

“Kindness &
Goodness”

galatians

5:22-23

bearin

fruit

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, forbearance, **kindness**, **goodness**, faithfulness, gentleness and self-control. Against such things there is no law.

Exodus 33:19

And the LORD said, "I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion.

Deuteronomy 32:4

He is the Rock, his works are perfect, and all his ways are just.

A faithful God who does no wrong, upright and just is he.



But what lies at the heart of “goodness”?
... I think one key thing would be integrity—an absence of any kind of guile or deception. ... They are in reality all they appear to be. Their words and behavior on the outside matches what is going on inside. There is no sham or pretense. ... Good people do what they



do simply because it is the *right thing* to do. Goodness is close to what it means to be “pure in heart.” Goodness has a transparent quality. Most simply, you can depend on good people to be and do what they say (they keep their word)—and to do what is right (simply because it is the right thing to do).

Psalm 23:6

Surely your goodness and love
[*hesed*] will follow me all the
days of my life, and I will dwell in
the house of the LORD forever.

Kindness is love
and goodness
in action.



Kindness is the presence of compassion and generosity toward others. The kind person is helpful, useful, and lovingly working for the well-being of others. If goodness is the light of God shining *within* the human heart, then kindness is the light of God shining *from* the human heart. Kindness exists for the benefit of others.

Psalm 145:13-18

Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The LORD is trustworthy in all he promises and faithful in all he does.

The LORD upholds all who fall and lifts up all who are bowed down.

The eyes of all look to you, and you give them their food at the proper time.

Psalm 145:13-18

You open your hand and satisfy the desires of every living thing.

The LORD is righteous in all his ways and faithful in all he does.

The LORD is near to all who call on him, to all who call on him in truth.

Psalm 15

LORD, who may dwell in your sacred tent? Who may live on your holy mountain?

The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart; whose tongue utters no slander, who does no wrong to a neighbor, and casts no slur on others;

Psalm 15

who despises a vile person but honors those who fear the LORD; who keeps an oath even when it hurts, and does not change their mind;

who lends money to the poor without interest;

who does not accept a bribe against the innocent.

Whoever does these things will never be shaken.

Luke 6:43-45

“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

Ephesians 2:8-10

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus **to do good works,** which God prepared in advance for us to do.

Matthew 5:14-16

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see **your good deeds** and glorify your Father in heaven.



sandra bullock

The Blind Side







There never was a decision to take in Michael. Michael was there, he had a need, and we were able to fill it. Do I think that our faith played a part in that? Absolutely. We looked over and we said, "Wow, that young man needs some clothes." ... society had deemed Michael worthless. There were very few people who cared where Michael Oher was any minute of the

Leigh Anne Tuohy, *Chron* (Dec 3, 2009)



day. He is now a contributing member of the society. He is intelligent. He made the dean's list in college. If it can happen to Michael Oher, it could happen to anyone. ... I just really hope people will walk out of this movie better than they walked in. Do something little. But whatever it is, do it well.

Leigh Anne Tuohy, *Chron* (Dec 3, 2009)



I think the essence of kindness is being thoughtful for others more than for myself in any particular situation. To be kind means to want to help others, to encourage or comfort them, to do something that serves or benefits them. In order to be kind to others, I need to put myself in their shoes and think what I would most want or need them to do for me—and then do it for them. Kindness seems very



close to what Jesus meant when he said that we should do for others whatever we wish others would do for us.

Kindness can be as simple as a pleasant word, or a caring smile. But more importantly, being kind means being willing to *do* something, or to take some action, that helps somebody else even if it might be inconvenient to myself.

Galatians 6:9-10

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, **let us do good** to all people, especially to those who belong to the family of believers.