

# ***The Fruit of the Spirit: Kindness***

*Various texts*

## ***What is Kindness?***

- **Χρηστός (chrestos):**
  - Uprightness in one's relations with others
  - The quality of being helpful or beneficial

## ***The Kindness of God***

- We are called to kindness because God is kind to us
- It is God's kindness that led to Christ's redemptive work (Tts 3:4-5; Eph 2:4-7)
- Our response to God's kindness should be repentance (Rom 2:4)
  - Meaning, a change in our behavior (Rom 11:22)

## ***A Testimony of Kindness***

- Paul tells the church in Corinth that kindness was part of how he won them over to the message of the Gospel (2 Cor. 6:6)
- Kindness is one of the ways that we show that we are God's people (Col 3:12)
  - And have experienced forgiveness (Eph. 4:32)
- Our behavior towards others is to be helpful and beneficial
  - Even if it is difficult for us
  - Especially if they differ with us (1 Cor 4:13a)
  - Thus, kindness is an act of love (1Co 13:4a)

## ***So What?***

- Are we working with the Spirit to produce kindness in us?
- Are we known for our kindness towards others?
  - Even those with whom we differ
- Are we helpful and a benefit to others?

***Meditation Verse:*** Ephesians 4:32