

# The Fruit of Kindness

Galatians 5:22; Ephesians 4:32

East Berlin Community Church

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## Introduction

- The 2004 teen movie, "Mean Girls"
- Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance.
  - Various causes of a "power imbalance"
  - Different forms of bullying: Verbal, social, physical, cyber
  - Aversive effects of bullying
- Bullying in the workplace and homes
- First-century Bullies—Pharisees and Religious leaders of Jesus' day
  - Used intimidations and threats to hold on to power.—John 9:20-22; 7:13
  - Bullied Jesus at the trial and crucifixion

## The Fruit of Kindness

**A. The Meaning of Kindness:** *tender, compassionate concern for others.*

### B. The Models of Kindness

**1. Our God is kind. Jeremiah 9:23-24**

- a. His treatment of Israel—Isaiah 63:7-8; 54:8
- b. His treatment of all mankind—Luke 6:35; Matthew 5:45; Acts 14:17
  - 1) God's common grace
  - 2) Leads us to repentance—Romans 2:4; Titus 3:4-6

**2. Jesus Christ exhibits kindness in his dealings with people**

- a. Spent time with the "nobodies", the forgotten people, the "tax collectors and sinners"
- b. Welcomed children in his arms—Matthew 19:13-14
- c. Had compassion for the Shepherd-less multitude—Matthew 9:36
- d. His "yoke" is easy and burden "light"—Matthew 11:28-30

### C. The Means to Kindness—Colossians 3:8-12; Ephesians 4:32

**1. The PROCESS of becoming "Kind"**

- a. **Begins with a proper assessment of oneself and the other person.**
- b. **Learning to "esteem others better than oneself"**—Philippians 2:3-4
  - 1) Honoring or giving preference to others.—Romans 12:10
  - 2) Being willing to associate with the humble—Romans 12:16
- c. **Treat others as we would want to be treated**—Luke 6:31; Matthew 7:12
  - 1) Two rules mistaken for the "Golden Rule"
    - a) Rule of Equal Treatment: "Do unto others as they have done to you"—Luke 9:32-35
    - b) Rule of Self-Preservation: "What you do not want done to yourself, don't do to others."
  - 2) The Rule of LOVE: Put yourself in the other person's shoes and act accordingly.
    - a) In how we speak to them—Ephesians 4:29; Colossians 4:6; 2 Timothy 2:24-26
    - b) In how we deal with others—1 Thessalonians 2:5-8

**2. The CAUTION of becoming "hardhearted"—Ephesians 4:32**

- a. The meaning of "tenderhearted"—"good intestines", no bowel blockage
- b. Illustration: Paul's relationship to the church at Corinth—2 Corinthians 6:11-13
- c. Application: Being kind to those in need—1 John 3:17; Proverbs 14:21; 19:17