

# Kindness

We all know that **kindness** is one of the **fruits of the work of the Holy Spirit** in our lives (Gal 22:5). It means that whoever gives the opportunity for the Holy Spirit to be active in his life through prayer and through the nourishment of words of the Bible, kindness will appear in his conduct and behavior with others.

+ **Kindness** is to treat others **softly, politely, and with a wide smile**. It also means that we should use **polite and soothing words** in our conversation with others.

+ **God** always gives us **Himself** as a role model as He is always kind to us.

When the Lord Jesus Christ deals with sinners, repentant people, or anyone in need, we see Him doing so with an open heart for everyone with love and kindness. He never embarrasses anyone with a harsh or an offensive word, but rather with kindness, he mends all the wounds.

+ The Bible commands us as well, saying: *“Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”* (Eph 4:32)

+ **Kindness** is a wonderful testimony to **Christ** whom we follow with all our hearts, and have become members of his kingdom. Kindness is also a living testimony to the work of the Holy Spirit in our lives. It is also a means to attract the hearts of many to the kingdom. As much as violence is a repulsive behavior, kindness is an effective and attractive behavior to everyone.



+ **Kindness** shows how much we value others and that we care enough not to hurt their feelings, this is practical love. With kindness, we can win people and be good witnesses for Christ. The kind word is yearned for and it opens the heart, while the harsh and callous word stirs up problems and upsets the mood, as the divine words teach us: *“A soft answer turns away wrath, but a harsh word stirs up anger.”* (Proverbs 15:1)

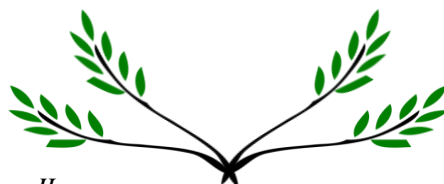
+ **Kind words** change the heart when they enter it, and leave a good impression, Let us not forget the story of Saint Macarius, in which he attracted one of the pagan priests to the faith in Christ by his kind and soft words. Thus he broke the thorn of evil and indignation in his heart and led him to repentance.

+ Let us train ourselves, with the help of God, to choose kind words, and be kind and gentle towards those who are around us. Let's start with

our inner circle, our family members at home. Let us be kind to everyone, the young and the old. Let's also not forget our outer circle which has farther reach. Let us be willing to quickly apologize for any disharmony we may cause in deviating from the symphony of kindness to which we conduct our lives as Christians.

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