

“LOVE IS”

Kind

1 Cor 13:4

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”

What does this mean?

At its heart this means that love is gentle and cares about the well-being of others. Love is patient and thoughtful. It is not harsh or cruel.

What does this look like in the Bible?

Titus 3:4-5 “But when the kindness of love of God our Savior appeared, he saved us...” God’s love led Him to act kindly toward us, even when we didn’t deserve it — offering salvation through grace.

2 Sam 9:1-13 “Don’t be afraid... I will surely show you kindness for the sake of your father Jonathan.” When we offer mercy and generosity to someone who has nothing to offer in return, we honor God.

Showing Kindness Doesn't Require Grand Gestures

Small Consistent Acts of Kindness Can Have a Greater Impact

Do you wish that you could make the world a better place?

I'm here to tell you that you can. We all have it within us; in fact, it starts with us. More precisely, it starts with Christ in us. As we allow God's love to pour through us, lives will be changed, and hearts will be transformed from Hearts of Stone to Hearts of Flesh.

Simple acts of kindness can have a profound impact on our friends, neighbors, loved ones, and even complete strangers. Consider the lives Jesus touched through his acts of kindness. He modeled the kind of life he wanted us to lead.

What can this look like in your life? — Kindness Toward Yourself

Don't be Overly Hard on yourself: It's easy to beat ourselves up over mistakes or some momentary lapse of judgment in which we hurt a friend or loved one. Treat yourself with the same compassion you would want others to treat you with, with the same compassion you know that you should show them.

1 Corinthians 6:19-20 NIV“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”

Our bodies aren't simply flesh and bone; they are living temples for the Holy Spirit. We must take care of them and treat them with respect.

What can this look like in your life? — Kindness Toward Yourself

Set Boundaries: One of the wonderful things about humans is their great capacity to give, of their resources and time. I believe that most of us want to be good people, even if we occasionally mess up. Be generous with your time, but not at the expense of your health. It's okay to say "no". Recognizing how busy our lives can be will hopefully remind us to be gracious when someone declines our request. This can be difficult, particularly when we feel that we're always doing for others.

We all live busy lives, and most of us, I would like to believe, have the great capacity for generosity. We try to help our friends, family, and community, but don't forget to take care of yourself.

Luke 5:15-16 NIV Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

Jesus recognized the need to break away from the crowds and commune with God the Father. He understood the body's need for rest and the spirit's need to commune with the Father. The next time you're feeling overwhelmed by the demands on your time, remember that even Jesus didn't try to meet the needs of everyone.

Proverbs 25:17 NIV "Seldom set foot in your neighbor's house — too much of you, and they will hate you."

As much as we may love our family, neighbors, and friends, we all need space from time to time. Be kind to yourself and to your loved ones, give them and yourself the space they need to recharge.

What can this look like in your life? — Kindness Toward Yourself

Give yourself the Gift of Rest: Our bodies need rest. This is a gift from God. Don't feel guilty about taking time for yourself. We all need to recharge ourselves from time to time. Be gracious to others, remind them to do the same. This way, we can all be at our best.

Matthew 11:28 NIV “Come to me, all you who are weary and burdened, and I will give you rest.”

Mark 6:31 NIV Then, because so many people were coming and going that they didn't even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

God understands our need for rest and encourages us to do so. If we become run down, we become ill and unable to serve anyone. To be at our best, we require rest.