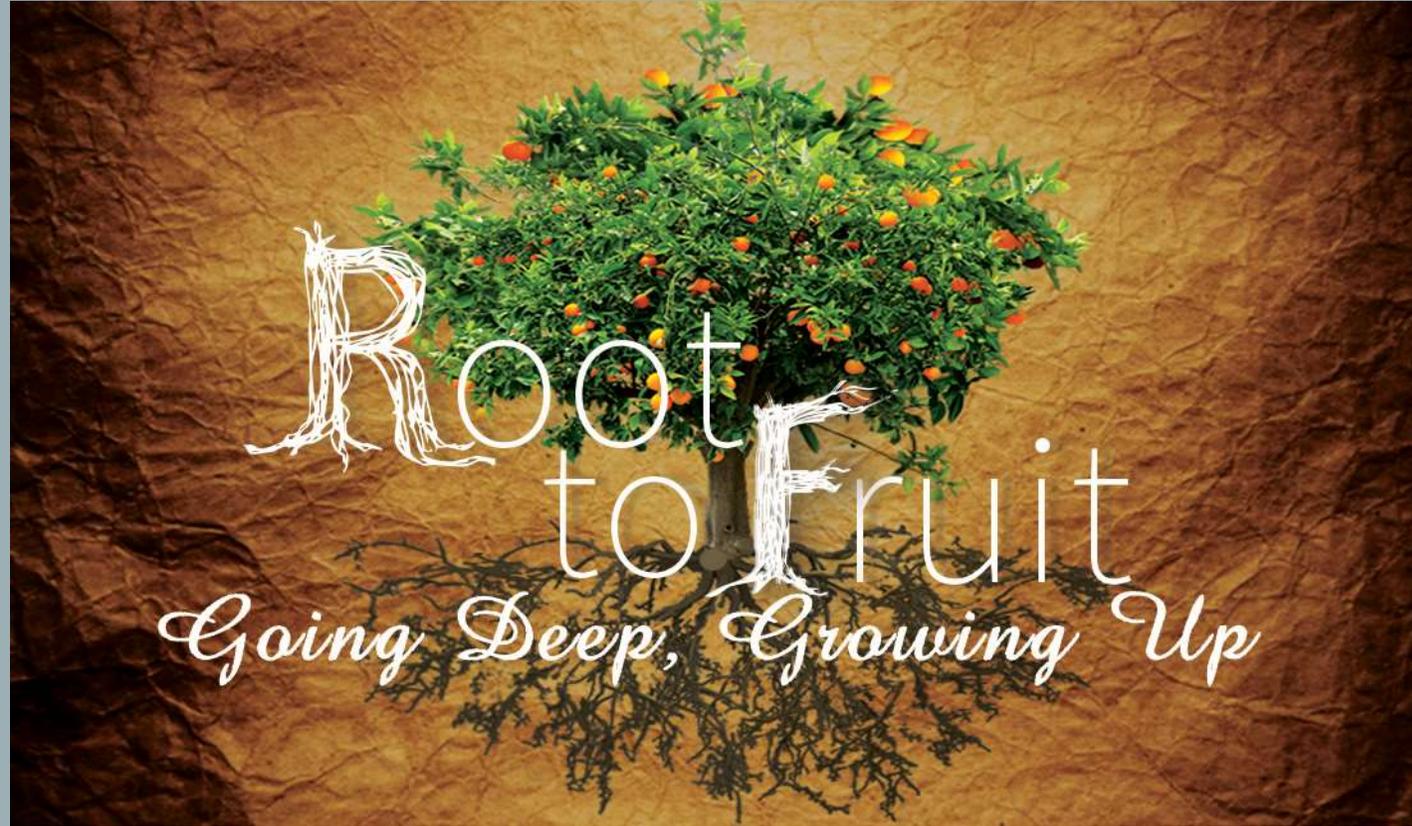


Fruit of the Spirit



Galatians 5: 22-23

The Root to the Fruit



Walk in the Spirit



The phrase
"abiding in Christ"
pictures an
**intimate
relationship,**
and not just a
superficial
acquaintance.

John 15:4-5 NIV Bible

Fruits
of
the Spirit

KINDNESS



The Fruit of the Spirit is ...

Kindness

Kindness tenders.

Greek definition: The grace which pervades the whole nature, mellowing all which would be harsh and austere. A tender heart and a nurturing spirit.

An impossible goal in our own strength, yet attainable--but not automatic--graces for the true believer when yielded to the Holy Spirit.

~Beth Moore

How to be kind?

No one wants to suffer. No one wants to be lonely. No one wants to live in fear. No one wants to lose everything. No one wants their heart ripped to shreds. No one wants to be sick. And, no one wants to die. But these things happen in life.

So the least we can do is be there for others, as we would like others to be there for us.

— BRYANT MCGILL

Kindness is 'doing'

Kindness is a willingness to full-heartedly be openly happy for someone else's successes

You might think that you don't matter in this world, but because of you, someone has a favorite mug to drink their tea out of that you bought them. Someone hears a song on the radio and it reminds them of you.

Someone has read a book you recommended to them and gotten lost in its pages. Someone's remembered a joke you told them and smiled to themselves on the bus.

Never think you don't have an impact.

Your fingerprints can't be wiped away from the little marks of kindness that you've left behind.

Kindness is 'saying'

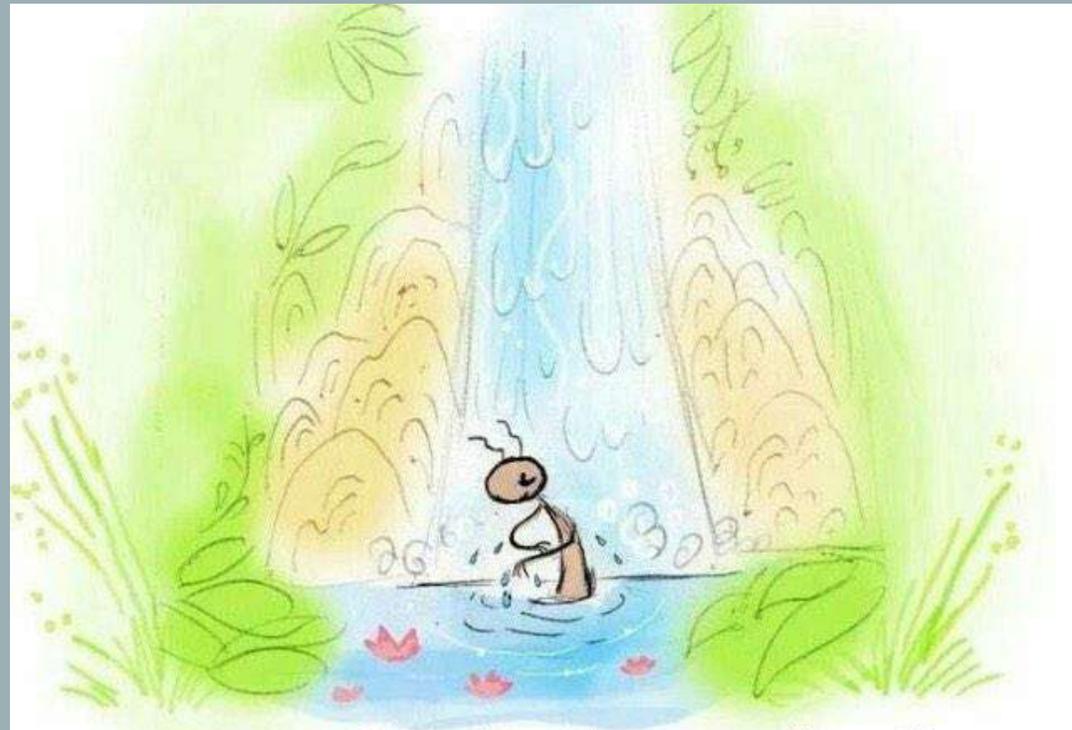
Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or *the smallest act of caring*, all of which have the potential to turn a life around.

LEO BUSCAGLIA

RANDOM ACTS OF KINDNESS
FOUNDATION



Kindness is 'being kind to yourself!'



At the end of the day, tell yourself gently:
"I love you, you did the best you could today,
and even if you didn't accomplish all you
had planned, I love you anyway."

Self-Kindness

- Self-kindness entails being **warm** and **understanding** toward ourselves when we suffer, fail, or feel inadequate, rather than flagellating ourselves with self-criticism.
- With self-kindness, we **soothe** and **nurture** ourselves when confronting our pain rather than getting angry when life falls short of our ideals.
- We clearly **acknowledge** our problems and shortcomings, but do so **without judgment**, so we can do what's necessary to help ourselves.

Kindness is 'the new
'mindfulness''

You cannot get
through a single day
without having an impact on
the world around you. What
you do makes a difference,
and you have to decide
what kind of difference
you want to make.

- Jane Goodall



kindnessgives



KINDNESSMATTERS

Kindness is a fruit of the Holy Spirit

Galatians 5:22

But the fruit
of the Spirit
is love
Joy Peace
Patience
kindness
goodness
Faithfulness
gentleness
and
self control

Kindness is to be lived out in
a Christian's life as they
reflect Christ to the world

Ephesians 4:32



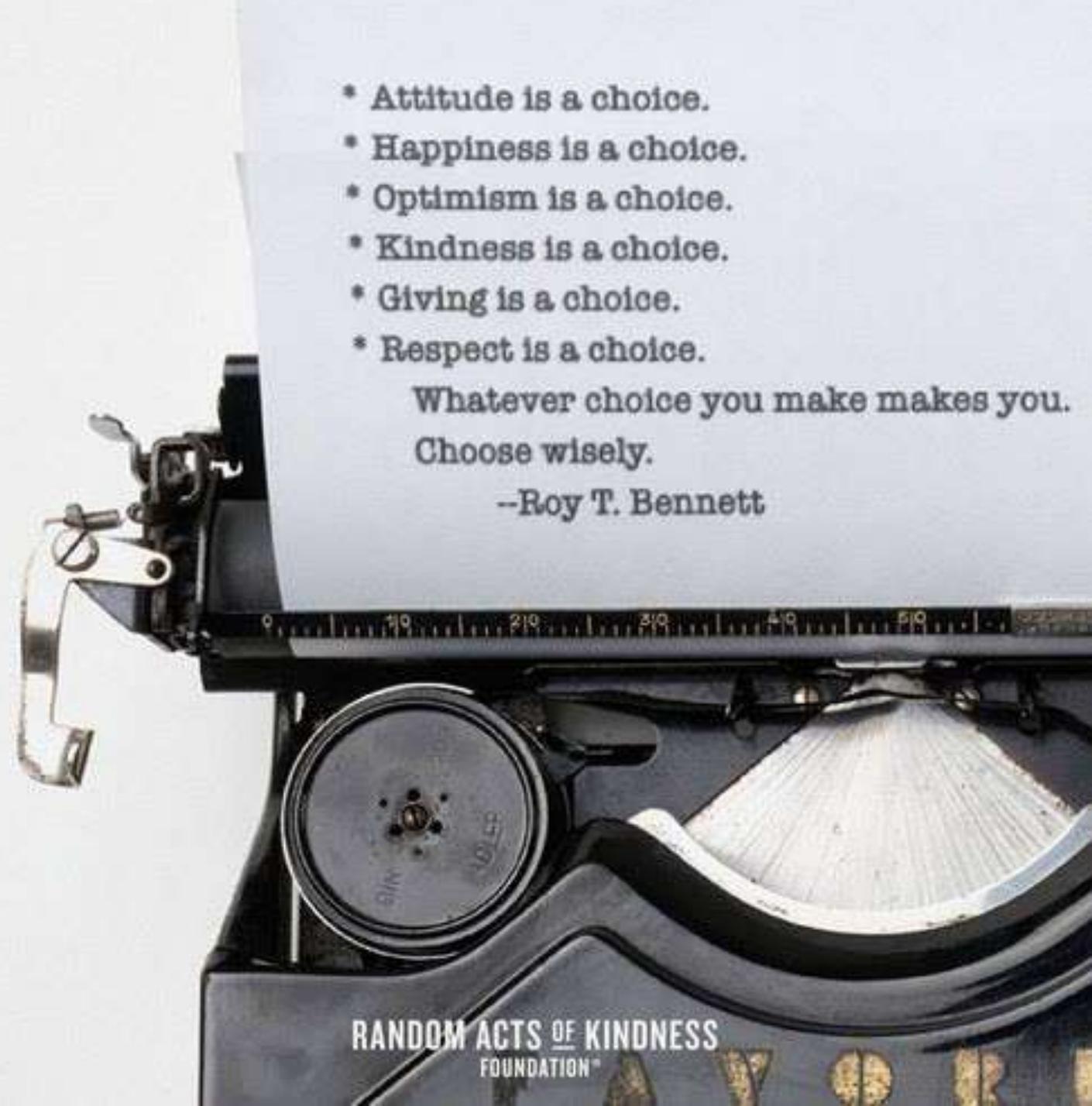
**Remember
there's no such thing
as a small act of kindness.
Every act creates a ripple
with no logical end.**

Scott Adams

RANDOM ACTS OF KINDNESS
FOUNDATION®

Kindness is a matter of choice
Colossians 3:12

[https://www.youtube.com/
watch?v=WBgCowsnw3Q](https://www.youtube.com/watch?v=WBgCowsnw3Q)



◆ **Kindness is a part of the development of the discipleship pathway in your life:**

2 Peter 1:4-9

But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.

◆ **The bible encourages kindness to our enemies:**

Matthew 5:44

“You have heard that it was said, ‘You shall love your neighbour and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.

◆ The bible encourages kindness to complete strangers through the story of Paul's experience:

Acts 28:1-2:28

Now when they had escaped, they then found out that the island was called Malta. And the natives showed us unusual kindness; for they kindled a fire and made us all welcome, because of the rain that was falling and because of the cold.

<https://www.youtube.com/watch?v=xu89KylqFr8>



◆ **Kindness connects you better with your fellow man:**

Proverbs 19:22 (King James Version)

The desire of a man *is* his kindness: and a poor man *is* better than a liar.

◆ **God is kind:**

Joel 2:13 (New American Standard Version)

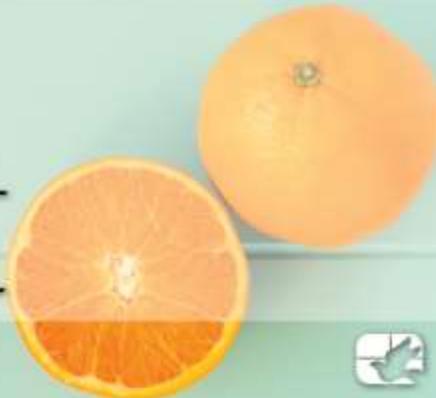
And rend your heart and not your garments." Now return to the LORD your God, For He is gracious and compassionate, Slow to anger, abounding in loving kindness And relenting of evil.

Psalms 31:21 (King James Version)

Blessed *be* the LORD: for he hath shewed me his marvellous kindness in a strong city.

Evidence that God is at work in our lives.

of the
Fruit
Spirit



**make
kindness
the norm.®**

kindness...

is a reflection of what
lives in our heart.

-RAKtivist



#MAKEKINDNESSTHENORM

**Kindness is
spreading
sunshine into
other people's
lives regardless
of the weather.**



-RAKtivist

RANDOM ACTS OF KINDNESS FOUNDATION

**kindness, is one of the most
underrated traits in the world.
we focus so much on material
things and attention, but forget
that it is kindness that brings us
a fulfillment that warms our soul.**

- the better man project

RANDOM ACTS OF KINDNESS
FOUNDATION

**KINDNESS
IS LOVE
MADE
VISIBLE**
H. SWANEPOEL, RAKTIVIST

RANDOM ACTS OF KINDNESS
FOUNDATION

Beginning today, treat everyone you meet
as if they were going to be dead by midnight.
Extend to them all the **CARE, KINDNESS** and
UNDERSTANDING you can muster, and do it
with no thought of any reward.
Your life will never be the same again.

Og Mandino

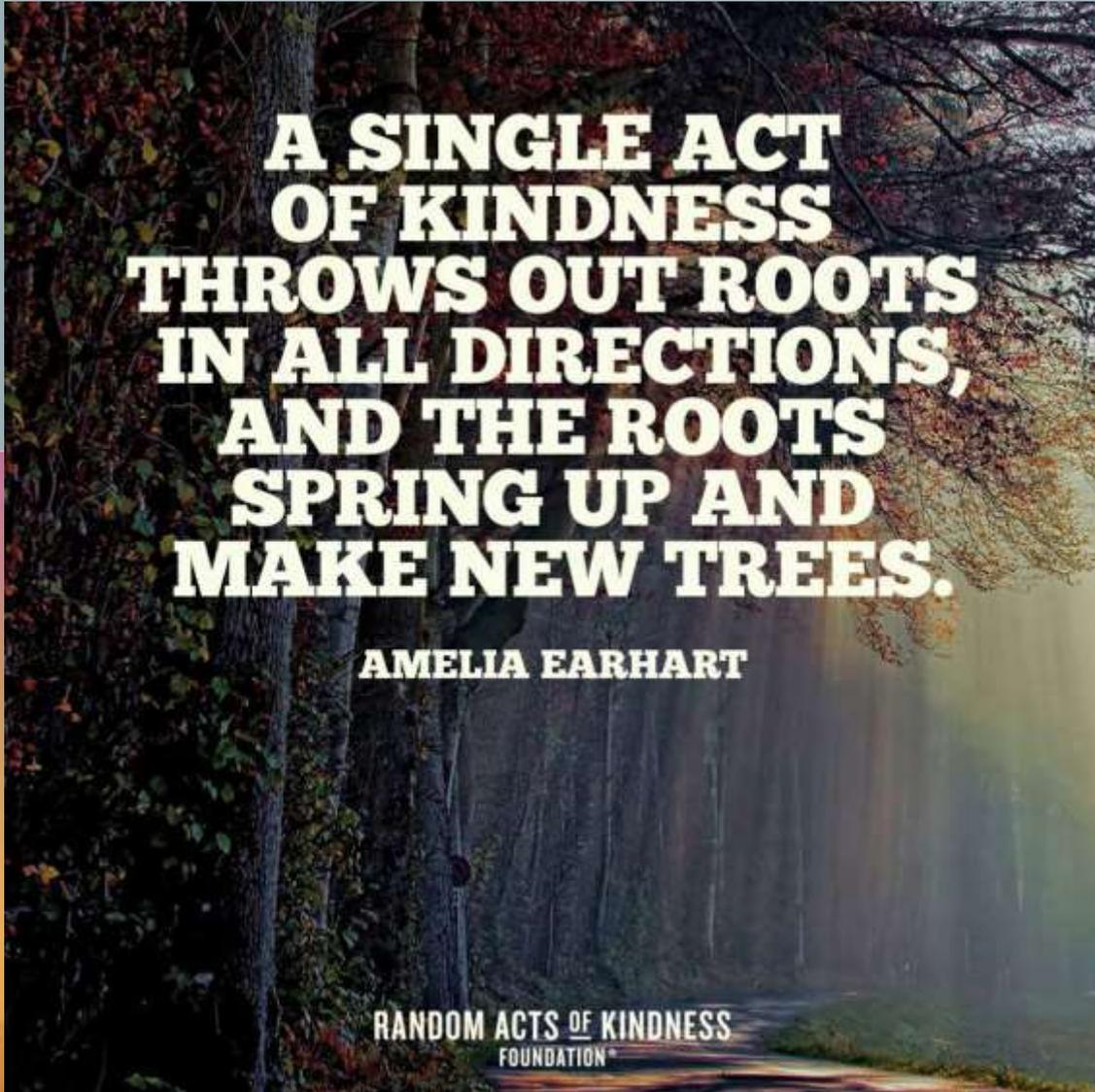
www.ripplekindness.org





"When we feel
Love and KINDNESS
toward others,
it not only makes others feel
loved and cared for,
but it Helps us also to
develop inner HAPPINESS
and Peace."

Dalai Lama



**A SINGLE ACT
OF KINDNESS
THROWS OUT ROOTS
IN ALL DIRECTIONS,
AND THE ROOTS
SPRING UP AND
MAKE NEW TREES.**

AMELIA EARHART

**RANDOM ACTS OF KINDNESS
FOUNDATION™**