

LOVE IS KIND

What do you think about when you think about being kind? Or when you think about kindness? Some of us may think of someone that we know who is especially kind.

Let us look at three ways of how we can develop kindness.

1. CONSIDER GOD'S KINDNESS

Romans 2:4 “Don’t you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can’t you see that his kindness is intended to turn you from your sin.”

Psalms 145:17 “The Lord is righteous in everything he does; he is filled with kindness.”

He expressed his kindness when he sent Jesus to be our substitute. He expresses his kindness to us each day in many ways.

Hebrews 10:24 “In response to all he has done for us, let us outdo each other in being helpful and kind to each other and in doing good.”

The grace of God is powerful. It is his kindness that leads us to repentance. How kind, tolerant and patient am I? The way I treat others, is it a reflection of how God treats me?

There are many examples of kindness shown throughout the Bible:

- Pharoah to Jacob
- Pharoah's daughter to Moses
- Rahab to the spies
- David to Mephibosheth
- Mordecai to Esther
- Joseph to Mary
- John to Mary
- Julius to Paul

As we reflect on God's kindness, it inspires us and provides us with an example of what true kindness is.

2. BE LED BY THE SPIRIT

Galatians 5:22-23 “*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*”

Galatians 5:16-17 “So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.”

Galatians 5:24-25 “Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.”

As we are led by the Spirit, we can be used by God to show kindness to that person who is struggling or that person who needs to be encouraged or that person who needs to know that God loves them – we are his ambassadors.

3. BE INTENTIONAL

If we want to show love that is kind, we need to be intentional.

1 Thessalonians 5:11 *“So encourage each other and build each other up, just as you are already doing.”*

The Bible is full of verses, encouraging us to be kind: **Ephesians 4:32; Proverbs 3:3a; Colossians 3:12; Philemon 1:7**

Being intentional also means evaluating ourselves.

James 1:19-20 *19 “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires.”*

Hebrews 12:11 *“No discipline is enjoyable while it is happening—it’s painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.”*

CONCLUSION

1 Corinthians 14:1 *“Pursue this love with eagerness, make it your goal.”*

Action is needed - **1 John 3:18**