

Nine Secrets of Healthy Relationships

Kindness – Part Six

Galatians 5:22-23 (NLT) ²² But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. Here there is no conflict with the law.

· The Greek word for KINDNESS (the King James Version 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)

· **Titus 3:3-7** ³For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another. ⁴But after that the kindness and love of God our Saviour toward man appeared, ⁵Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; ⁶Which he shed on us abundantly through Jesus Christ our Saviour; ⁷That being justified by his grace, we should be made heirs according to the hope of eternal life.

· **John 13:15** For I have given you an example, that ye should do as I have done to you.

HOW GOD IS KIND TO ME

1. He understands my weaknesses.

· **Hebrews 4:15-16 (CEV)** ¹⁵ Jesus understands every weakness of ours, because he was tempted in every way that we are. But he did not sin! ¹⁶ So whenever we are in need, we should come bravely before the throne of our merciful God. There we will be treated with undeserved kindness, and we will find help.

· **Galatians 6:1-2 (NLT)** Dear brothers and sisters, if another Christian 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. ² Share each other’s troubles and problems, and in this way obey the law of Christ.

2. He tells me the truth.

· **John 8:32** And ye shall know the truth, and the truth shall make you free.

· **Ephesians 4:15a (AMP)** Rather, let our lives lovingly express truth [in all things, speaking truly, dealing truly, living truly].

- **Proverbs 24:26 (CEV)** Giving an honest answer is a sign of true friendship.

3. He forgives my sin.

- **Isaiah 54:8** 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.
- **Ephesians 4:32** And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

4. He affirms my worth.

- **Psalms 139:16-17 (LB)** 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!

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

Psychologists say that your self-worth is based on what you think the most important person in your life thinks about you.

- **Romans 15:7 (NLT)** So accept each other just as Christ has accepted you; then God will be glorified.
- **Hebrews 10:24 (LB)** 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.
- **Ephesians 2:7** That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.