

Fruit of the Spirit

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Galatians

5:19-25

Galatians 5:19-21

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

Galatians 5:22-25

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.

Kindness

Biblical Word Study

Kindness

- *Chrestotes*

- Kindness, goodness, uprightness, gentleness, moral excellence

Kindness

- *Chrestotes*

- In classical Greek, *chrestotes* described kindness or goodness of character — the quality of being beneficial or useful to others.
- It could mean:
 - Moral goodness (virtue expressed in action)
 - Gentleness or pleasantness in dealing with others
 - Integrity and fairness in conduct

Kindness

- *Chrestotes*

- Aristotle used it to describe the virtue of a person who is gentle and gracious toward others rather than harsh or exacting.

Kindness

- *Chrestotes*

- Kindness is a characteristic of God intended to be reproduced by the Spirit in God's people.
- Kindness is not sentimentality, and Paul admonished believers to observe both "the kindness and the sternness of God"
- God's own kindness and grace in bringing sinners to repentance and then to salvation

Kindness

- *Chrestotes*

- Appears 10 times in the NT and represents both a Divine Attribute and a Christian Virtue
- God's gracious, patient benevolence toward humanity — not sentimentality, but covenantal faithfulness expressed in mercy.
- Believers showing the same benevolent graciousness that characterizes God Himself.

Kindness

- *Chrestotes*

- God's *chrestotes* - His gracious, patient, redemptive kindness that leads to repentance and salvation.
- Human *chrestotes* - The reflection of God's own character through Spirit-led gentleness, mercy, and benevolence toward others.

Kindness

- *Chrestotes*

- Source – Character of God

- Expression – Merciful patience and helpfulness

- Goal – To lead others to repentance

Break

Old and New Testament Examples

Old Testament

- The Hebrew equivalent of *Chrestotes* is *Tov*.
- It expresses the benevolent aspect of God's covenant love — His faithful goodness toward His people.
- In the biblical worldview, "kindness" is not abstract; it is relational and purposeful—what serves life, order, and covenant faithfulness is *tov*

Old Testament

- In Hebrew thought, *tov* is not simply about moral virtue or subjective pleasure.
- *Tov* implies something functioning according to its intended purpose — fulfilling God's design.

Genesis 1

And God saw that it was good.

Genesis 50:20

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

Psalm 34:8

Taste and see that the Lord is good;
blessed is the one who takes refuge in him.

Romans 2:4

Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

Romans 9:22-23

What if God, although choosing to show his wrath and make his power known, bore with great patience the objects of his wrath—prepared for destruction? What if he did this to make the riches of his glory known to the objects of his mercy, whom he prepared in advance for glory

Romans 11:22

Consider therefore the kindness and sternness of God: sternness to those who fell, but kindness to you, provided that you continue in his kindness.

Jesus' Fruit

Jesus As Kindness

- Early Christians saw *Christos* (the Anointed One) and *Chrestos* (the Good One) as complementary truths
 - *Christos* = His divine office — the anointed Messiah.
 - *Chrestos* = His divine character — the embodiment of God's goodness and grace.

Jesus As Kindness

- In Jesus, God's *tov* (Hebrew goodness) → *chrēstotēs* (Greek kindness) → becomes incarnate grace.
- Jesus is the *tov* of creation now expressed as *chrestotes* in redemption.

Jesus As Kindness

- Matthew 11:28-30
 - “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Jesus As Kindness

- Kindness in Healing
- Kindness in Forgiveness
- Kindness in calling the children to Himself

Practical Application

Practical Application

- Respond with grace, not retaliation.
 - Joseph forgiving his brothers in Genesis 50:20.
- Use words to build up, not tear down.
 - Practice Ephesians 4:29 — speak what is “helpful for building others up.”
- Offer help proactively.
 - Kindness often means taking the initiative to meet a need without being asked.

Practical Application

- Demonstrate God's love through action.
 - Small, tangible acts — listening, giving, serving — reflect divine kindness.
- Break cycles of hostility.
 - In a harsh world, kindness becomes a radical testimony of God's nature.
- Treat enemies with goodness.
 - Luke 6:35: "Love your enemies, do good, and lend, expecting nothing in return."

Practical Application

- To live out *chrestotes* is not mere moral effort; it is Spirit-empowered transformation:
 - “We love because He first loved us.” – 1 John 4:19
- As we experience God’s kindness in Christ, it flows through us to others.
- Kindness, then, becomes not a duty but a delight, expressing the heart of the Father.

Q&A
