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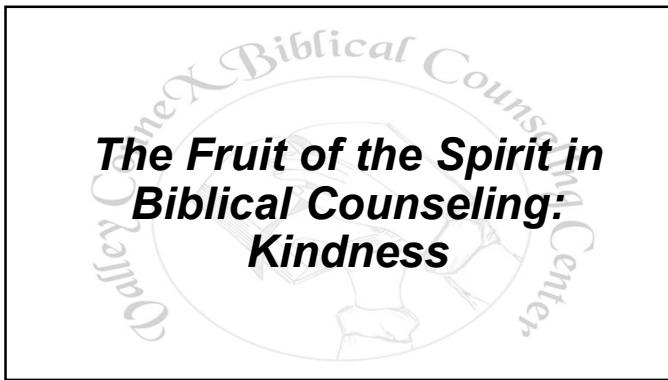
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The fruit of the Spirit

- <sup>16</sup> But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> 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. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, <sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, <sup>21</sup> 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. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control; against such things there is no law. <sup>24</sup> And those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:16-25 (ESV)

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Observations

- We have two options:
  - Walk in the Spirit with the result that the fruit of the Spirit will form and grow in us.
  - Gratify the desires of the flesh with the resulting sinful behavior.
- Gratifying the desires of the flesh produces a chaotic and destructive array of behaviors.
- Walking in the Spirit forms a unified and ordered life portraying the character of Christ.

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χρηστότης  
chrestotes

Benevolently helpful

Taking benevolently helpful action when inaction would not be blatantly sinful.

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God sets the standard of kindness by His benevolently helpful actions.

- *“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.” (Luke 6:35, ESV)*
- *“But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven. For he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust.” (Matthew 5:44–45, ESV)*

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Kindness will keep us on the track of remedy rather than offering temporary and harmful relief.

- *“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...” (Psalm 141:5, ESV)*



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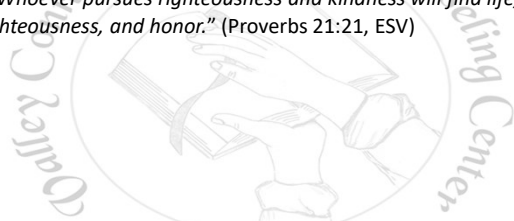
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Exercising kindness has its own reward.

- *“Whoever pursues righteousness and kindness will find life, righteousness, and honor.” (Proverbs 21:21, ESV)*



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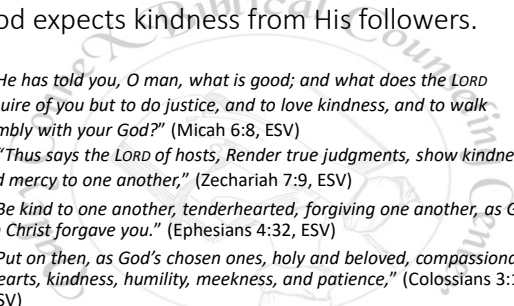
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God expects kindness from His followers.

- *“He has told you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?” (Micah 6:8, ESV)*
- *“Thus says the LORD of hosts, Render true judgments, show kindness and mercy to one another,” (Zechariah 7:9, ESV)*
- *“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” (Ephesians 4:32, ESV)*
- *“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,” (Colossians 3:12, ESV)*



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A case study in kindness. 2 Samuel 9:1-8

- Kindness inspires kindness. David was inspired by the kindness showed to him by Jonathan.
- A trait of God’s servant is the pursuit of kindness. David actively looked for an opportunity to show kindness to Saul’s descendants.
- Kindness focuses on what I have the ability to do, not what I have the power, or even possibly the right, to do. David had the power and opportunity to eliminate all possible threats to his throne which would have included those of the house of Saul.

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A case study in kindness. 2 Samuel 9:1-8

- Kindness gives the opportunity for the recipient to grow in humility and thankfulness. Mephibosheth’s response.
- Be prepared for kindness not to be returned and do not be tainted by that reality. 2 Samuel 16:1-4; 2 Samuel 19: 24-30
  - Apparently, Mephibosheth used the occasion of Absalom’s rebellion in hopes of the house of Saul regaining the kingdom. (2 Samuel 16:3)
  - David extended kindness to Mephibosheth again when he turned to Jerusalem after the death of Absalom. (2 Samuel 19:24-30)

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Concluding thoughts:

- Kindness is a great antidote for self-centeredness.
  - *“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” (Philippians 2:3-4, ESV)*
- Kindness depends on opportunity not obligation.
  - *“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.” (Galatians 6:10, ESV)*

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Concluding thoughts:

- Kindness depends on empathy not entitlement.
  - *“Jesus stood up and said to her, “Woman, where are they? Has no one condemned you?” She said, “No one, Lord.” And Jesus said, “Neither do I condemn you; go, and from now on sin no more.”” (John 8:10–11, ESV)*
- Expressing kindness toward another is a good description of Biblical counseling.

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