

INTRODUCTION

1. In the field of athletics the word *kindness* can be a lost trait – especially in those tense moments of competition.
2. But that was not the case at the Special Olympics.
3. “Several years ago, five handicapped finalists gathered at the starting line. Their hearts were pounding. Each wanted to win. The starter’s gun discharged and the athletes exploded from their crouched positions and began running with all their heart. The crowd was on its feet shouting and cheering.

Suddenly one of the runners stumbled and fell flat on his face. He struggled but couldn't seem to get up. A moan and then a hush fell over the stadium. In the next moment, another child stopped running and reached down and helped the fallen child back up. The two of them finished the race together" (p.26, Stories for the Heart, Michael [Broome](#)).

4. *Being Kind to One Another* — that is another responsibility you and I have toward one another.
5. We are not only to love one another, bear one another’s burdens, submit to one another, devote ourselves to one another in brotherly love, give preference to one another in honor, and pray for one another but we are also to be kind to one another.

I. Kindness in our Society is Becoming a Thing of the Past

Dr. Leon James, Professor of Psychology at the University of Hawaii says, "There's growing official alarm about road rage. The US government has named "aggressive drivers" as one of the most serious transportation challenges facing State legislatures today. Ricardo Martinez, federal administrator of the National Highway Traffic Safety Administration (NHTSA), has declared that road rage is now the Number One traffic problem. The New York Times reported a poll in Washington, D.C., showing that 42% of the residents rate aggressive drivers as the biggest threat on the road, followed by drunk drivers (35%). The problem is so serious that insurance companies are devising ways to deny insurance to aggressive drivers and cut rates for peaceful drivers.

The AAA Foundation for Traffic Safety released data in 1996 showing that the average number of violent incidents reported between drivers in the US. has increased annually over the past eight years, 51% since 1990. In 1996 alone about 2,000 violent incidents were formally reported by police nationwide. But this is considered the small tip of a very large iceberg, according to safety officials who believe that for every aggressive driving incident serious enough to result in a police report or newspaper article, there are hundreds or thousands more which never got reported to the authorities."

A. The Problem is due to Man's Own Depravity

1. Man does what he does because of what he is

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- a) **Proverbs 12:15 NASB** says he does what “is right in his own eyes.”
- b) **Proverbs 14:9 NASB** says he mocks “at sin.”
- c) He does all of this because he believes that his way is “right.” **Proverbs 14:12 NASB** says, “There is a way which seems right to a man, but its end is the way of death.”

Keil & Delitzsch, in their commentary says, “The rightness is present only as a phantom, for it arises wholly from a terrible self-deception; the man judges falsely and goes astray when, without regard to God and His word, he follows only his own opinions. It is the way of estrangement from God, of fleshly security; the way of vice, in which the blinded thinks to spend his life, to set himself to fulfil his purposes; but the end thereof (with neut. fem.: the end of this intention, that in which it issues) are the ways of death” (Keil & Delitzsch Commentary on the Old Testament).

- 2. In Romans chapter one Paul reveals the truth of man’s sinfulness and notes its consequence
 - a) First, they are under the “wrath of God” because they suppress what they know is true about God (**vv.18-20**)

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- b) In their suppression of the truth about God, they refused to “For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened. 22 Professing to be wise, they became fools, 23 and exchanged the glory of the incorruptible God for an image in the form of corruptible man and of birds and four-footed animals and crawling creatures.”
(vv.21-23 NASB)
- c) Because of this, **verse 24** says “Therefore God gave them over in the lusts of their hearts to impurity, so that their bodies would be dishonored among them.”
- d) **Verse 25** says they “exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.”
- e) Again Paul says, “For this reason God gave them over to degrading passions; for their women exchanged the natural function for that which is unnatural, 27 and in the same way also the men abandoned the natural function of the woman and burned in their desire toward one another, men with men committing indecent acts and receiving in their own persons the due penalty of their error. 28 And just as they did not

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see fit to acknowledge God any longer, God gave them over to a depraved mind, to do those things which are not proper” (vv.26-28).

- f) 2 Times Paul says “God gave them up” (vv.24, 26), 1 time he says “God gave them over” (v.28)

John Gill says that “God gave them up” “Not by putting any into them, but by leaving them to the pollution of their nature; by withdrawing his providential restraints from them, and by giving them up to judicial hardness” (John Gill's Exposition of the Entire Bible).

Albert Barnes adds, “He abandoned them, or he ceased to restrain them, and suffered them to act out their sentiments, and to manifest them in their life” (Albert Barnes' Notes on the Bible).

- g) In **Verses 29-32** Paul gives a list of “those things which are not proper” (v.28). He says, Being filled with:
- (1) All unrighteousness (v.29, adikia - injustice or iniquity in general)
 - (2) Wickedness (v.29, poneria - depravity, iniquity, evil purposes and desires)
 - (3) Greed (v.29, pleonexia - greedy desire to

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have more)

- (4) Evil (**v.29**, kakia - malice, wickedness, wickedness that is not ashamed to break laws, evil)
- (5) Full of envy (**v.29**)
- (6) Murder (**v.29**)
- (7) Strife (**v.29**)
- (8) Deceit (**v.29**)
- (9) Malice (**v.29**)
- (10) They are gossips (**v.29**, psithuristes - secret slanderer)
- (11) Slanderers (**v.30**, katalalos - defamer, evil speaker)
- (12) Haters of God (**v.30**)
- (13) Insolent (**v.30**)
- (14) Arrogant (**v.30**)
- (15) Boastful (**v.30**)

- (16) Inventors of evil (v.30)
- (17) Disobedient to parents (v.30)
- (18) Without understanding (v.31)
- (19) Untrustworthy (v.31)
- (20) Unloving (v.31)
- (21) Unmerciful (v.31)
- h) **Verse 32** says, “And although they know the ordinance of God, that those who practice such things are worthy of death, they not only do the same, but also give hearty approval to those who practice them.”
- 3. The Bible uses other terms to describe man in his fallenness
 - a) It says he is corrupt

Moses told the children of Israel in **Deuteronomy 31:29 NASB** “For I know that after my death you will act corruptly and turn from the way which I have commanded you; and evil will befall you in the latter days, for you will do that which is evil in the sight of the Lord, provoking Him to anger with the work of

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your hands.”

- b) He is called a worker of wickedness (Ps.53:4)

David first calls them “fools” in verse 1. He says “they are corrupt” in verses 2-3 and in verse 4 he refers to them as “the workers of wickedness.”

Listen to all 4 verses:

Psalms 53:1-4 NASB The fool has said in his heart, "There is no God," They are corrupt, and have committed abominable injustice; There is no one who does good. 2 God has looked down from heaven upon the sons of men To see if there is anyone who understands, Who seeks after God. 3 Every one of them has turned aside; together they have become corrupt; There is no one who does good, not even one. 4 Have the workers of wickedness no knowledge, Who eat up My people as though they ate bread And have not called upon God?

- c) **Titus 3:3 NASB** says before we came to Christ we were “once were foolish ourselves, disobedient, deceived, enslaved to various lusts and pleasures, spending our life in malice and envy, hateful, hating one another.”

- d) Because this is what we were we are to lay
“aside all malice and all deceit and hypocrisy
and envy and all slander” (1 Pet.2:1 NASB).

II. Being Kind Has Reference to Being Good and Gracious

In **Ephesians 4:32 NASB**, Paul tells to Ephesians to “be kind to one another.”

The Greek word for *kind* (chrestos) occurs 7 times in the NT and when used of people “the term means ‘worthy,’ ‘decent,’ ‘honest,’ morally upright’ or ‘good’ (Kittel).

The term may be used for a ‘good’ character or disposition, or for someone who is ‘good’ at a particular task.

The American Heritage Dictionary defines it as “of a friendly, generous, or warm-hearted nature.”

We could say that being kind is also being “gentle.”

A. Being Kind is Part of One’s Character and Nature

Someone once said, “Kindness is the sunshine in which virtue grows” (Drapers).

It is listed in **Galatians 5:22-23 NASB** as the fruit of the Spirit:

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“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.”

The word is translated “gentleness” in the Authorized Version.

B. Being Kind is Also in Direct Opposition to Our Sinful Nature

1. In order to be kind or manifest any part of the fruit of the Spirit you must kill the deeds of the flesh

- a) **Colossians 3:5 NASB** Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.
- b) Ephesians 4:31 - “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice” (NIV).

“Having done with all these malicious traits, the Christian will display kindness, compassion, and forgiveness” (EBC).

2. The flesh does not want to be kind

- a) To strangers (**James 2:1-4 NASB**)
- b) To our enemies (**Rom.12:18-21 NASB**)

- C. Everyone Has the Ability to be Kind but for a Christian this Should be a Habit of Life
 - 1. A Christian who is not kind is a Christian who doesn't understand love
 - 2. A Christian who cannot understand love is not a Christian at all

1 John 3:14 NASB says, "We know that we have passed out of death into life, because we love the brethren. He who does not love abides in death."

III. Kindness is An Attribute of God

- A. God in His Nature is Kindness

Psalms 111:4 NASB says "The Lord is gracious and compassionate."

- B. He Shows His Kindness to Everyone

- 1. **Matthew 5:45 NASB** says, "He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous."
- 2. **Luke 6:35 NASB** says, "But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the

Most High; for He Himself is kind to ungrateful and evil men.”

Thomas Watson said, “God is ever giving to His children, yet hath not the less. His riches are imparted, not impaired” (The Golden Treasury of Puritan Quotations).

IV. Kindness is a Must for a Christian

A. We Are to Be Kind to Everyone

1. **Romans 12:10 NASB** says, “Be devoted to one another in brotherly love; give preference to one another in honor.”

2. **1 Cor.13:4 NASB** says, “Love is kind.”

“Kindness is a language the dumb can speak, the deaf can hear, and the blind can see” (Drapers).

“Kindness is love in work clothes” (Drapers).

B. We Must Be Kind with Our Words

1. It begins with our desire for our words to be acceptable to God

Psalms 19:14 NASB says, “Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O Lord, my rock and my Redeemer.”

2. The wicked have no desire to please God with their words instead their words devour

David said in **Psalm 52:1-4 NASB**, Why do you boast in evil, O mighty man? The lovingkindness of God endures all day long. 2 Your tongue devises destruction, Like a sharp razor, O worker of deceit. 3 You love evil more than good, Falsehood more than speaking what is right. Selah. 4 You love all words that devour, O deceitful tongue.

3. David said in Psalm 56:5 they also “distort” the truth with their words

Psalm 56:5 NASB, All day long they distort my words; All their thoughts are against me for evil.

4. Our words are to build-up not tear down
 - a) **Ephesians 4:29 NASB**, Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear.
 - b) Solomon said in **Ecclesiastes 10:12 NASB**, Words from the mouth of a wise man are gracious, while the lips of a fool consume him.
 - c) This was how Jesus spoke

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Luke 4:22 NASB says, “And all were speaking well of Him, and wondering at the gracious words which were falling from His lips; and they were saying, “Is this not Joseph's son?”

- d) It is easy to tear down with our words rather than build-up especially when we have been wronged

But if Jesus said in **Matthew 5:44 NASB** to “love your enemies and pray for those who persecute you,” then we are to, “If possible, so far as it depends on you, be at peace with all men” (**Romans 12:18**) and “not be overcome by evil but overcome evil with good” (v.21).

You do that by feeding your enemy when he is hungry or giving him a drink when he is thirsty according to verse 20.

C. We Are to Put On Kindness in Our Life

1. **Colossians 3:12 NASB** says, “So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience.”
2. **2 Peter 1:7 NASB** says to add to your faith godliness and to “godliness, brotherly kindness, and in your brotherly kindness, love.”

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Henry Drummond said, “The greatest thing a man can do for his Heavenly Father is to be kind to some of His other children” (Drapers).

“One kind act will teach more love of God than a thousand sermons” (Drapers).

CONCLUSION

1. Some one once wrote: “What is time? Time to do well, time to live better, give up that grudge, answer that letter, speak the kind word to sweeten a sorrow, do that kind deed you would leave ‘till tomorrow.”
2. Solomon said, “To everything there is a season, a time for every purpose under heaven...a time to build up...a time to cast away stones...a time to embrace...and a time to love” (Eccl.3:1,3,5,8).
3. Are you showing the kindness of God to others?
4. Do they know you belong to Jesus through your attitude of kindness?
5. We are to imitate this attribute of God.
6. One of the greatest truths in the Bible is God showing His kindness to sinners.

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7. It is through that kindness and goodness that we are led to repentance.
8. Have you repented of your sin and turned to Jesus for salvation?
9. As we pray, if you would like to come to the front and get on your knees as we pray, I would like to invite you to do so at this time.
10. Let's pray.