

KINDNESS.

NINE SECRETS FOR HEALTHY RELATIONSHIPS

WEEK 5



GALATIANS

5:22-23 (NLT)

'But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

-The Greek word for KINDNESS(the KJV says "gentleness") is "CHRESTOS" which means "goodness in action, sweetness of disposition, gentleness in dealing with others, benevolence, kindness, affability; the ability to act for the welfare of those taxing your patience."
(Jack Hayford)

3 For we ourselves were also once foolish, disobedient, deceived, serving various lusts and pleasures, living in malice and envy, hateful and hating one another.

4 But when the kindness and the love of God our Savior toward man appeared,

5 not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

6 whom He poured out on us abundantly through Jesus Christ our Savior,

7 that having been justified by His grace we should become heirs according to the hope of eternal life.

Titus 3:3-7

HOW GOD IS KIND TO ME

1. HE UNDERSTANDS MY WEAKNESSES.

Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved grace, and we will find help.

Hebrews 4:15-16

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ.

Galatians 6:1-2

HOW GOD IS KIND TO ME

2. HE TELLS ME THE TRUTH

and ye shall know the
truth, and the truth
shall make you free

John 8:32

Rather, let our lives lovingly
express truth [in all things,
speaking truly, dealing truly,
living truly].

Ephesians 4:15a

Giving an honest answer
is a sign of true friendship.

Proverbs 29:11

HOW GOD IS KIND TO ME

3.HE **FORGIVES** MY SIN

In a little wrath I hid my face from thee for a moment; but with everlasting kindness will I have mercy on thee, saith the LORD thy Redeemer Isaiah 54:8

and be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. Ephesians 4:32

HOW GOD IS KIND TO ME

4.HE AFFIRMS MY WORTH

You saw me before I was born and scheduled each day of my life before I began to breathe. Every day was recorded in your book! How precious it is, Lord, to realize that you are thinking about me constantly! Psalms 139:16-17

Behold, I have graven thee upon the palms of my hands Isaiah 49:16a

- **PSYCHOLOGIST SAY THAT YOUR SELF WORTH IS BASED ON WHAT UP THINK THE MOST IMPORTANT PERSON IN YOUR LIFE THINKS ABOUT YOU.**

Therefore, accept each other just as Christ has accepted you so that God will be given glory.

Romans 15:7(NLT)

"In response to all he has done for us, let us outdo each other in being helpful and kind to each other and in doing good" Hebrews 10:24

that in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

Ephesians 2:7