

One Step to Freedom
Chapter 6: The Fruit of the Spirit

Lesson 5
Kindness

“The fruit of the Spirit is ... kindness” (Galatians 5:22).

Kindness is the habit of being kind. Kindness can best be described as doing good services or pleasant things for others. Mercy is in many ways synonymous with kindness. Showing mercy towards others is a way to show kindness. Jesus is the great example for us to learn how to show mercy and kindness towards others. If we are going to manifest the fruit of kindness in our lives, we need to be like Jesus.

Read Matthew 14:13-21. Jesus had compassion on the hungry multitude. He showed kindness by providing food for them. He filled their need. Do you feed those around you who are hungry physically—and spiritually?

Read Matthew 19:13-15. Jesus knew the need of spending intimate time with the children, praying for their needs. He showed them kindness when other adults (like His apostles) might have ignored them. Do you spend time encouraging youngsters to follow Christ? Do you pray for them?

Read Mark 7:31-37. As the crowd begged for help, Jesus did what He was able to do. He showed the man kindness and mercy in healing him. Do you do what you can to help the physically handicapped?

Read Luke 18:35-43. The blind man begged for mercy and Jesus showed him love and kindness in granting his plea. Do you show kindness and compassion toward the spiritually blind?

Read John 4:5-26. Jesus showed unusual kindness to the Samaritan woman. She was an adulteress and a despised Samaritan, yet Jesus showed her the way of hope. Do you show kindness to the outcasts of our society?

Kindness is essential for the Christian. In a world that is lacking mercy, we can make a difference for God’s kingdom by showing kindness to those around us.

1. Do you like it when others are kind to you? What does this imply in terms of Matthew 7:12?
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2. What does Luke 10:27-37 say about kindness to a different ethnic or racial group?
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3. Read Ephesians 2:7 and Titus 3:4-7. What does this say about God's acts toward us?

4. What does 2 Peter 1:5-8 teach us about our attitude toward others?

5. In Matthew 14:14, how did Jesus feel towards the multitude and what did He do?

6. Read Matthew 14:15-21 and describe Jesus' behavior.

7. In Luke 18:35-42, what did the man say to Jesus and what was His response?
