



# THE GOSPEL OF CHRIST BIBLE OUTREACH

+234 80 2327 0222

2 Kolex Close, Off Adeshina  
Road Ijeshatedo-Surulere,  
Lagos.

gcbo.com.ng



## TUESDAY BIBLE STUDY

**Pastor A.S.O Olaleye**

**22nd November, 2022**

### Kindness as the fruit of the spirit

*Text: Romans 2:4 (NLT)*

Kindness in Greek is (chréstotés), it conveys the meaning of moral goodness, integrity and usefulness.

In the King James Version this word is translated "gentleness," which links it to the meaning of a gentleman or a gentlewoman, someone who behaved properly, with moral integrity and kindness.

Romans 2:4 reminds us that it is God's compassion that leads us to repentance, not judgment.

The Holy Spirit enables us to have moral integrity with kindness and not get trapped in self-righteousness.

What does God say about kindness?

Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

The Bible made us to understand that Kindness is to be selfless, compassionate, and merciful.

To love your neighbor and show kindness to EVERYONE is a perfect emblem of Biblical kindness which Jesus taught His disciples.

Why does God want us to show kindness?

It is the ultimate expression of our love for God. It's how we tell Him that we are choosing Him in as much as He chose us.

Proverbs 11:17 also tells us that a man who is kind benefits himself, but a cruel man hurts himself.

Whoever love God will be kind to people to make them happy.

Indeed, kindness not only makes others happy but it makes God happy to be happy with you.

1 Corinthians 13:4-5: Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.



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*Five Bible stories of Jesus teaching us about kindness.*

### Healing the Leper.

Matthew 8:1 When He had come down from the mountain, great multitudes followed Him.

Matthew 8:2 And behold, a leper came and worshiped Him, saying, "Lord, if You are willing, You can make me clean."

Matthew 8:3 Then Jesus put out His hand and touched him, saying, "I am willing; be cleansed." Immediately his leprosy was cleansed.

Matthew 8:4 And Jesus said to him, "See that you tell no one; but go your way, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them."

### Dining With a Sinner.

Luke 5:29 Then Levi gave Him a great feast in his own house. And there were a great number of tax collectors and others who sat down with them.

Luke 5:30 And their scribes and the Pharisees complained against His disciples, saying, "Why do You eat and drink with tax collectors and sinners?"

Luke 5:31 Jesus answered and said to them, "Those who are well have no need of a physician, but those who are sick.

Luke 5:32 I have not come to call the righteous, but sinners, to repentance."

### Preaching to the Gentiles.

John 10:16 And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

### Showing Compassion to the Sick.

Matthew 14:14 And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick.

Matthew 14:15 When it was evening, His disciples came to Him, saying, "This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into the villages and buy themselves food."

Matthew 14:16 But Jesus said to them, "They do not need to go away. You give them something to eat."



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Matthew 14:17 And they said to Him, "We have here only five loaves and two fish."

Matthew 14:18 He said, "Bring them here to Me."

Matthew 14:19 Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes.

Matthew 14:20 So they all ate and were filled, and they took up twelve baskets full of the fragments that remained.

Matthew 14:21 Now those who had eaten were about five thousand men, besides women and children.

Forgiving Those Who Hurt Him.

Matthew 6:15 But if you do not forgive others, then your Father will not forgive your transgressions.

Colossians 3:13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you.

Luke 6:28 bless those who curse you, pray for those who mistreat you

Who had kindness in the Bible?

Joseph — After being sold into slavery and then rising to power in Egypt, Joseph showed compassion to his brothers when they came to Egypt looking for food.

**This makes Joseph one of the greatest stories of compassion in the Bible.**

**Ways to show kindness:**

1. Show Your Appreciation to Someone in Your Life

Whether you thank someone for his or her assistance, a job well done, or for being a positive influence in your life, take a moment to show gratitude today.

You can intentionally bring this into your daily routine by taking the time to say thank you:

to show gratitude before each meal,

2. Show Gratitude to a Stranger

This involves extending appreciation to someone you don't know.

When you show your gratitude to those who you consider to be strangers, you realize that, truly, we are all interconnected and more familiar than you ever imagined.


by praising someone for his or her service.

A simple, "I appreciate you," can make a big difference in someone's life.



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Simple actions of kindness can go beyond the divisions created by language or appearance.

This can be someone who went above and beyond in terms of customer service. Express gratitude with a warm thank you.

### 3. Give a Helping Hand

Volunteer to take the load off someone's shoulders. Sign up to volunteer for an event in your town or anticipate situations in which you can help others.

### 4. Listen

Pay attention to what people say when you ask questions. This can actually be quite challenging and yet, it can be a catalyst for a deeper connection.

Be willing to share a solution or add your opinion.

Practice taking a moment to pause, breathe, and direct your full attention to what is being said without interrupting the flow of words.

Those receiving this act of kindness will feel fully supported by the sacred space that you have created for them to share.

### 5. Honor Nature

Honor and acknowledge the Earth for all that it gives to you.

Be considerate with others who are less privileged

Have the understanding that we are strangers here one day we shall leave here for our permanent home.

### 6. Make Time to Connect

As your days fill up with commitments, work, or extra activities, it's easy to lose touch with loved ones.

Be intentional about reaching out to a family member or friend whom you haven't seen in a while.

We can schedule a date to reconnect, pick up the phone and call or send messages. We must do the same to church members to show kindness.

### 7. Pay it Forward.

By combining something that you're passionate about with a desire to help humanity, you can spread kindness in the world.



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Some ways you can pay it forward include:

1. Paying transport fair for someone you don't know inside bus whose money is not complete.
2. writing a recommendation letter for somebody looking for job.
3. donating money or time to show that you care.
4. Selfless acts are positive to your health. When you do something nice for yourself or for others, your heart is activated.

