

**Praying the Fruit of the Spirit
Week #5: Kindness (Eph 4:31-32)**

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Kindness is God's antidote for meanness & bitterness

- 1. Bitterness is internalized anger.** (Heb 12:15)
 - It only grows when it's fed and watered—by me!
 - It can destroy even brilliant peoples' lives.
- 2. Bitter people often fail to realize that they:**
 - Are controlled by the past.
 - Choose to remember bitter things.
 - Usually blame others and are miserable to be around.
 - Poison their own future.
 - *"Bitterness is a poison we feed ourselves when we are angry at someone else."* (RS)
 - Spread that poison to everyone else.
- 3. God's antidote to bitterness: kindness is....**
 - Helpfulness to others, even when undeserved.
 - An attribute of God (Psm 145:9, Acts 14:17).
- 4. Kindness can be shown...**
 - In our actions, speech, and thoughts.
- 5. How to get rid of bitterness? (Eph 4:31-32)**
 - Admit that bitterness is a sin.
 - Be kind and Christlike: *chrestus* & *Christus*
 - Let God forgive you and let his forgiveness flow through you.
 - Pray for Christ to live in and be kind through you!

Lord, I pray that you would clothe me with Christ today (Rom 13:18) and develop within me the fruit of the Spirit (Gal 5:22-23). May I be clothed with your kindness (Col 3:12) since kindness is one of your attributes (Psm 145:9).

I pray that you would inspire our nation and world to replace bitterness and meanness with your kindness. And I pray that you would clothe Christians with the Savior, for he is kind (Titus 3:4). Amen.