

The Transforming Power of Kindness

*"Love is patient, **love is kind.**" (1 Corinthians 13:4a)*

*"But the fruit of the Spirit is love, joy, peace, patience, **kindness...**"
(Galatians 5:22a)*

Chrēstos: Kind

Christos: Christians

"For my yoke is easy (chrēstos) and my burden is light." (Matthew 11:30)

Kindness = love in action

- **Kindness is rooted in Grace**

*"But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, **because he is kind to the ungrateful and wicked.**" (Luke 6:35)*

*"And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the in-comparable riches of his grace, **expressed in his kindness** to us in Christ Jesus." (Ephesians 2:6-7)*

"At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated

and hating one another. ⁴ **But when the kindness and love of God our Savior appeared,** ⁵ he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, ⁶ whom he poured out on us generously through Jesus Christ our Savior, ⁷ so that, having been justified by his grace, we might become heirs having the hope of eternal life.”
(**Titus 3:3-7**)

Hesed = tender mercies, loving kindness

- **Kindness leads to repentance**

“Or do you show contempt for the **riches of his kindness**, forbearance and patience, not realizing that **God’s kindness** is intended to lead you to repentance?” (**Romans 2:4**)

“Don’t have anything to do with foolish and stupid arguments, because you know they produce quarrels. ²⁴ And the Lord’s servant must not be quarrelsome but **must be kind to everyone**, able to teach, not resentful.²⁵ Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth, ²⁶ and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will.” (**2 Timothy 2:23-26**)

- **Kindness is proactive**

“Be **kind** and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (**Ephesians 4:32**)

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.” (**Matthew 7:12**)

“Therefore, however, you want people to treat you, take the initiative, and so treat them.”

The Kindness Challenge:

- **See** - *look for the good, uplifting, beautiful, praiseworthy*
- **Say** – *speak words of blessing, thoughtfulness, and encouragement*
- **Do** – *be proactive and intentional in an act of kindness*