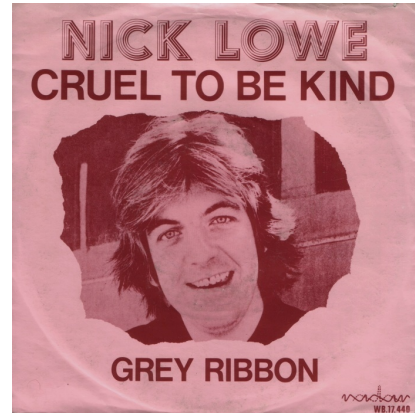


Fruit Of The Spirit — Kindness

²² But the fruit of the Spirit is love, joy, peace, patience, **kindness**, goodness, faithfulness, ²³ self-control; against such things there is no law.

Galatians 5:22-23 (ESV)

In 1979 Nick Lowe recorded and released the single “Cruel to be Kind,” borrowing the song’s hook from William Shakespeare’s *Hamlet*. If you have never heard the song (or just want to listen to some really good rock and roll check it out here: <https://www.youtube.com/watch?v=b0l3QWUXVho>). The song was a hit, rising to number twelve on the charts.



Why might a song that equates cruelty and kindness have been such a big hit?

I must be cruel, only to be kind; Thus bad begins, and worse remains behind.
--William Shakespeare

? What are some ways that we might equate kindness and cruelty?

Key Term: Kind

Adjective

(Kind, Kinder, Kindest)

: Having or showing a friendly, generous, and considerate nature. e.g "she was a good, kind woman"

synonyms: kindly, good-natured, kindhearted, warmhearted, caring, affectionate, loving, warm

antonyms: inconsiderate, mean

Today we will look at the idea of kindness—first as it relates to God and then to us.

The Kindness of God

⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus,⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.

Ephesians 2:4-7 (ESV)

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:31-32 (ESV)

? How does God model kindness in these passages?

? If God were cruel, how would these passages be different?

? How can God's actions empower us to be kind?

Our Kindness

Read the following passages:

A man who is kind benefits himself,
but a cruel man hurts himself.

Proverbs 11:17 (ESV)

Whoever pursues righteousness and kindness
will find life, righteousness, and honor.

Proverbs 21:21 (ESV)

? Kindness is often thought of as something we do for others. How can an act of kindness you perform benefit you?

? How can kindness produce "life, righteousness and honor"?

Consider the following quote:

No act of kindness, no matter how small, is ever wasted.

--Aesop

? Do you agree or disagree with this quote? Why or why not?

? How can God's act of kindness be wasted?

? How can an act of our kindness be wasted?

Application

? How can you allow the truths we have explored about kindness change how you act toward others?

? How could walking in the Spirit lead to increased kindness in your life?

? What is our community application from this study?