

## Got Fruit?

### Kindness

Ready (*Plant the seed*)

Be kind and compassionate to one another, forgiving each other just as in Christ God forgave you. Ephesians 4:32

Set (*Get the conversation started*)

If I were to ask you what kindness is, what would you say? Maybe being nice to people? If you search for the word “nice” in the Bible, you will not find it. Not one single time! However, if you search for the word “kindness” you will find it over 50 times! Wow! There is a difference between being kind and being nice. Kindness is another fruit of the Spirit that resides in you once you accept Jesus into your heart and are given the gift of the Holy Spirit. Kindness has nothing to do with others and everything to do with YOU! The Bible tells us in Titus 3:4-7 “But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life.” We are saved because of God’s love for us. His kindness and mercy are ours not because of what we do but because of Him. Likewise, your kindness comes from the Holy Spirit dwelling inside you which gives you the strength and ability to choose kindness at all times- especially when it’s hard. It does not come from how others behave or treat you. Being nice is just really when you are polite or showing good manners; you show kindness because you care deep inside where the Holy Spirit is growing you.

This kindness is apparent on the field in the athlete who stops to help a fallen opponent, the athlete who congratulates the winners in his own defeat or the athlete who encourages a struggling player. It’s easy to get swept up in the competition of sports. Yes, you are competing to win and, yes, you must always give your best. Being kind on the field doesn’t mean giving the game away. It simply means that you don’t give in to anger from the actions of another or take any cheap shots yourself and always help someone who needs it. You make the players more important than the score of the game. That is fruit of kindness growing within you. That is the Holy Spirit developing your character. The more you practice showing kindness to others, the more you will have to give away.

Grow (*Talk it over*)

- Have you ever been the victim of an unfair play or cheap shot by another player in a game? How did you react?
- How is being kind a witness for Christ?
- Can you still be a fierce competitor and show kindness? How?

Pray

Father God, thank you for showing us of your great kindness by saving us and giving us mercy. We’re sorry that we don’t always show kindness to others. Please strengthen us to be able to always be kind to others, especially when we don’t feel like it. We know you are growing us for your good. We trust in your ways. We love you. In Jesus name, Amen.

Overtime (*Optional object lesson as time permits to reinforce the benefit of sharing kindness with others.*)

Materials needed: blank paper & scissors

-Say: *How many corners does this paper have? (4) These corners represent the kindness within me. I’m going to give a bit of kindness away by sharing a corner with you.*

-Cut one off and give it to a player.

-Say: *Now how many corners of kindness do I have? (5) Wow! You mean, I gave one away and now I have more?*

-Repeat with another cut.

-Say: *the more you show kindness to others, the greater the Holy Spirit grows the fruit within you. He will give you more and more opportunities to share because it inspires others to do so as well. Let’s spread as much kindness as we can!*