

Fresh Fruit Part 7 - Sunday

October 16, 2022

Kindness!

Galatians 5:22-23

Galatians 5:22, *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.*

Titus 3:4, *But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy.*

Colossians 3:12, *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

2 Corinthians 6:3, *We put no stumbling block in anyone's path, so that our ministry will not be discredited. 4 Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; 5 in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; 6 in purity, understanding, patience and kindness; in the Holy Spirit...*

Common Obstacles to Kindness:

1. Past **HURT**

Ruth 2:11, *Boaz replied, "I've been told all about what you have done for your mother-in-law since the death of your husband... 12 May the LORD repay you for what you have done.*

2. Relational **BREAKDOWN**

2 Samuel 9:1, *David asked, "Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan's sake?"*

3. BUSYNESS

Luke 10:33, *But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. 34 He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him.*

4. PREJUDICE

Jonah 4:11, *And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left...*

5. JEALOUSY

Genesis 4:4, *And Abel also brought an offering—fat portions from some of the firstborn of his flock. The LORD looked with favor on Abel and his offering, 5 but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast.*

Practical Ways to Show More Kindness:

Proverbs 11:17, *Those who are kind benefit themselves, but the cruel bring ruin on themselves.*

1. Be PERCEPTIVE to the Needs of Others

Philippians 2:4, *Each of you should look not only to your own interests, but also to the interests of others.*

2. Be SENSITIVE to the Emotions of Others

Romans 12:15, *Rejoice with those who rejoice; mourn with those who mourn.*

3. Be MINDFUL of Your Words With Others

Proverbs 15:4, *The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.*

4. Be SPONTANEOUS With Actions Towards Others

Galatians 6:10, *Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers."*

Luke 6:31, *Do to others as you would have them do to you.*