

Kindness – A Fruit of The Sprit

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Introduction

In Christianity, kindness is an act of charity, and is described as selfless, compassionate, and merciful. The Bible mentions “kindness” over 200 times, and “kind” over 400 times. Kindness is different from niceness, and is a genuine reflection of the heart. Its greatest power revealed in practice to our enemies and amongst the least of these. Love your neighbour; show kindness to everyone. For a perfect emblem of Biblical kindness, we need look no further than Jesus.

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Kindness one of the fruits of the Spirit

According to the Bible, kindness is one of the fruits of the Spirit, which are attributes that the Holy Spirit develops in those who accept Jesus Christ as Savior. The Apostle Paul presents these attributes in Galatians 5:22-23, which states, “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law”. According to the Zondervan NIV Bible Commentary, the Greek word translated kindness here is “the divine kindness out of which God acts toward humankind. It is what the [Old Testament] means when it declares that ‘God is good,’ as it so frequently does. Christians should show kindness by behaving toward others as God has behaved toward them.” Basically it means “doing thoughtful deeds to others.”

What is Kindness?

Proverbs 20:28 describes qualities God wants in a leader: “Mercy and truth preserve the king, and by lovingkindness he upholds his throne” (emphasis added throughout).

Throughout the Bible, two other qualities are often associated with kindness: love and mercy. Peter wrote of adding love to “brotherly kindness” (2 Peter 1:7), while Paul wrote about putting on “tender mercies, kindness, humility, meekness, longsuffering” (Colossians 3:13).

What is kindness?

At its core it is a reflection of Christ. It is what we expect of the Lord when we desire good things. Listen to the heart of this employee's prayer for his boss to experience God's kindness in marriage. In the same way your Savior shows you kindness in salvation and with His severe mercy.

It is based on the mind-set described in Philippians 2:3-4: "Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others."

Kindness is humbly giving of ourselves in love and mercy to others who may not be able to give anything back, who sometimes don't deserve it, and who frequently don't thank us for it. Basically kindness means a way of thinking that leads to doing thoughtful deeds for others.

God's Kindness

The kindness of God is our starting place for a holistic view of kindness. He made us for community with himself and other people. For any community to thrive, there must be kindness. God's kindness is powerful. It changes things. Redeems, makes whole, and gives new life. Yet His kindness doesn't just provide fire insurance. His kindness takes up residence in us the minute we surrender to His love. "Love" has been translated from "chesed." Chesed means acts of merciful loving-kindness. God's chesed is unfailing. It isn't based on our ability to reciprocate. "Everlasting kindness" is Chesed. This is God's promise to Israel. It is His character.

Out of the kindness of His heart He has compassion on His children and redeems our mistakes and failures.

- From God's loving kindness, we start to understand how securely loved we are by God, and in that security, we can reach out to those we come across who need a reminder of kindness in their lives.
- Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.— Acts 14:17, NIV
- And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.— Ephesians 2:7, NIV
- "Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.— Isaiah 54:10, NIV
- Consider therefore the kindness and sternness of God: sternness to those who fell, but kindness to you, provided that you continue in his kindness. Otherwise, you also will be cut off— Romans 11:22, NIV

Bible Verses about Kindness

- "And if anyone would sue you and take your tunic, let him have your cloak as well. And if anyone forces you to go one mile, go with him two miles. Give to the one who begs from you, and do

not refuse the one who would borrow from you. You have heard that it is said, ‘You shall love your neighbour and hate your enemy.’ But I say to you, love your enemies and pray for those who persecute you.”Matthew 5:40-43 ESV

- “But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.”Luke 6:27 ESV
- “So whatever you wish that others would do to you, do also to them.”Matthew 7:12 ESV
- “Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.”1 Corinthians 13:4-7 ESV
- “For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.” Galatians 5:13
- “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”Ephesians 4:32 ESV

These Bible verses are the perfect source of inspiration to remind you how important it is to be kind to others. Treat others the way you wish to be treated; you never know the impact your kindness may have on another individual.

Examples of Kindness in the Bible

The Bible touches on every facet of life. Among the bustle of life, mistakes and miracles, there are also many times people

in the Bible showed each other acts of kindness. Here are a few. Many people.

- Abraham was kind to his nephew Lot, when it was time to divide the land. He gave Lot the choicest part.
- Lot was kind to the two Angel’s in Sodom and Gomorrah.
- Moses was kind to the Israelites by praying for them, time and again.
- Ruth was kind to her widowed mother-in-law by not leaving her alone.
- The disciples were kind to each other and all who they came in contact with. They healed and prayed for many, even those who wished them harm.
- Jesus Christ admonished us all to be kind to those who hate us. He also said, love our enemies.
- Paul was kind to Onesimus who was a run away slave. He pleaded for his master to not punish him. Paul was kind to Timothy, Stephen and Silas, his traveling companions.

You’ll find many instances of kindness in scripture the following were some scriptures from Bible

- “The LORD bless him!” Naomi said to her daughter-in-law. “He has not stopped showing his kindness to the living and the dead.” She added, “That man is our close relative; he is one of our guardian-redeemers.” Then Ruth the Moabite said, “He even said to me, ‘Stay with my workers until they finish harvesting all my grain.’”— Ruth 2:20-21, NIV
- “The LORD bless you, my daughter,” he replied. “This kindness is greater than that which you showed earlier: You have not run after the younger men, whether rich or poor.”— Ruth 3:10, NIV

- The islanders showed us unusual kindness. They built a fire and welcomed us all because it was raining and cold.— Acts 28:2, NIV
- May it be that when I say to a young woman, “Please let down your jar that I may have a drink,” and she says, “Drink, and I’ll water your camels too” — let her be the one you have chosen for your servant Isaac. By this I will know that you have shown kindness to my master.— Genesis 24:14, NIV
- Now then, please swear to me by the LORD that you will show kindness to my family, because I have shown kindness to you. Give me a sure sign.— Joshua 2:12, NIV
- Then he prayed, “LORD, God of my master Abraham, make me successful today, and show kindness to my master Abraham.”— Genesis 24:12, NIV

Benefits of Kindness

A kindhearted woman gains respect, but ruthless men gain only wealth. A kind man benefits himself, but a cruel man brings trouble on himself. Proverbs 11:16-17.

Kindness benefits everyone. It brings joy to the giver and peace to the receiver. The recipient reciprocates because respect is embedded in kindness. Kindheartedness facilitates respect as it treats others with dignity and honor. Even when offended or ostracized, a gracious heart takes the higher ground of humility and gentleness. It may not be liked, but it is respected. Kind actions attract the Almighty’s approval.

“O Lord, God of my master Abraham, give me success today, and show kindness to my master Abraham” (Genesis 24:12).

Because of Christ’s great kindness, you are compelled to compassionate action. Ruthless men and women use fear and intimidation to gain wealth and power, but considerate adults do not compromise their character for cash or influence. Indeed, God’s great kindness grants us the favor we need. “The Lord was with him [Joseph]; he showed him kindness and granted him favor in the eyes of the prison warden” (Genesis 39:21).

Who doesn’t need kindness? The undeserving especially need your kindness as a reminder of God’s lasting love and infinite forgiveness. Be kind to the unkind, and they will see what really rests in your heart of hearts. Your kindheartedness will lead others to your source in Jesus Christ. Here the kindness of the Lord leads to repentance.

“Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God’s kindness leads you toward repentance?” (Romans 2:4).

When kindness is hard to give, take some time to stop and ask why

Sometimes kindness is not easy. Sometimes it doesn’t flow out of us like we’d hoped because kindness is not always returned. Is it pride, unforgiveness, or judgment that doesn’t allow the kindness to flow? It is not in our nature to give such humble, merciful kindness to people who don’t deserve it, but we have been given the most wonderful kindness from God in his Son and the gift of his Spirit.

Conclusion

The truth is, in our own strength, we really can’t always be kind. We need help.

We need Him. Let's all make an effort to encourage the people around us, especially the people we love and care about most. Kindness doesn't cost a thing yet it's so valuable. We can build each other up with loving and kind words that promote hope and courage. A kind word can change someone's entire day and we all can use a little kindness. Encourage love and kindness for they are never wasted in God's eyes.

“God's Kindness Changes Us”

“Gracious words are a honeycomb, sweet to the soul and healing to the bones”

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