Fruit of the Spirit

Lesson 5: Wednesday, April 20, 2022

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**TEACHING NOTES**

**Fruit of the Spirit: Kindness**

**Greeting:**

Good evening church! What a blessing it is to be here with you on this day that the Lord has made as we study and seek Him together! If we haven’t met, or you are new or visiting tonight, my name is Justin Ader and I am the Youth Director here at Disciples Church. As we prepare to study God’s Holy Word, will you please join me in asking God to enlighten our minds and hearts? Pray with me.

**Introduction:**

For the past month we have been studying what is called the fruit of the Spirit. We find this fruit listed in Galatians chapter 5 verses 22 and 23. If you have your Bibles, please open them up to Galatians chapter 5. Galatians is found in the New Testament just after 2 Corinthians and before Ephesians. This letter was written by the Apostle Paul to a group of churches in Galatia, which is a region of present-day Turkey. The Apostle Paul’s audience for this letter were the believers—Christians—of these churches in this region. Paul wrote this letter sometime between A.D. 48 and 55, almost 2,000 years ago. In chapter 5, Paul shows us how the gospel of grace leads us to godly living. I want to start our evening off by reading Galatians 5:16-25 for some context.

In this passage, Paul distinguishes between walking in the flesh and walking by the Spirit. Look with me at…

Galatians 5:16-25 16 But I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. 18 But if you are led by the Spirit, you are not under the law. 19 Now the works of the flesh are evident: sexual immorality, impurity, sensuality, 20 idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, 21 envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. **22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.** 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also keep in step with the Spirit.

Tonight, we will be learning about kindness as a fruit of the Spirit. My aim tonight is to start off by giving you some definitions regarding the fruit of the Spirit and kindness. Then I want to show you what God’s Word says about kindness by looking at kindness as one of God’s attributes, the command for Christians to be kind to both neighbor and one another, examples of kindness given in Scripture, and lastly, looking at some practical application for us to grow in kindness. So let’s start with some definitions.

1. **Definitions**

I want to begin by defining the phrase “fruit of the Spirit” and the word kindness.

* 1. **What is the fruit of the Spirit?**

The Greek word for fruit—*karpos*—can be defined as that which originates or comes from something, an effect, a result. It is a work. The word Spirit in the text is referring to God the Holy Spirit, third person of the Trinity. So, the fruit of the Spirit is the result of God the Holy Spirit’s presence in the life of a Christian. All people who have a true profession of faith in Jesus Christ have the Holy Spirit dwelling in them. The indwelling of the Holy Spirit is the action by which God takes up permanent residence in the body of an elect person at regeneration. Everyone who has been truly born again will persevere in saving faith forever by the power and work of the Holy Spirit. The Holy Spirit is the Christian’s seal of salvation. If you belong to Jesus then your salvation is sealed, never to be lost. The Holy Spirit enables us Christians to understand God’s Word, convicts us of sin, comforts us, prays for us, leads us, gives us spiritual gifts, and causes in us an increasing desire and ability to obey God. One of the evidences of having saving faith is you will imperfectly but increasingly show the fruit of the Spirit. The fruit of the Spirit is opposed to the works of the flesh. The fruit of the Spirit is produced in all true believers, and they are characteristics of a Christian that need to be practiced. According to Scripture, it is not proper for a Christian to ever say that God will grow me as He sees fit, and all I need to do is sit back and watch.

Rather, we are called to work. We will see this a little later. Now I want to look at the definition of the specific fruit we will be learning tonight, kindness.

* 1. **What is kindness?**

The 1828 Webster Dictionary defines kindness this way:

1. Good will; benevolence; that temper or disposition which delights in contributing to the happiness of others, which is exercised cheerfully in gratifying their wishes, supplying their wants or alleviating their distresses; benignity of nature. Kindness ever accompanies love.

What I like about this 200 year old dictionary is that not only does it give a lengthy definition, but it also sometimes references Scripture for an example of the definition. In this case for kindness, the 1828 Webster Dictionary references Acts 28.

Acts 28:1-2 1 After we were brought safely through, we then learned that the island was called Malta. 2 The native people showed us unusual **kindness**, for they kindled a fire and welcomed us all, because it had begun to rain and was cold.

A simple definition from the Dictionary app says this: Kindness is the quality of being gentle, caring, and helpful.

As you can see, these definitions are equated with being pleasant. But, they seem to imply that kindness is only about being gentle, caring, and helpful in such a way that it makes the person happy or meets their needs.

While Scripture defines kindness in this way as well, it also has an added layer of defining the word kindness.

1. **What does the Bible say about kindness?**

In the ESV translation, the word kindness is used throughout all of Scripture 31 times. Out of those 31 times that kindness is mentioned, one of them has a view of kindness not being pleasant for the one receiving the kindness. According to Scripture, kindness may not always be pleasant, but it is still kindness nonetheless. We see this directly taught in Psalm 141, which is a Psalm of David. I am going to read verses 1-5.

Psalm 141:1-5 1 O LORD, I call upon you; hasten to me! Give ear to my voice when I call to you! 2 Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice! 3 Set a guard, O LORD, over my mouth; keep watch over the door of my lips! 4 Do not let my heart incline to any evil, to busy myself with wicked deeds in company with men who work iniquity, and let me not eat of their delicacies! **5 Let a righteous man strike me—it is a kindness; let him rebuke me—it is oil for my head; let my head not refuse it.** Yet my prayer is continually against their evil deeds.

David says that it is kind for a righteous person to rebuke him. He prays to God for a righteous man to rebuke him, and he prays that he won’t refuse that correction. Why? Because it is a kindness. You see, if our brother or sister in Christ is in sin, we are not showing kindness to leave them there stuck in it.

It is kind to rebuke them and call them to repentance. David says that it is oil for his head, meaning that it is a blessing for a righteous man to call him out if he falls into sin and to correct him. If you have read the four gospels—Matthew, Mark, Luke, and John—then you know that Jesus called the Pharisees out a lot. That wasn’t pleasant, but it was kind, because Jesus was exposing their sin. We will see a lot more Scripture references in regards to kindness, but let’s take a deep and thorough look at…

* 1. **Kindness as God’s Attribute**

The attributes of God are the character traits of God as they are revealed to us in the Scriptures. Kindness is one of God’s attributes, one of His character traits. The late theologian A.W. Pink did an excellent job writing on this attribute of God and so I will be referencing some of his quotes. A.W. Pink titled his article, “The Loving-Kindness of God.” In the ESV translation that we use here at Disciples Church, the words steadfast love in the Old Testament are used in place of the words loving-kindness and kindness. Whenever you see the words steadfast love in the Old Testament of the ESV, you could simply think of it referring to kindness. Just a side note. In some older translations and other more literal translations, they used the word kindness or loving-kindness. Here is an example just to show you and in this passage we also get to see God’s loving-kindness.

Psalm 36:7 (ESV) 7 How precious is your **steadfast love**, O God!

The children of mankind take refuge in the shadow of your wings.

Psalm 36:7 (YLT) How precious [is] Thy **kindness**, O God, And the sons of men In the shadow of Thy wings do trust.

Psalm 36:7 (NASB1995) How precious is Your **lovingkindness**, O God! And the children of men take refuge in the shadow of Your wings.

The Greek word that is used for love in the ESV translation of Psalm 36:7 is actually defined as kindness, goodness, and faithfulness. These three are all fruit of the Spirit. Isn’t it amazing Church that in this Greek definition of the word love, we see how closely the fruit of the Spirit is all tied together? Pastor Steve said this in his lesson on love: *“The fruit of the Spirit is not patience alone, it is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. To say you are good with only growing in one aspect of this all-encompassing fruit of the Spirit is to not be lined up with Scripture and God’s truth. The fruit of the Spirit is all of these particular characteristics being played out in a genuine believer’s sanctification. You do not get to say I am growing here but I am declining over there. That would be a miss-application of the fruit at best.*

*So see that we should be looking for and striving to grow in all of these things since they are all The Fruit of the Spirit.*

*Another quick way to say this is that the Fruit of the Spirit is singular. The passage does not say fruits of the Spirit. The fruit that the Spirit produces in us is all of these characteristics or it is not the singular fruit as the passage declares.*

*For clarity's sake some of us will grow in various aspects of this fruit faster than other aspects, I do not think the passage declares growth will happen evenly in all of these parts, but the passage is clear that all of these are the singular fruit of the Spirit and therefore all of us who claim Christ must be maturing in all of these individual characteristics to be truly growing in the Fruit of the Spirit.”*

In regards to God’s kindness, A.W. Pink said this: *“Scripture speaks of “the multitude of His loving-kindness,” and who is capable of numbering them? Said the Psalmist, “How excellent is Your loving-kindness, O God!” (Psalm 36:7) No pen of man, no tongue of angel, can adequately express it. Familiar as this blessed attribute of God’s may be to people, it is something entirely peculiar to divine revelation. None of the ancients ever dreamed of investing his “gods” with such an endearing perfection as this. None of the objects worshiped by present-day heathen possess gentleness and tenderness; very much the reverse is true, as the hideous features of their idols exhibit. Philosophers regard it as a serious reflection upon the honor of the Absolute to ascribe such qualities to it. But the Scriptures have much to say about God’s loving-kindness, or His paternal favor to His people, His tender affection toward them.”*

God is the Almighty Creator, Sustainer, and Ruler of everything. He is perfect, and the standard by which all things are measured. God’s kindness is perfect, church. There is no one higher, no one greater, and no one like our God brothers and sisters. The Triune God is the only One who could ever hold and display kindness perfectly. God is holy—set apart. God is pure. We, as His creatures, are fallen because of sin and therefore cannot hold and display kindness perfectly.

But, if you belong to Jesus Christ, then you are called to strive for holiness, you are called to kindness. This work is done by the perfect Holy Spirit who dwells within you. It is God the Holy Spirit—the perfect One—who produces the fruit of the Spirit out of each of us. We will get to more of this shortly, but hear this quote church from A.W. Pink: *“Marvelous it is, that One so infinitely above us, so inconceivably glorious, so ineffably holy—should not only notice such worms of the earth, but also set His heart upon them, give His Son for them, send His Spirit to indwell them, and so bear with all their imperfections and waywardness as never to remove His loving-kindness from them.”*

Let’s look to Scripture now to see God’s attribute of kindness towards His saints—redeemed sons and daughters of the living God.

Ephesians 1:4-5 4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will.

Christian, God chose you before the world was created—before its foundation was laid. He chose you to be holy and blameless. It was God’s love, His kindness that did this. He predestined (chose us) to be adopted into His eternal family through Jesus Christ our Lord and Savior. This was God’s will for you and me and all those who belong to Jesus. This displayed God’s perfect kindness. Why? Because we didn’t deserve it. We deserved His wrath, not His kindness.

Because of sin, we all deserve death and punishment. But in God’s kindness and grace, He chose a people to reconcile back to Himself to dwell with Him in His presence forever.

1 John 4:9-10 9 In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. 10 In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins.

Christian, God the Father chose you and sent His Son Jesus to do the work required in order for you to be saved from sin and death. This was done not out of our love for God, but out of His love for us. He sent Jesus to be the propitiation for our sins meaning that Jesus appeased God’s wrath towards us sinners. God’s wrath was laid upon Jesus on the cross. This was the plan from the beginning.

WoTC Q56. What is the Covenant of Redemption?

The Covenant of Redemption is the plan and decree made before creation between God the Father, God the Son, and God the Holy Spirit to graciously redeem the chosen ones from sin and punishment based on the work required of Jesus. All of creation is set in the context of this divine plan.

Jeremiah 31:3 3 the LORD appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my **faithfulness** to you.

The Hebrew word for faithfulness here means kindness. It’s the same as the Greek word for steadfast love. Remember, these words are all connected. Church, God loves us with an everlasting love, and because of this everlasting love towards us, God has continued showing kindness towards us.

Hosea 2:19 19 And I will betroth you to me forever. I will betroth you to me in righteousness and in justice, in **steadfast love** and in mercy.

As Christians, we are the bride of Christ. We are betrothed to Christ forever. A.W. Pink says, *“Having made us willing in the day of His power to give ourselves to Him, the Lord enters into an everlasting marriage contract with us!”* The word used for love in Hosea 2:19 means kindness in the Hebrew language. So in God’s kindness and mercy, we will remain His forever. God’s kindness is never removed from the Christian—His children. Even in your moments of despair or tribulation, God’s kindness never leaves you.

If you are a Christian—a child of God—then you are in Christ and nothing can separate you from the loving-kindness of God. We belong to God, He has made a covenant with us in Christ, and our sins cannot void that covenant promise because the covenant wasn’t conditioned upon our works, but on God’s grace. A.W. Pink said, *“The loving-kindness of God towards His people is centered in Christ.”*

God’s kindness is meant to lead people to repentance.

Romans 2:4 (NASB1995) 4 Or do you think lightly of the riches of His **kindness** and tolerance and patience, not knowing that the kindness of God is meant to lead you to repentance?

The apostle Paul is talking about what man calls “common grace.” Common grace is the benefit that God bestows on all men temporarily while He carries out His plan to redeem His elect. Scripture talks about God causing the rain to fall upon the just and unjust alike. The purpose for God to hold back and be patient from executing judgment is so that His kindness would lead people to repentance. Church, none of us deserve to be alive. As soon as sin entered the world through Adam, God could have squashed it all in that moment. But He didn’t. That wasn’t the plan. So although God is giving what we typically refer to as a common grace and is holding back judgment for the purpose of leading His elect to repentance, the reprobate are also simultaneously storing up wrath for themselves.

The reality is that the more goodness of God that is displayed to them in their life, the greater their consequence will be at their judgment for suppressing this truth.

Romans 2:5 5 But because of your hard and impenitent heart you are storing up wrath for yourself on the day of wrath when God's righteous judgment will be revealed.

God’s kindness will not remain on everyone forever. A day of judgment is coming when God’s kindness will be exchanged for the unbeliever with God’s wrath for their sin.

Romans 11:22 22 Note then the **kindness** and the severity of God: severity toward those who have fallen, but God's kindness to you, provided you continue in his kindness. Otherwise you too will be cut off.

As Christians we are disciples of Christ Jesus, and as true disciples of Christ we are to imitate Him in all our ways. God’s perfect attribute of kindness is to be imitated by us. Late theologian R.C. Sproul said, *“By the Holy Spirit, God inscribes His own nature on our hearts.”* So if we belong to Jesus Christ, then there is a command on us to show God’s kindness to all people.

* 1. **The Command for Christians to be Kind**

Church, we are commanded to be kind. Kindness happens as a result of the Spirit’s work to sanctify us by the Word of God. The Apostle Paul tells us to not be conformed to the world, but to be transformed by the renewal of our minds. This is done by the Spirit first and foremost, and by our own effort to be focused on godliness.

As Christians, we need to put to death the old self and focus on maturing in Christ. This is done by practicing the spiritual disciplines we recently learned—Bible study, prayer, discipleship—to name a few. Here is the command from Scripture for us to put on kindness.

Colossians 3:12 12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, **kindness**, humility, meekness, and patience.

* + 1. **Kindness Towards Enemies & One Another**

As Christians, we are called to display kindness towards everyone, both to our enemies (the world) and fellow brothers and sisters in Christ (one another). Scripture tells us that we are to be imitators of God as dear children of His.

Ephesians 5:1 1 Therefore be imitators of God, as beloved children.

As God’s beloved children, it should be our joy to display kindness to those around us, not because they deserve it or have earned it, but because God has been so kind to us. This kindness from God towards us should strengthen our faith and stimulate our worship of Him.

We should resonate with David when he said in…

Psalm 63:1-3 ​1 O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. 2 So I have looked upon you in the sanctuary, beholding your power and glory. 3 Because your steadfast love (**Kindness**) is better than life, my lips will praise you.

The loving-kindness that God has for us should fill our cups and overflow out of us towards others. We should show loving-kindness to our enemies.

Luke 6:35 35 But 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 evil.

Jesus’ words here are huge! This is not easy for us to do in our flesh. To love our enemies, to be kind to them. To lend to them expecting nothing in return. But as Christians we don’t do it because we expect something in return or because they deserve it, we do it because we are sons and daughters of the Most High. Our Heavenly Father is kind to the ungrateful and the evil. The Scriptures say that we are to be kind to one another.

Ephesians 4:32 32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

In this verse, the word for kind means mild and pleasant. This is opposed to being harsh and bitter. When we see the phrase “one another” in the New Testament, it is referring to Christians. Christians, be kind to one another. Christians, forgive one another. Christians are to practice the “one anothers” with each other.

These are commanded of us by our good God. Before moving on, I want to look at a term called “brotherly kindness”, or “brotherly affection” as the ESV puts it. We see this used in 2 Peter. Open your Bibles up to…

2 Peter 1:1-10 1 Simeon Peter, a servant and apostle of Jesus Christ,

To those who have obtained a faith of equal standing with ours by the righteousness of our God and Savior Jesus Christ: 2 May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. 3 His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. 5 For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, 6 and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, 7 and godliness with **brotherly affection (Kindness)**, and **brotherly affection (Kindness)** with love. 8 For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. 9 For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. 10 Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall.

Brothers and sisters in Christ, the Apostle Peter says that we are to have a brotherly affection or kindness for one another. These character traits that Peter lists in this passage are critically important for us as Christians. We should be growing in them and maturing in how we interact with one another and show each other kindness. In a solid family, brothers and sisters love one another and they look out for each other. They have each other's back. I pray that we would be known by this type of loving-kindness among our community. That we would be united as one in Christ, showing an abundance of kindness towards one another just like the early church did.

Acts 11:27-30 27 Now in these days prophets came down from Jerusalem to Antioch. 28 And one of them named Agabus stood up and foretold by the Spirit that there would be a great famine over all the world (this took place in the days of Claudius). 29 So the disciples determined, every one according to his ability, to send relief to the brothers living in Judea. 30 And they did so, sending it to the elders by the hand of Barnabas and Saul.

When one has a need in the church, we show kindness by going above and beyond to help one another.

Romans 12:10 10 Love one another with brotherly affection (or kindness). Outdo one another in showing honor.

I see this happening here at Disciples Church all the time. It is very encouraging. We need to always be striving towards maturity in kindness. This type of kindness is a result of the Spirit’s work in and through us, as well as obedience to the command in…

Philippians 2:3-4 3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others.

Pastor Alexander Strauch said, *“Kindness is a readiness to do good, to help, to relieve burdens, to be useful, to serve, to be tender, and to be sympathetic to others. It has been said, “Kindness is love in work clothes.”*

We have now learned about showing kindness in our actions by practicing the “one another’s” and showing brotherly kindness, but what about our communication with people.

* 1. **Wisdom in Kindness**

Proverbs has a lot to say about kindness in general, and it also has a lot to say about how we show kindness in our communication. I hope you are ready for a couple of tours. We are going to take a couple through Proverbs.

Let’s start with learning some communication skills from the wisdom of Solomon. Listen closely as I read and see the kindness here that we should show to others in our speech.

Proverbs 16:24 24 Gracious words are like a honeycomb, sweetness to the soul and health to the body.

Proverbs 15:1 ​1 A soft answer turns away wrath, but a harsh word stirs up anger.

Proverbs 25:11 11 A word fitly spoken is like apples of gold in a setting of silver. Proverbs 15:4 4 A gentle tongue is a tree of life, but perverseness in it breaks the spirit.

Proverbs 12:18 18 There is one whose rash words are like sword thrusts, but the tongue of the wise brings healing.

Proverbs 12:25 25 Anxiety in a man's heart weighs him down, but a good word makes him glad.

One last verse on communication. Proverbs 31 talks about the characteristics of a godly woman—a woman who fears the LORD. Sisters here tonight and at home, listen to…

Proverbs 31:26 26 She opens her mouth with wisdom, and the teaching of **kindness** is on her tongue.

Church, do you see the difference here of what is kind, and what is unkind? A lot of us fail daily to show kindness to each other.

There are a multitude of reasons we could give as to why this is the case…maybe we are going through something real trying that has us undone…maybe we just lost a loved one…maybe we just lost our job…or maybe we are just hangry. Whatever the reason may be, we cannot let that reason rob us of kindness towards each other and the world. Let’s take another tour and look at some more wisdom from Proverbs on kindness.

Proverbs 11:17 17 A man who is **kind** benefits himself, but a cruel man hurts himself.

Proverbs 19:17 17 Whoever is generous to the poor lends to the LORD, and he will repay him for his deed. The word generous here in the Hebrew means to bend or stoop in kindness to an inferior—someone regarded as less important.

Proverbs 19:22 22 What is desired in a man is steadfast love, and a poor man is better than a liar. Once again, you could exchange steadfast love here for kindness. What is desired in a man is kindness. This proverb even states that a poor, kind man is better than a rich unkind liar.

Proverbs 21:21 21 Whoever pursues righteousness and **kindness** will find life, righteousness, and honor. Last one of the tour…

Proverbs 3:3 3 Let not steadfast love (aka **kindness**) and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.

Church, I hope that you see from these tours of Proverbs what kindness looks like for us as believers in Jesus Christ. Don’t let kindness be absent from you. Pursue godliness and grow in kindness towards all.

Put God’s kindness on display for all to see. So what are some ways in which we can grow as Christians in kindness as a fruit of the Spirit?

1. **Practical Application to Grow in Kindness**

It is important to remember that true kindness is not produced by us. True kindness is produced in us by the Holy Spirit. That is why it is a fruit of the Spirit, not a fruit of Justin. True kindness is supernatural because it is from God the Holy Spirit. There is a difference between supernatural kindness and superficial kindness.

* 1. **Superficial vs. Supernatural**

Supernatural kindness is produced in you by God. The Holy Spirit works on our hearts, enabling us to display genuine kindness. Superficial kindness on the other hand is fake kindness that a person produces. It is a forced kindness towards others. There is a difference between being nice and being kind. They are not the same thing. Being nice to someone is more of a shallow gesture, whereas genuine kindness goes deep. It’s easy to put on that smile and greet one another and give a hug or get the door for someone. That is called being nice. But putting on kindness takes a lot more effort. It may cost you something; like your time, your money, your energy, your comforts, and so forth. A true Christian will grow in their kindness towards others as they are sanctified by the Spirit.

For clarity, not every Christian will grow at the same rate in this, but growth should be evident over time as the Spirit is at work in true believers of Jesus Christ. If you haven’t seen substantial growth in your kindness towards others, know that if you truly belong to Jesus, this will be produced in you. A seed does not transform into a tree overnight, but with careful watering, tending, and patience, a seed will slowly grow day by day into a mature tree.

* 1. **Practicing the Spiritual Disciplines to Grow in Kindness**

If we want to grow and mature as Christians in our kindness towards others, then we need to practice the spiritual disciplines as these help us to grow in godliness. Are you practicing these tools that God has given us to grow in Him? Prayer, Bible study, worship, discipleship, serving, apologetics, evangelism, stewardship of life and finances, forgiveness, confession and repentance, Sabbath, Bible memorization, accountability, fasting, faith, silence and solitude, submission and humility, chastity and purity. Being faithful to these will help us all grow. If you weren’t here for our Spiritual Disciplines Midweek series, I would encourage you to get the audio from your table group leader.

**Conclusion:**

To conclude tonight, let me ask you, is kindness in you? Is the fruit of the Spirit evident in you and being matured? How have you been guilty of not displaying God’s kindness as His adopted child to others?

May we love God’s commandments and shout with the Psalmist… 159 Consider how I love your precepts! Give me life according to your [**kindness**]. Psalm 119:159

Psalm 117:1-2 ​1 Praise the LORD, all nations! Extol him, all peoples! 2 For great is his [**kindness**] toward us, and the faithfulness of the LORD endures forever.

Praise the LORD!

Let’s Pray.