

## **The Fruit of the Holy Spirit pt. 5**

Welcome to Harvest Community Church

Series: The Holy Spirit

**Text: Galatians 5:22-23**

### **Kindness and Goodness**

Kindness and Goodness are often so similar that they can be indistinguishable. Kindness is often described as goodness in **action**. Good is the opposite of evil. The truth is we know goodness when we see it and we know evil when we see it. **Psalm 105:5, Psalm 34:8** When we are good and do good we are acting like God the Father. Goodness is both Fruit and character. If we have the character of Goodness, then our life will be one of Kindness. Kindness is powerful and overcomes evil every time.

Here are some verses on Goodness: **Romans 12:21, Gal. 6:10, Isaiah 5:20, 1 Thess. 5:21, Romans 8:28, Psalm 37:3, Proverbs 11:27, Romans 12:9**

Goodness speaks of service or ministry to another. It is a spirit or attitude of generosity put into the action of serving or giving. Goodness incorporates a basic personal **integrity**. The Fruit of the Spirit promotes a person of guilelessness. Goodness is a relative term. Something or someone is good relative to some standard. The ultimate standard of goodness is the character of God Himself.

Kindness comes from the Greek word chrestotes – a sweetness and a gracious disposition in character and attitudes. It encompasses compassion and tenderness when dealing with others. The Word describes the ability to act for the **welfare** of others and a gentleness and patience with those who are taxing your ability to be gentle with them. The Holy Spirit removes the **abrasive** qualities of our personality and character while giving us the ability to love truthfully and to help sharpen and teach others. **Ephesians 5:9, Ephesians 4:31-32**

If patience is how love reacts in order to minimize a negative circumstance, Kindness is how love acts to **maximize** a positive circumstance. Love makes you kind. Kindness makes you likeable. When you are kind, people want to be around you. Kindness is gentle. When people are mean and ornery, if we refuse to respond in kind, but choose to be kind, we can make a difference in their life. **Proverbs 3:3-4 (NASB)** Kindness is a virtue of grace. It involves a willingness to keep one's power and authority in check.

Kindness understands that it is one thing to speak truth and another to speak truth in love. Nothing can turn a difficult discussion around like kindness. Nothing can heal a hurt or bind up a wound like kindness. Nothing can make a friend of an opponent like kindness. Kindness is going out of your way to do something good for someone with a positive and caring attitude. Kindness is showing **compassion** for where someone is at and taking the time to personally reach out to them in a way that conveys that you care. **Proverbs 19:22**

Kindness has several key elements to it:

- Kindness is Gentle - You are careful with your words, approach and volume. It involves being sensitive. Sensitive is not some touchy-feely weak way of looking at people. Sensitive means you realize that people need tenderness and not harshness. Even if you need to say difficult things you take the time to word a rebuke or a correction in a way that will not damage someone and so that it will accomplish what needs done.
- Kindness is Helpful - Being kind means that you meet the needs of the moment. Many times, people are overwhelmed and need a listening ear before they need advice. Kindness is willing to serve.
- Kindness is Willing - The Bible says if someone wants your coat give them the shirt off your back as well. If they need you to go walk a mile go the second mile with them. Rather than complaining about a person's attitude or neediness or difficulty and quirkiness kindness is willing to work with them and to be agreeable and understanding.
- Kindness Initiates - Kindness thinks ahead and anticipates what needs done or how to respond. When I work in the yard one of the things my wife does that is a real blessing to me is how she brings me water or notices that I have drank all my water and brings it out and has it ready when I take a break.  
~Don't wait for kindness or agreeableness to be kind; Love initiates.
- Kindness Forgives - The verse says, "Be kind to one another tenderhearted, forgiving each other just as God in Christ forgave you". There is no greater expression of love than to forgive. It is an undeserved and unearned kindness that can never be fully repaid.

This is probably one of the hardest parts of kindness. It is one of the hardest parts of daring to love. Kindness says, "I will let the past be the past". It lets people out of the prison they have built for themselves and says be free. True love keeps no record of wrongs and refuses to dwell on the past.