

**AGAPE HOUSE OF WORSHIP
WEDNESDAY BIBLE STUDY**

Study Series: The Fruit of the Spirit

Wednesday, July 26, 2023

Lesson 6 - Kindness

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Texts: Galatians 5:22-23. Colossians 3:12-13

The Nine Elements of the Fruit of the Spirit		
1	Love	Love (Agape) is the kind of love God has for His creation. It is pure, selfless and self-sacrificing; seeking the best for others (even enemies) at all times, at all costs.
2	Joy	The joy here is much deeper than a sense of happiness or gladness from life's circumstances. It is a profound delight and rejoicing that comes from knowing and serving God.
3	Peace	Peace is an unshakeable inner calm that can be a rare quality in turbulent times.
4	Forbearance	Also called longsuffering, forbearance has the common synonym "patience." It also means to delay repayment of a debt.
5	Kindness	Kindness is looking beyond our interests to the interests of others.
6	Goodness	This fruit of the Spirit is an attribute of action. It means living one's life with good morals and motives as well as doing good things for others.
7	Faithfulness	Faithfulness is steadfastness, constancy, or allegiance; it is carefulness in keeping what we are entrusted with.
8	Gentleness	Gentleness is the quality of being kind and careful. The way a Christian engages with others is what the fruit of gentleness is all about.
9	Self-control	Ability to control our thoughts, emotions, and actions.

Scripture Focus:

*Galatians 5:22 "But the fruit of the Spirit is love, joy, peace, forbearance, **kindness**, goodness, faithfulness"*

INTRODUCTION

Reminder: What is the Fruit of the Spirit?

The fruit of the Spirit is the result of the Holy Spirit's presence and formative work in the lives of maturing believers. The elements of the fruit of the Spirit are itemised in Galatians 5:22-23. Today we are looking at the 5th element called Kindness.

What is Kindness?

- Kindness is choosing to do something that helps others, motivated by genuine love. It is often putting people's needs before our own. Kindness is defined as the quality of being friendly, generous, and considerate
- Kindness is the purposeful, intentional, act\ nature\character of God that saves us. It is the way God relates to his people. *Titus 3:4-5 "But when the kindness and love of God our Saviour appeared, he saved us, not because of righteous things we have done, but because of his mercy."* , *Luke 6:35 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 is kind to the ungrateful and the selfish.*

The Greek word for 'kind' is **chrestos**—meaning 'useful.' This means that kindness involves action.

Because Kindness is the fruit of the Holy Spirit, it cannot be shown without the help of the **Holy spirit**.

THE CHARACTERISTICS OF KINDNESS

1. **Kindness operates with all the fruit of the spirit;** Kindness is a fruit that can not operate on its own, it's rooted in love and all other fruit of the Spirit.

1 Corinthians 13:3,NIV "If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing." It is being intentional, selfless, caring,

compassionate, and unconditional. Like love, it takes practice to understand and feel it. It is always looking for the good of others, doing things without expecting anything in return. Sometimes Kindness can sound brutal even though it always comes from a heart of great love.

2. **Kindness is Grace;** Showing people love when they do not deserve it shows you are Kind. As humans we make mistakes but giving people the opportunity to prove themselves is Kindness. This means thinking before speaking, forgiving before seeking revenge, and thinking about long-term relationships instead of short-term pride. If we could all remember that none of us are perfect, we would be a lot kinder to each other.
3. **Kindness is a movement;** That's because kindness is a chain reaction. It's a wave that keeps rolling, and all it needs is one person to start it. One small kind act can cause a ripple effect that impacts an entire community. If we are all focused on being kind, we are creating a movement of change. You know that famous "be the change you wish to see in the world" quote?

EXPRESSIONS OF KINDNESS

The meaning is in how **YOU** choose to express it. Be it through empathy, Evangelism, appreciation, acceptance, kind gestures, thoughtfulness, giving, feeding people, protecting, doing nice things without expecting nice things in return, etc the possibilities are entirely up to you. Col3:12-13

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave us."

Ephesians 4:32,

Question: What is the difference between the way the world views kindness and Kindness, the fruit of the spirit?

Examples of Acts of Kindness in the Bible

1. Jesus: Jesus was perfectly selfless in everything He did. Flowing unceasingly from Him, kindness was His lifestyle. He took notice for the cause of the needy, intentionally and consistently seeking them out, even when He was tired and weary. Without partiality, He was kind to everyone, even if they didn't "deserve" it. He turned no one away. And by the shedding of his blood on the cross, He demonstrated His love for the entirety of humanity – the ultimate act of kindness. Christ is the perfect role model of kindness John 3:16, Romans 5:8, Acts 14:17,
2. The good Samaritan Luke 10: 25-37
3. Ruth in the Bible showed immense kindness to her mother in law Naomi. Ruth 1:16-17
4. David showed Johnathan's son. 2 Samuel 9:1, 1 Samuel v16-17, 1 Samuel 20:12-17,
5. Joseph The dreamer. Genesis 42:25, Genesis 45, Genesis 50:15,20 6, Stephen, Act 6&7

Benefits of Kindness

1. In Psalm 141:5, for example, the Bible says that the rebuke of a righteous man is a kindness. And this is true of the Spirit's work of conviction in our lives, too.
2. Romans 2:4 speaks of God's kindness being what leads us to repentance. And if you think about this, the path to repentance often feels like a very severe process as God reveals our sin and shows us the depths of our need for His forgiveness and change in our lives.
3. Kindness benefits everyone. It brings joy to the giver and to the receiver who may not reciprocate.
4. Kindness facilitates respect as it treats others with dignity and honour. Even when offended or ostracised, a gracious heart takes the higher ground of humility and gentleness. It may not be liked, but it is respected.
5. Kind actions attract the Almighty's approval and it has the power to soften people's hearts.

Question: What would happen if you committed to performing at least one act of kindness every day?

CONCLUSION

Kindness should come naturally to us because it's part of the fruit the Holy Spirit produces in us, but sometimes we need extra encouragement or ideas to get us started e.g Say thank you! I am Sorry, You look good. Kindness is a lifestyle. It is a daily practice. It is a choice. Choose to be Kind everyday!