

Fruit-Filled Living (Pt. 7)

"How to be All That & a Bag of Chips"

(Galatians 5:22)

"The fruit of the Spirit is ...Kindness" (NIV)

Introduction: The poor little Kiwi is a misunderstood and under-estimated fruit. And, overall, kindness has been a misunderstood and very underestimated fruit as well.

When it comes to dealing with people, showing a little kindness can bring healing and restoration to relationships. It can open a door for a positive witness for Christ while all the others doors may be closed. People who show kindness have successful personal relationships because they really are, "*All That and a Bag of Chips!*"

So, how is the Spiritual fruit of kindness produced in us? *Kindness is a God-like trait because God is kind.*

I. We have all experienced God's kindness:

God is the source of kindness –

A. It is God's character to be kind – (1 Jn. 4:8; (1 Cor. 13:4) therefore God is kind!

1. God's kindness is seen everywhere –

a. We see it throughout the O.T. – (*Deut. 4:31; Neh. 9:17; Ps 103:8; Isa 40:11*)

b. We see it throughout the N.T. – (*Luke 6:35; Rom 2:4; 2 Pet 3:9; 1 Pet 2:3*)

God shows us His kindness even while we are still sinners... in fact His kindness is one way He draws us to Himself. That is called "grace" so, we could say...

2. Grace is the showing of kindness –

1. The Bible is clear, God chooses to whom He show His kindness – (*Ex. 33: 19; Rom 9: 15,18*)

2. The Bible says none of us are deserving of His kindness – (Ro.,3:12) But that we are all objects of His kindness – (Rom.5:8; 2 Pe. 3:9)

3. However, we are not to underestimate the kindness of God – (Rom.2:4)

4. But when we fail to respond to the "grace or kindness" of God, what does God do? (Ex 4:21; 7: 3, 13, 22; Jn. 12:40; Rom. 1:28; 9:18; 2 Thes. 2:10-12))

a. When we neglect God's kindness and don't repent – *the Bible says one day God will harden our hearts and God's righteous wrath & judgement will follow.*

b. The greatest display of God's kindness is the gift of His Son, the Lord Jesus Christ. (*Titus 3:4-5*)

We do not experience God's kindness because we go looking for God. But rather because He came looking for us!

II. We must all embrace God's kindness:

Because everybody can relate with kindness, and everyone can respond to kindness.

A. It is a Choice between two forces –

1. **Our old deeds of the flesh are to be unkind.** (Even though some of us are on average nicer than others.)

a. In Paul's letter to the Christian's at Galatia, Paul is telling them that *the fruit of the spirit is kindness.*

b. But they weren't being kind. (Gal.5:15)

I believe you ought to have convictions. I believe you ought to stand up for your convictions. I don't believe you have a right to parade your convictions around in a harsh, unloving, unkind manner, showing no compassion for the lost!

2. **We need to operate under the new rule of the Holy Spirit** – so that we don't give way to the flesh...

a. Paul is clear – (Gal. 5:16-17)

b. Paul instructs believers in (Eph. 4:1-3, 32)

We simply cannot produce kindness within ourselves, but it is an inside job. So, we have to ask the Holy Spirit to produce His kindness in us.

B. It is a command of scripture –

1. Jesus commanded it –(*Luke 6:35*)

2. Paul commanded it – (*Rom 12:10; Col 3:12*)

3. Peter commanded it – (*2 Pet 1:5-7*)

a. In Eph. 2:7, Paul explains it

In other words, the purpose which God shows us kindness is to save us through Jesus Christ. So from the moment you respond to God's goodness by repenting of your sins and turn to Him, you become the recipient of the exceeding riches of God's grace; He holds nothing back – He gives us everything through Christ!

4. So embracing the idea being kind is a matter of choosing to live under submission to the Holy Spirit, a new force that can overcome the deeds and attitudes of flesh!

III. We can all exercise God's kindness:

Just what is kindness? The word itself literally means that which is "good," "helpful," "suitable." it literally means "to be gracious to others." Eph. 4:32

A. Where should we exercise kindness? Paul says in Col. 3:12, we should wear our kindness like clothing.

1. **In our homes** –

2. **In our relationships with friends, neighbors and strangers** –

3. **In our social settings** –

4. **At our church** – (*Gal 6:10*)

B. How should I exercise kindness? We should apply kindness to all our daily activities.

1. By our temperament –

2. By our language –Prov. 31:26

3. By our evangelism –

The poor little Kiwi is a misunderstood and under-estimated fruit. And, overall, kindness has been a misunderstood and very underestimated fruit as well.

But *If you desire to be "All that & a Bag of Chips," just as you have experienced God's kindness, embrace kindness through your new nature & the power of the Holy Spirit.*