

**FRUIT OF THE SPIRIT: KINDNESS**

Kindness, as used in Galatians 5:22, comes from the Greek word χρηστότης (chrestotes), which describes a gentle, gracious goodness that shows itself in how you treat others, not harshly, but with warmth and care. It is more than politeness; it is a Christlike disposition that moves you to act on behalf of someone else's well-being, even when it costs you something. The Holy Spirit produces this fruit in your heart as He conforms you more and more to the image of Christ (2 Corinthians 3:18), softening what is hard within you and generating a genuine desire to serve and bless the people around you. True kindness is not a natural human achievement; it flows from a heart that has been transformed by grace and is being renewed daily by the Spirit of God. When you walk in kindness, you bear witness to a God who is Himself kind, patient, and rich in mercy toward all who are His.

**SUPPORTING SCRIPTURE**

- **Ephesians 4:32** — "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." Kindness is rooted in the forgiveness you have already received. Because Christ was kind to you at your worst, you are now called and empowered to extend that same kindness to others, especially at their worst.
- **Luke 6:35** — Jesus commands you to love your enemies and do good without expecting anything in return, saying your Father in heaven is "kind to the ungrateful and the evil." Kindness mirrors God's own generous character and breaks the cycle of selfishness.
- **Proverbs 19:22** — "What is desired in a man is steadfast love (kindness)." God's Word places kindness at the center of what it means to reflect godly character in your relationships, at your work, and in your community.
- **Titus 3:4-5** — "When the goodness and loving kindness of God our Savior appeared, He saved us." The gospel itself is an act of divine kindness. Your salvation was born out of God's kindness toward you in Christ making this fruit a reflection of the very heart of the good news.

**DISCUSSION QUESTIONS**

- 1. How does God's own kindness in the gospel (Titus 3:4-5; Romans 2:4) shape and motivate the kindness He calls you to show others?** *Possible Answer:* God's kindness is not passive; it led Him to act decisively in sending His Son to save sinners (Romans 5:8). Romans 2:4 reminds you that it is God's kindness that leads people to repentance. When you understand that you were an enemy of God who received His kindness in Christ (Col. 1:21), you are freed from pride and motivated to show that same undeserved kindness to others not to earn favor, but because you already have it.
- 2. Since the fruit of the Spirit is produced by the Spirit and not by human effort (Gal. 5:22-25), what is your role in growing in kindness?** *Possible Answer:* You cannot manufacture kindness through willpower alone. Your role is to walk in step with the Spirit (Gal. 5:25), which means staying in God's Word, confessing sin, praying for this fruit, and remaining in Christian community. As you abide in Christ (John 15:5), the Spirit does His transforming work in you, producing kindness as a natural overflow of a life surrendered to Him.
- 3. In what area of your daily life (home, work, school, social media) do you most struggle to show kindness? What practical step can you take this week, depending on the Spirit's help?** *Possible Answer:* Often the hardest place to show kindness is at home, where familiarity breeds impatience. Begin by praying each morning and asking the Spirit to make you aware of moments to choose kindness, a kind word before criticism, a patient tone when frustrated, or putting someone else's needs first (Phil. 2:3-4). Small, consistent acts of Spirit-led kindness reshape your character over time.
- 4. Think of a person in your life toward whom kindness feels difficult. What does the gospel say about that person's worth, and how might the Holy Spirit be calling you to act?** *Possible Answer:* Every person bears the image of God (Gen. 1:27), and Christ died for them just as He died for you (2 Cor. 5:15). The Spirit may be calling you to make the first move, a gentle word, an act of service, or simply choosing not to retaliate, trusting that God uses those small moments of grace to change hearts (including your own).

**GOSPEL CONNECTION**

If you are a believer, you were once unkind in your heart toward God and yet in His great mercy, He was kind to you. He sent His Son Jesus, who lived with perfect kindness, died on the cross for your sin, and rose again so that you might be made new. Let that staggering kindness move you to daily repentance and renewed trust in Christ, not to earn His love, but to walk more fully in the grace you've already received. When unkindness rises up in you, bring it to the cross, ask the Spirit to transform your heart, and believe again that God's grace is sufficient for you (2 Cor. 12:9).

If you do not yet know Jesus, the kindness of God is reaching toward you even now. He is not angry and far away; He is patient and near, calling you to turn from your sin and trust in Christ alone for forgiveness and new life (Acts 3:19; John 3:16). Today is the day to respond to His kindness. Ask Jesus to forgive your sins, believe that Jesus is God who died on a cross for your sins and rose from the grave, and receive the gift of the Holy Spirit who will begin to grow in you the very fruit that points the world to a kind and saving God.

## DAILY DEVOTIONS

### MONDAY — *Kindness Is a Gift of the Spirit*

**Key Verse:** "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." (Galatians 5:22–23a)

**Reflection:** Kindness is not a personality trait you either have or don't; it is supernatural fruit that the Holy Spirit grows in you as you walk with Christ. Just as an apple tree doesn't strain to produce apples, you don't manufacture kindness through willpower; you abide in the Vine and trust the Spirit to produce it in you (John 15:5)...trusting and waiting for this work to be done in you!

**Application Question:** In what area of your life are you trying to be kind through your own effort rather than depending on the Holy Spirit? *Possible Answer:* You may notice frustration, quick impatience, or exhaustion when you rely on yourself. Ask the Spirit to take control of that specific area today, surrendering it in prayer is the first step toward lasting change (Gal. 5:25).

**Prayer:** Holy Spirit, I confess that I often try to live the Christian life in my own strength. Grow Your kindness in me today as I surrender my heart to You. Let my words and actions reflect the grace of Jesus, in His Name, Amen.

### TUESDAY — *The Kindness That Saved You*

**Key Verse:** "When the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy." (Titus 3:4–5)

**Reflection:** The gospel is, at its core, an act of divine kindness. God did not save you because you were deserving or impressive; He saved you because He is kind, and His kindness moved Him to act on your behalf through the life, death, and resurrection of Jesus. When you remember that your salvation began with God's kindness toward you as a sinner, it becomes the most powerful motivation to show that same kindness to others.

**Application Question:** How does remembering that God was kind to you at your worst change the way you view someone who is difficult to love right now? *Possible Answer:* Romans 5:8 says Christ died for us while we were still sinners. Remind yourself that person hasn't done anything to you that you haven't done to God and yet God was kind to you.

**Prayer:** Father, thank You that Your kindness toward me had nothing to do with my goodness. Help me to carry that same undeserved grace to the people around me today. Remind me of the cross when kindness feels hard, in Jesus' Name, Amen.

### WEDNESDAY — *Kindness in Your Words*

**Key Verse:** "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32)

**Reflection:** Your words are one of the most powerful places where kindness either lives or dies. Ephesians 4:32 connects kindness directly to forgiveness reminding you that the way you speak to others should flow from a heart that knows it has been forgiven much. The Holy Spirit is at work in your heart to replace harshness, criticism, and impatience with words that build up, encourage, and reflect the grace of Jesus Christ (Eph. 4:29).

**Application Question:** Think about your words yesterday, at home, at work, online. Were they kind and tenderhearted? What would it look like to let the Spirit guide your speech today? *Possible Answer:* Start by pausing before you speak or post, asking yourself: "Is this true, necessary, and kind?" Proverbs 15:1 says a soft answer turns away wrath. Ask the Spirit to help you!

**Prayer:** Lord God, set a guard over my mouth today. Let the words I speak be seasoned with grace and kindness. Where I have spoken harshly, forgive me and give me the courage to make it right. Fill me with Your Spirit, in Jesus' Name, Amen.

### THURSDAY — *Kindness Toward Your Enemies*

**Key Verse:** "Love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil." (Luke 6:35)

**Reflection:** Jesus does not call you to a kindness that is only shown to people who are easy to love; He calls you to love your enemies, and He grounds that command in God's own character. God is kind even to the ungrateful and the evil. The Spirit in you makes this possible because what is impossible for human nature alone is achievable when God's love is poured into your heart.

**Application Question:** Is there someone in your life who has wronged you that the Spirit may be calling you to show kindness toward? What is one small act of kindness you could offer him or her this week? *Possible Answer:* Even a simple act like praying for this person (Matt. 5:44), sending an encouraging word, or choosing not to speak negatively about him or her is a powerful step.

**Prayer:** God, You are kind even to those who reject You. I confess how easy it is for me to withhold kindness from people who have hurt me. Give me Your love for them today. Let my kindness point them toward You, in Jesus' Name, Amen.

### FRIDAY — *Kindness as Gospel Witness*

**Key Verse:** "Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven." (Matthew 5:16)

**Reflection:** The world around you is watching how you treat people especially when it's inconvenient, when no one will notice, or when the other person doesn't deserve it. When your kindness cannot be explained by natural self-interest, it points to something greater: the transforming power of the gospel and the indwelling Holy Spirit. You are most like Jesus when you give kindness freely, expecting nothing in return.

**Application Question:** As you end this week, who around you at school, at work, or in your neighborhood may not yet know Jesus but has seen kindness in you? How can you take a step toward them this weekend? *Possible Answer:* Your consistent, unexplainable kindness may be the very thing God uses to open a door for the gospel.

**Prayer:** Lord, thank You for a week to practice kindness. Help me to finish this week well and begin next week with fresh eyes for the people You've placed around me. May my life point others to Jesus, in His Name, Amen.