

The Choice of Kindness

Changing the Environment
Through a Heart of Love

Intentional Disruptions

Kindness comes from a heart full of love that chooses to pour into the lives of others rather than following the expected path.

A man gives up his size 12 shoes to a barefoot little girl so she can meet the store's dress code and buy ice cream.



A Heart Full of
Love Chooses
to Pour into
Others

Kenneth, a Special Olympian, steps off the track inches from winning his second race because his friend Billy didn't have a ribbon yet.



The Lexicon of Kindness

Chrestotes [khray-stot'-ace]

Origin: Biblical Greek

Definition: Having a good heart toward other people.

Context: Identified in Galatians 5:22 as a core Fruit of the Spirit.

The Carpenter's Yoke

My yoke is easy and my burden is light. — Matthew 11:30

Historical Insight:

Jesus was a carpenter in Nazareth. Historical tradition says he made the best wooden yokes in town because he carefully measured each animal.

Core Truth:

Kindness does not irritate. It is never harsh because it is custom-measured to fit the situation perfectly, helping others carry their heavy loads without rubbing them raw.

The World's Yoke



The Yoke of Kindness



Kindness does not irritate. It is never harsh because it is custom-measured to fit the situation perfectly, helping others carry their heavy loads without rubbing them raw.

The Diagnostic Matrix: Goodness vs. Kindness

	Goodness	Kindness
Core Action	Willing to discipline and correct. Hates injustice.	Patient and gentle. Focuses on mercy and comfort.
Target Audience	For people who know better, but knowingly choose to do wrong anyway.	For people who do not know any better and need God's love first, not condemnation.
Biblical Example	Jesus driving greedy money changers out of the temple.	Jesus gently forgiving the woman caught in the act of sin.

The Anatomy of a Kind Heart

Copies God



(Luke 6:35)
God sends rain on
both the righteous
and the wicked.
Kindness seeks even an
enemy's highest good.

Mellows with Age



(Luke 5:39)
Like old wine, a
maturing Christian
life should soften,
removing harsh,
uncaring habits over time.

Looks Outward



(Colossians 3)
Rejects natural
selfishness. Treats
other people
exactly how Jesus
treats us.

The Prerequisite of Environment

The Reality:

True kindness is not natural. Without God, human nature is wired to be selfish, harsh, and impatient.

The Ecosystem:

Kindness depends heavily on our surroundings. Do not be misled: Bad company corrupts good character.

Takeaway:

If you surround yourself with a rude, selfish crowd, it rubs off. Kindness requires proximity to kind people.



The Cycle of Persistent Peace

Context: When Isaac's men dug wells in the wilderness, selfish neighbors continually claimed the water as their own. Instead of fighting for his rights, Isaac persisted in kindness.



Kindness is Intervention

The Situation:

We were trapped in bad choices, rebellion, and deserving of condemnation, unable to fix ourselves.



The Action:

God did not merely look down from heaven and feel pity. His kindness took the first step.

The Rescue:

While we were still sinners, Christ died for us.
(Romans 5:8)

Melt It, Don't Hammer It.

Kindness makes a person attractive. If you want to win the world, melt it. Don't hammer it. — Alexander McLaren

Application: Do not hammer people with condemnation, a bad attitude, or a harsh approach. Win them by melting them with the light and love of Jesus.

Condemnation & Scolding



Winning with Kindness



The Contagion of Tiny Acts



"Every tiny act inspires others, makes the world better, and brings us closer to God."

Summary Checklist

- Kindness fits the situation without irritating.
- Kindness prioritizes mercy for those who don't know better.
- Kindness relinquishes its own rights to achieve peace.
- Kindness is an active intervention, just as Christ intervened for us.

Let us not become weary in doing good.
For at the proper time we will reap
a harvest if we do not give up...
Let us be kind. (Galatians 6:9)