

FRUIT of the Spirit

KINDNESS

Prayer for the Fruits of the Spirit

O Bounteous Spirit, we ask you to bring forth in our lives your fruits: the fruit of love, so we may love you above all things and all others for your sake; the fruit of joy, that we may find our delight in your service; the fruit of peace, that we may be pardoned through your mercy and find our rest in your love; the fruit of long-suffering, so that we may bear with patience all afflictions; the fruit of gentleness, that we may subdue all anger and take calmly and sweetly all trials and provocations; the fruit of meekness, that we may forgive freely all who hurt us and endure with patience all burdens that are laid upon us; the fruit of temperance, that we may restrain all desires and bring them into the subjugation of your holy will. Amen.

Kindness is one of the basic Christian virtues that governs all relationships.

Think about those situations that challenge you to be kind. Is your tendency to be unkind manifested in your body language, your words, and/or your actions? Are you critical of things you don't understand? Do you forget to remember where you came from?

CULTIVATING KINDNESS

- ✓ **Caring is a part of KINDNESS.** Caring about others dispels unfriendliness, a lack of compassion and a judgmental spirit.
 - Get involved with others
 - Pay attention to the needs of others
- ✓ **Thinking is a part of KINDNESS.** When we grow in our concern about people, we begin to think about others and the conditions of their lives.
- ✓ **Noticing is a part of KINDNESS.** We should use our God-given capacity for observation. "The hearing ear and the seeing eye, the Lord has made both of them" (*Proverbs 20:12*). "The eyes of the Lord are upon the righteous, and His ears attend to their prayer" (*1 Peter 3:12*)
- ✓ **Touching is a part of KINDNESS.** Think of KINDNESS as the tender touch of concern and compassion. In the story of the man with leprosy, Jesus reached out and touched him (*Luke 5:12–13*). After the death of a widow's only son, Jesus reached out and touched the coffin (*Luke 7: 12–15*). As Jesus was leaving Jericho, He touched two blind men's eyes. (*Matthew 20:29–34*)

ASSIGNMENT

1. Pray for God to fill your heart with His compassion as you walk each day and every step along the way with Him. *You will learn that prayer & hatred don't mix.*
2. Spend time with God owning up to any ill will you have toward an individual or group of people. Ask for God's help in demonstrating the Spirit's kindness to those people.
3. Ask God to help you become more of a comforter and less of a confronter.
4. Remember to love your neighbor as yourself.