


The Cultivated Fruit: Reclaiming Biblical Kindness

Moving from reactive feelings to
a determined, Spirit-led choice.



Angry looks can do no good and blows
are dealt in blindness. Words are better
understood if spoken but in kindness.

— John Burbridge



The Kindness Divide: Worldly vs. Biblical

Worldly Kindness

Biblical Kindness (Galatians 5:22)

Source

Human nature & self-effort

A gift produced by God's Holy Spirit

Nature

A reactive, warm fuzzy feeling

A determined choice and considered action

Scope

Given to friends and those who reciprocate

Given to brothers, sisters, strangers, and enemies (Luke 6:35)

Goal

Social harmony and reciprocal favors

Glorifying God and drawing others to Him

The world sees kindness in a very basic, limited capacity.
True kindness is a goodness of heart that must be gifted by God.

The Harsh World

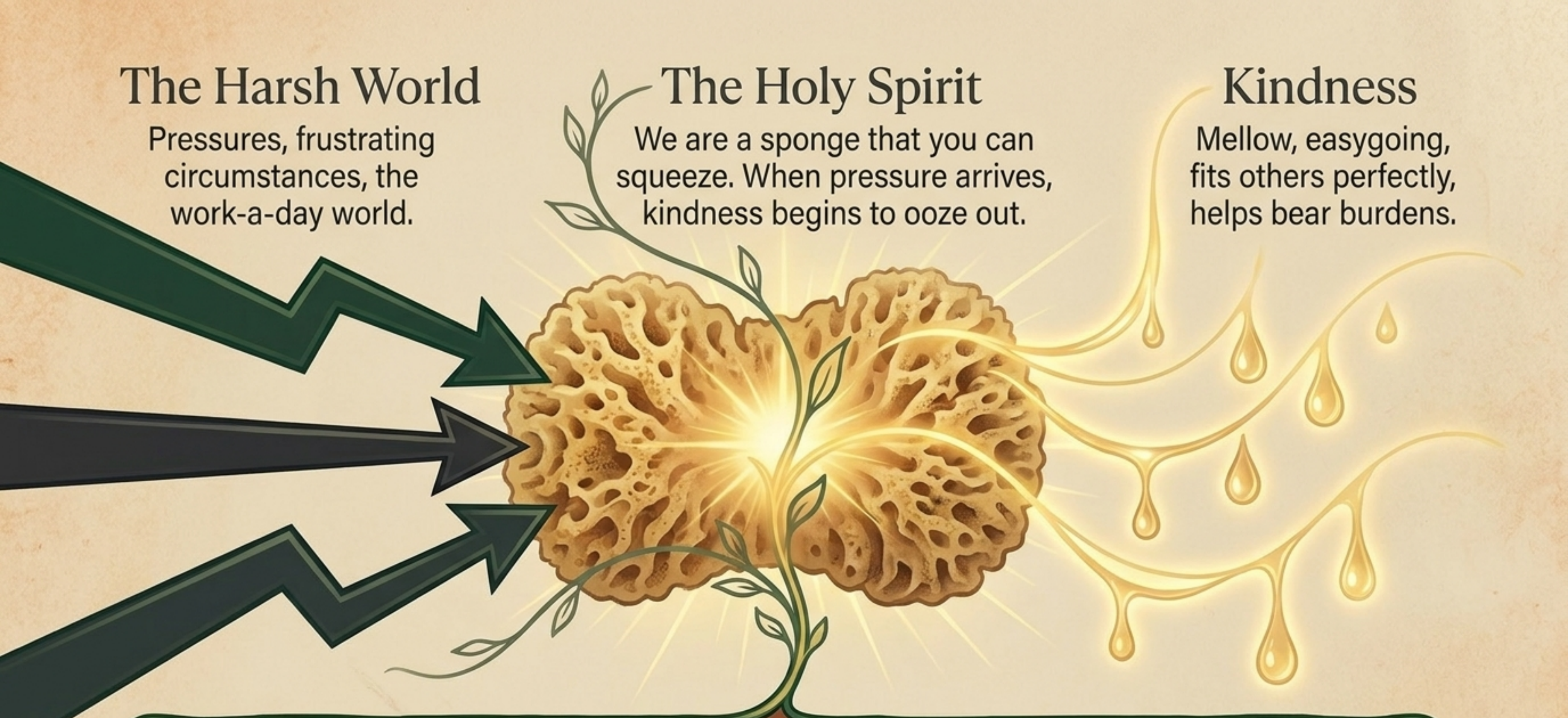
Pressures, frustrating circumstances, the work-a-day world.

The Holy Spirit

We are a sponge that you can squeeze. When pressure arrives, kindness begins to ooze out.

Kindness

Mellow, easygoing, fits others perfectly, helps bear burdens.



A Christian who is kind is not just aging—they are maturing in their walk with God.

The Vine and Branch Dependency Model

Connected State

Abiding in Him. His words, His presence, His Spirit at work.

Capacity = Limitless

Christ /
The Holy
Spirit

The
Believer

Kindness
(The Fruit)

Severed State

At our core is selfishness
incapable of doing anything
not connected back to us.

Capacity = 0%

Human
Nature
Alone

*“Apart from me, you can do
nothing.” — Jesus (John 15:5)*

The Forgiveness Standard Equation

**[Your Sins Forgiven
by God (Infinite)]**

Is there a single sin you brought before Him that He failed to forgive? Not a single one.



**Forgive as the Lord
forgave you.**
(Colossians 3:13)

**[The Grievances You
Must Forgive (All)]**

But what they did... But what they said... But their feelings toward me...

Application Note: Just as parents command quarreling children to apologize because they are part of the family, God commands kindness when Christians have a falling out. He cares about His family.

Just Do It.

Kindness is not something we feel. Kindness is something we do under the control of God's Holy Spirit.

The Feeling Trap



The Feeling Trap

- Waiting for a warm, fuzzy feeling.
- A poor motivator for right behavior.
- Fails when circumstances dictate we simply "don't feel like it."

The Obedience Drive



The Obedience Drive

- A considered action and a determined choice.
- Like an ox purposefully yoked to the cart or plow.
- Driven by "Because God said so," or simply "Because it's the right thing to do."

The Communication Filter

Context: Stand at any busy intersection for five minutes. You will hear a world that speaks harshly and uses hateful words.

The Mouth of the Fool

Actions: Gushes folly, speaks harsh words, deceitful tongue.



The Mouth of the Fool

Results: Stirs up anger, crushes the spirit, harms relationships.

The Tongue of the Wise

Actions: A gentle answer, acts wisely, seasoned with salt.

The Tongue of the Wise

Results: Turns away wrath, brings healing, acts as a 'tree of life'.

Guiding Rule: Let your conversation be always full of grace. (Colossians 4:6)

The Active Listening Anatomy

Suppress the Defense & Ego

Stop formulating a response while they are speaking. Stop waiting to correct their errors or dominate the conversation.

Facial Expressions & Eye Contact

Look at them to show respect and interest. Do not roll your eyes as if to say, "I can't wait till this is over."

Sympathetic Heart

Listen to actually learn and understand, not just to hear.

Posture & Environment

Avoid crossing and folding arms. Create a calm physical presence—do not pound tables or slam doors.



Concentric Spheres of Action



Love must be expressed in kind deeds. Show kindness in all that you do.

The Contagion Ecosystem

1. Spiritual Input

The Holy Spirit guides and strengthens the believer.



2. Deliberate Action

Believer deploys kind words, attitudes, and deeds into the hostile world.



3. The Contagion Effect

Simple kindnesses are contagious. One of the most difficult things to give away is kindness, for it is almost always returned.



There are very few people so hard of heart that they can resist a persistent environment of sincere kindness for any length of time.



4. The Healing Result

Hostility drops. Troubled relationships heal. The kind person inherently benefits himself (Proverbs 11:17).



The Ultimate Measure of a Christian Lifestyle

- ✿ If we exist to glorify Him, are we living a lifestyle that speaks of the presence of Christ in our relationships?
- ✿ Does the manner in which you live have the effect of drawing others in God's direction?
- ✿ Does kindness permeate your relationships?
- ✿ Does your lifestyle point others to Jesus?

Whoever would love life and see good days... must turn from evil and do good. He must seek peace and pursue it. (1 Peter 3:10-11)

Allow God's Spirit to control your life, your attitudes, and your actions today.