

EXPRESSING KINDNESS by Linda Ensley



How do you respond to kindness? What feelings come to mind when someone holds a door open for you when your arms are full, or lets you go ahead of them in line at the store, when you only have a few items? Has anyone ever brought you a meal when you were ill, or just too overwhelmed with life's trials to cook? Have you ever opened your door to discover that someone had mowed your lawn or shoveled the snow in your driveway?

These are all acts of kindness, and God calls it a fruit of His Spirit. God Himself continually gives us examples of kindness.

Romans 14:17 states : "Yet He has not left Himself without testimony. He has shown kindness by giving you rain from heaven and crops in their season; He provides you with plenty of food and fills your heart with joy."

Yes, God showers us with kindness every day as He provides for

our physical well being. But His outpouring of kindness goes well past the physical and provides for our spiritual needs also. The greatest blessing we have ever received was the gift of Jesus Christ.

Ephesians 2:6-7 says :
"And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus in order that in the coming ages He might share the incomparable riches of His grace, expressed in His kindness to us in Christ Jesus."

Not only does He save our souls, but in **Ephesians 2:10**, God says He prepares us for a life full of purpose. **"For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."** Part of that work is to glorify Him by showing kindness to others.

King Solomon records the benefits of showing kindness in the book of Proverbs.

Proverbs 11:17 : "A kind man benefits himself, but a cruel man brings trouble on himself."

Proverbs 14:21 : "He who despises his neighbor sins, but blessed is he who is kind to the needy."

Proverbs 14:31 : "He who oppresses the poor shows contempt for their Maker, but whoever is kind to the needy honors God."

Proverbs 19:17: "He who is kind to the poor lends to the Lord, and He will reward him for what he has done."

Foundations for Living offers many opportunities to express kindness to the poor, needy and troubled. Volunteer your time and talents to this ministry and watch the blessings flow into your life as you show kindness to others, in Jesus' name.

