hurts from others without complaining or fighting back. (1 Thessalonians 5:15)
 3. Encourage one another. (Ephesians 4:29)
 4. Give counsel humbly and gently. (Galatians 6:1-3)
 5. Be alert to opportunities to help others.
(Galatians 6:10)

**“Do all the good you can—
by all the means you can,
in all the ways you can,
in all the places you can,
at all the times you can,
to all the people you can,
as long as ever you can!”**

John Wesley

IV. What should motivate kindness?

- A. Recognize that our exercise of the law of kindness must be motivated by the royal law of love. “If, however, you are fulfilling the royal law according to the Scripture, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF,’ you are doing well” James 2:8.
- B. “Christian love, whether exercised toward the brethren, or toward men generally, is not an impulse from the feelings; it does not always run with the natural inclinations, nor does it spend itself only upon those for whom some affinity is discovered. Love seeks the welfare of all (Rom. 15:2) and works no ill to any (Rom. 13:8-10); love seeks opportunity to do good to ‘all men, and especially toward them that are of the household of faith’ (Gal. 6:10).” W. E. Vine