

Walking in the Spirit

Week 6: Fruit of the Spirit: KINDNESS

Focus: Compassion in Action

Key Truth: Kindness reflects the heart of Christ: When believers show kindness, people should catch a glimpse of Jesus.

Key Scriptures:

- Psalm 145:17
- Luke 6:35
- 1 Corinthians 13:4
- Ephesians 4:32

Introduction

Kindness is love expressed through action. It is compassion that moves beyond feelings and becomes visible in the way we speak, serve, forgive, and care for others. In a world that often values harshness, self-interest, and criticism, biblical kindness stands out as a beautiful reflection of Jesus Christ. The kindness produced by the Holy Spirit is not merely being polite or agreeable—it is a Spirit-filled response that demonstrates mercy, grace, tenderness, and compassion.

Jesus consistently showed kindness to:

- The hurting
- The overlooked
- The sinful
- The weary
- The rejected

As women walking in the Spirit, we are called to reflect His heart through compassionate action.

What is the Fruit of Kindness?

Kindness is the gracious, compassionate response of a heart transformed by Christ.

Biblical kindness:

- Sees the needs of others
- Responds with compassion
- Speaks with gentleness
- Acts with mercy
- Reflects the character of Jesus

Scripture Study

1. God is Kind in All He Does

Psalm 145:17

“The Lord is righteous in all his ways and kind in all his works.”

Kindness is not simply something God does—it is part of who He is.

Throughout Scripture we see God’s kindness:

- Providing for His people
- Showing mercy to sinners
- Comforting the brokenhearted
- Being patient with weakness
- Offering salvation through Jesus Christ

Every act of God flows from His righteous and loving character. Because we are His children, we are called to reflect that same kindness to others.

Discussion Questions

1. How have you experienced God’s kindness personally?
 2. How should God’s kindness toward us affect the way we treat others?
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2. Christlike Kindness Extends to Everyone

Luke 6:35

“But love your enemies, and do good... for he is kind to the ungrateful and the evil.”

Jesus teaches a radically different kind of kindness.

Human kindness often says:

- “I’ll be kind if they deserve it.”
- “I’ll be kind if they appreciate me.”

But Christlike kindness says:

- “Show mercy anyway.”
- “Love anyway.”
- “Reflect Jesus anyway.”

The kindness of Christ is not based on another person’s behavior—it flows from a transformed heart.

Compassion in Action Looks Like:

- Responding gently instead of harshly
- Serving without recognition
- Choosing patience during inconvenience
- Offering help to someone struggling
- Showing grace instead of criticism
- Loving difficult people

3. Kindness is Love in Action

1 Corinthians 13:4

“Love is patient and kind...”

Biblical love is active, not passive. Kindness puts love into motion.

Kindness:

- Notices people
- Encourages people
- Serves people
- Comforts people
- Forgives people
- Makes others feel valued

Sometimes small acts of kindness make the greatest impact:

- A gentle word
- A thoughtful message
- A listening ear
- Quiet service
- Patient understanding

Spirit-led kindness often appears in ordinary moments.

Discussion Questions

1. What small act of kindness has impacted your life deeply?
 2. Which is more challenging for you: kind words or kind actions?
 3. How can we intentionally show kindness within our homes and church?
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4. Kindness and Forgiveness Work Together

Ephesians 4:32

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

A kind heart is often a forgiving heart. Bitterness hardens us, but remembering Christ’s forgiveness softens us toward others.

Tenderheartedness means:

- Remaining compassionate
- Refusing to become cynical
- Responding with mercy instead of revenge
- Choosing grace over resentment

Forgiveness does not excuse wrong behavior, but it releases bitterness and trusts God with justice.

Cultivating the Fruit of Kindness

1. Remember Christ's Kindness Toward You

The more we remember God's mercy, the more compassionate we become toward others.

2. Ask the Holy Spirit to Shape Your Responses

Kindness grows when we surrender our reactions to God.

Pray:

- "Lord, help me respond like Jesus."
 - "Help me show compassion instead of irritation."
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3. Slow Down Enough to Notice People

Compassionate people pay attention.

Kindness often begins by simply noticing:

- Someone discouraged
 - Someone lonely
 - Someone overwhelmed
 - Someone needing encouragement
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4. Let Your Words Reflect Christ

Words can heal or wound.

Ask yourself:

- Are my words gracious?
 - Do my responses reflect the heart of Christ?
 - Am I gentle when correcting or disagreeing?
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Weekly Challenge

This week:

- Pray daily for a compassionate heart.
 - Intentionally encourage someone each day.
 - Perform one anonymous act of kindness.
 - Respond gently in a frustrating situation.
 - Look for someone who may feel overlooked or forgotten.
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Closing Encouragement

Kindness is one of the clearest reflections of Jesus in a believer's life.

In every gentle response, compassionate action, forgiving spirit, and gracious word, the heart of Christ is revealed to the world. As women walking in the Spirit, may our lives reflect the kindness of Jesus everywhere we go.

Biblical Female Example: Tabitha (Dorcas)

Kindness in Action

Scripture: Acts 9:36–42

Tabitha, also called Dorcas, is one of the clearest biblical examples of kindness and compassionate service.

Acts 9:36 says:

“She was full of good works and acts of charity.”

Tabitha did not merely speak about kindness—she lived it daily.

She became known for:

- Caring for widows
- Making garments for those in need
- Serving quietly and faithfully
- Meeting practical needs with compassion
- Demonstrating Christ’s love through action

When Tabitha died, the widows gathered around Peter weeping and showing the garments she had made for them. Her life had deeply impacted others because her kindness was personal, practical, and sacrificial. Through Peter, God miraculously raised Tabitha back to life, and her testimony brought glory to God and strengthened the faith of many.

Lessons from Tabitha

- Kindness is often expressed through simple acts of service
- Compassion notices practical needs
- Quiet acts of kindness matter deeply
- A life of kindness leaves a lasting impact
- Serving others reflects the heart of Christ