

# GROWING SPIRITUALLY



Lesson 10: Putting on Kindness

# Last Week: Developing Your Patience

Ps 37:7 –  
Be still  
before the  
LORD and  
wait  
patiently  
for him.

- ❖ Patience may be the most useful virtue.
  - ❖ We need it all of the time and everywhere.
- ❖ Our patience is tested by interruptions, inconveniences, irritations and inactivity.
- ❖ When you have peace in your heart, there is little that makes you impatient.
- ❖ Become a more patient person by:
  - ❖ Learning to see things from a new perspective;
  - ❖ Developing your sense of humor;
  - ❖ Deepening your love, because love is “patient”;
  - ❖ Depending on God.

# Today's Lesson: "Putting on Kindness"

- ❖ Today's lesson is about "Kindness"
  - ❖ Put on Kindness
  - ❖ Be more aware of the needs of others
  - ❖ Build people up
  - ❖ Be sympathetic to others
  - ❖ Don't wait to show kindness
  - ❖ Memory Verse

# Put on Kindness

- ❖ Col 3:12 – Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with ...kindness...
  - ❖ “Clothe” means to put on
  - ❖ When we wake in the morning we are to “put on” kindness
  - ❖ This means get dressed spiritually as well as physically
  - ❖ Kindness is a choice
  - ❖ Put on kindness every day

# Question:

- ❖ Why should we be kind?
  - ❖ Because God is kind to us
    - ❖ Eph 2:8 – For by grace you have been saved through faith, and that not of yourselves; it is the gift of God,
  - ❖ So that others will be kind to you
    - ❖ Matt 7:12 – Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets.
  - ❖ Kindness can be mistaken
    - ❖ “Why is he being kind; what’s in it for him?”
    - ❖ Make your kindness genuine and unconditional
  - ❖ Other passages: Prov 11:17; 21:21

# Question:

- ❖ What does it mean to be a kind person, and how can we become more kind?
  - ❖ Be sensitive
  - ❖ Be supportive
  - ❖ Be sympathetic
  - ❖ Be straight forward
  - ❖ Be spontaneous
- ❖ Let's discuss these in more detail...

# Be Sensitive

- ❖ Kind people are sensitive to others
- ❖ Become aware of the needs of those around you
  - ❖ Phil 2:4 - Each of you should look not only to your own interests, but also to the interests of others.
- ❖ Look!
  - ❖ Kindness starts with noticing the needs and hurts of others
  - ❖ Everyone you meet this week needs kindness
  - ❖ View everyone as though they may be hurting
  - ❖ We simply may not be aware of those hurts
  - ❖ So kindness begins with “sensitivity”

# Mephibosheth

- ❖ David shows sensitivity to Mephibosheth (2 Sam 9:1-12)
  - ❖ 1 David asked, “Is there anyone still left of the house of Saul to whom I can show kindness for Jonathan's sake?”
  - ❖ 7 "Don't be afraid," David said to him, "for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.“
  - ❖ 9 Then the king summoned Ziba, Saul's servant, and said to him, "I have given your master's grandson everything that belonged to Saul and his family.
- ❖ He seeks out Mephibosheth (vs 1); “Don't be afraid” (vs 7); David shows kindness (vs 7, 9)

# Be Supportive

- ❖ Build people up rather than tear them down
- ❖ Be supportive in your speech
  - ❖ Prov 10:32 – The lips of the righteous know what is acceptable, but the mouth of the wicked what is perverse.
  - ❖ Prov 15:4 – The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.
- ❖ You can destroy others with what you say
- ❖ So choose to build others up with what you say

# Be Sympathetic

- ❖ If you want to be kind, learn to be sympathetic
- ❖ People appreciate it when you are sympathetic
  - ❖ Grieve with them, hurt with them
- ❖ Unfortunately we too often fail to be sympathetic
  - ❖ “we feel to awkward”
  - ❖ “we just don’t know what to say”
- ❖ You don’t have to say anything, just be there
- ❖ Rom 12:15 – Rejoice with those who rejoice; mourn with those who mourn.

# Be Straight Forward

- ❖ Being kind means telling the truth
  - ❖ Be candid, level with people
- ❖ Do not sugar coat kindness
- ❖ Loving friends care enough to confront one another
  - ❖ Gal 2:11 – When Peter came to Antioch, I opposed him to his face, because he was clearly in the wrong.
- ❖ How do you know when to be confrontational?
  - ❖ You must be committed to the person's best interest
  - ❖ You must plan to stick around and help your friend work out the change

# Be Spontaneous

- ❖ Do not wait to show kindness
  - ❖ Do it now; do it while you have the opportunity
  - ❖ Gal 6:9-10 – Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. 10 Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.
- ❖ The #1 enemy to kindness is busyness
  - ❖ Are you too busy to be kind?

# The Good Samaritan

- ❖ Luke 10:33-35 – 33 But a Samaritan , as he traveled, came where the man was; and when he saw him, he took pity on him. 34 He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, took him to an inn and took care of him. 35 The next day he took out two silver coins and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.' NIV

# The Good Samaritan

- ❖ The Samaritan was sensitive to this mans needs (**when he saw him, he took pity on him**).
- ❖ He acted spontaneously (**He went to him**).
- ❖ He was sympathetic of the mans needs (**he took pity on him**).
- ❖ He was supportive and acted based on his needs (**he bandaged his wounds...he put the man on his own donkey, took him to an inn and took care of him**).
- ❖ He was straight forward with the Inn Keeper and considered everything that might be necessary (**Look after him...I will reimburse you for any extra expense you may have**).

# Summary:

Col 3:12  
Therefore, as  
God's  
chosen  
people, holy  
and dearly  
loved, clothe  
yourselves  
with ...  
kindness...

- ❖ We are to “put on” kindness
- ❖ Kindness begins by being sensitive to the needs of others
- ❖ Be supportive in your speech and actions
- ❖ Learn to be sympathetic
- ❖ Loving friends care enough to confront one another
- ❖ Do not wait to show kindness
- ❖ Do not get too busy to show kindness



Memory verse: Phil 2:4

Each of you should look not only to your own interests, but also to the interests of others.