

The Fruit of the Spirit

“Kindness”

(Galatians 5:22)

- Introduction:
1. Ills. of the “Fred Factor.”
 2. What was a fun experiment, in reality, was what we should have been doing every day of our lives.
 3. This was a sobering wake-up call to many.
 4. Let’s examine what the Bible has to say about kindness.

I. What The Bible Says About Kindness

- A. (Galatians 5:22) – Proof of the Spirit’s work in your life.
- B. (Ephesians 4:32) – Imperative.
- C. (Colossians 3:12) – Imperative.
- D. (Titus 3:4-5) – No obligation, but kindness.
- E. (Romans 2:4) – Goodness or kindness.
- F. In the Greek language, the root word that is translated as “kindness” means, “To be useful.”
 1. Therefore, kindness isn’t a state of mind or a mood.
 2. It’s an action.

II. What Is Kindness

- A. Kindness has depth to the concept.
- B. We all encounter “low hanging fruit” through which we can exhibit kindness.
 1. Holding the door.
 2. Giving up your seat.
 3. Saying “Thank you.”
 4. These are expressions of kindness, but they’re all situated in the shallow end of the pool. They fall in our laps. They are almost considered normal, expected behavior.
- C. Kindness also involves sacrifice – making yourself useful.
 1. (Luke 10:30-37).
 - a. He was on a journey.
 - b. Used his goods on him.
 - c. Was inconvenienced and walked.
 - d. Took care of him through the night.
 - e. Paid for further care to be rendered.
 2. (Matthew 25:31-40).
 - a. What was the criterion he used for the separation?
 - b. Kindness – Making oneself useful.
 - c.

III. How to Practice Kindness

- A. Be Sensitive to the needs of others.
 - 1. (Philippians 2:3-4).
 - 2. Kindness begins by taking note of what is going on in other people's lives.
 - 3. Are you too wrapped up in yourself to be kind to others?
 - 4. (Ills. of Kim O'Dell).
- B. Be Supportive.
 - 1. Build people up.
 - 2. (Romans 14:19).
 - 3. Kindness should start at home, but sadly is often neglected.
- C. Be Straightforward.
 - 1. (Proverbs 27:6).
 - 2. Now, by saying this, I'm not offering an excuse for offensive speech.
 - 3. Telling people the painful truth is far more kind than a lie.
- D. Be Spontaneous
 - 1. (Galatians 6:10).
 - 2. As we have opportunity.
 - 3. When it comes to kindness, good intentions don't count.
 - 4. (Philippians 2:13) Both to will and to do his good pleasure.

IV. Practical Ways to Show Kindness

- A. Through our speech.
 - 1. In other words, say something kind.
 - 2. Face-to-face, card, letter, email, text message...just do it.
- B. Through our actions.
 - 1. Meet needs.
 - 2. Open your eyes at home.
 - 3. Be willing to make a sacrifice; be inconvenienced.

- Conclusion:
- 1. Why does God command us to be kind?
 - 2. Because it is through kindness, he motivates people to repent (Romans 2:4).
 - 3. As a reflection of God on earth, our kindness may make the difference in whether one is saved or lost.