

It's All in the Fruit (Part 5 - Kindness)
Galatians 5:22-23

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.

I. Kindness.

A. What is kindness?

We show kindness through our deeds.

We can also show kindness by saying a kind or encouraging word to others.

B. Now some characteristics of this Fruit of the Spirit, kindness.

1. It is showing kindness not because the other person deserves it.
2. It is showing kindness with no motivation to get something in return.
3. It is showing kindness even though the other person might not be kind.
4. It is showing kindness that doesn't draw attention to ourselves but to the Lord.
5. It is showing kindness with a generous spirit.

Appl. Do people view you as being a kind person?

Appl. Do people view you as being a generous person?

C. Why show kindness?

6 Reasons

1. Because the Lord wants us to.

Ephesians 4:32. Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Colossians 3:12. So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;

1 Corinthians 13:4. Love is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant,

2. Because of the kindness of the Lord.

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?

Titus 3:4-6. ⁴ But when the kindness of God our Savior and *His* love for mankind appeared, ⁵ He saved us, not on the basis of deeds which we have done in righteousness, but

according to His mercy, by the washing of regeneration and renewing by the Holy Spirit, ⁶ whom He poured out upon us richly through Jesus Christ our Savior, (Ephesians 2:7).

3. Because of the example of the Lord.

Psalm 145:17. The LORD is righteous in all His ways And kind in all His deeds.

Psalm 18:25. With the kind You show Yourself kind; With the blameless You show Yourself blameless;

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*.

The kindest person who ever lived was Yeshua.

4. Because of the example of others.

Acts 9:36. Now in Joppa there was a disciple named Tabitha (which translated *in Greek* is called Dorcas); this woman was abounding with deeds of kindness and charity which she continually did. (Different word: agothos) deeds of goodness

Paul was an example of this fruit of the Spirit

2 Corinthians 6:6. in purity, in knowledge, in patience, in kindness, in the Holy Spirit, in genuine love,

Who do you know in your life that you consider a kind person?

5. Because others need our kindness.

6. Because we get blessed by being kind.

D. Some Hindrances to showing kindness.

1. Selfishness with our time or resources.

2. Being too busy with the wrong things, so that we don't have time to help others

3. Fear that we may get taken advantage of.

4. Thinking we don't have anything to give.

You don't have to have a lot to be kind to others. You could be going through a tough time, but you can still show kindness through sharing your time or sharing a kind word.

D. How to be more kind.

1. Remember that kindness is an obligation.

In fact, it is a sin to be unkind, selfish, or stingy.

2. Remember how much we appreciate kindness in our lives.

3. Yield to the Spirit to produce kindness in our lives.

Appl. How many times did God try to prompt us to help someone, and we didn't respond?

4. Pray for the Lord to make us aware when we are not being kind. Pray for the Lord to make us aware when we should show kindness to someone. Pray for the Lord to make us more kind.

Appl. Who is there that God wants you to show some kindness toward?

Illustration: I read about a group of salesmen who went to Chicago for a regional sales convention, but were late getting out of their meeting. Their flights were scheduled to leave out of Chicago's O'Hare Airport and they had rush to get to there in time. With their baggage, tickets and coats they headed for the gates in a dead run. In the flurry of men running through the terminal one of them ran into an apple stand and the apples went everywhere. Without stopping or even noticing they managed to get to the gate and boarded the plane. That is, all but one of them. This man had seen what happened and felt so bad and sorry for the young lady who was operating the stand. He stopped to help knowing he would miss his flight. He returned to the area of the terminal where the apples were spilled. Upon arriving he found out that the young lady was totally blind! Crying, tears running down her face in frustration she was hopelessly feeling after the apples as the crowd pushed past her with no one to help. The salesman knelt down and began to help. Putting them into their correct baskets, setting up the stand for business again. While doing this he noticed that many of the apples were bruised and he set these aside in another basket. Finishing he pulled out a twenty dollar bill and said to the girl, " We are the ones who did the damage, please take this money and forgive us." As he turned to leave, the confused young girl called out to him, "Sir, Sir!" He turned and answered her looking into her blind eyes. She continued, "Are you Jesus?" (Archbishop Gregory Holley)

When we show kindness like the Lord wants us to, then others will see Yeshua in our lives.