The fruit of the Spirit - Kindness **Galatians 5:22-23**

Read: Galatians 5:22-23 RSV But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such, there is no law.

The fruit of the Spirit is the result of the working of the Holy Spirit in a Christian's life. The fruit of the Spirit indicates the actions or deeds of a Christian affected by the Holy Spirit.

The fifth fruit of the Spirit mentioned is kindness.

Ephesians 4 New International Version[32] Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Kindness is the quality of being friendly, generous, and considerate.

Introduction

Choose a friend for yourself.





I would love to have a friendly person as a friend. It's nice to be in the presence of a friendly person. It is not pleasant to be near or in the presence of an unfriendly, grumpy person. Friendly people smile even when they are not doing so well. A friendly person is generous and considerate towards others. A friendly person is not slow to share his possessions with others. A friendly person is someone who cares about others.



Kindness is when we use our talents, time, and resources to improve other people's lives. When we use our talents to encourage and comfort other people when they are sad, it is when we spend time with our neighbours. When we give our own time to help our neighbour, we could help, for example, an older person across the street, open a car door, or help someone carry parcels. We should look around us. There are always people who need help. We can help someone hungry by feeding that person. A friendly person helps his neighbour where they can.





What can we do?

Tell your mom or dad or someone close to you that you appreciate them and love them.

Say thank you to them for everything they do 

for you.



Seek opportunities to compliment other people. It would help if you meant it sincerely. For example, you look beautiful today, and your hair is beautiful etc.

Do someone a favour without expecting anything in return, for example, cleaning your teacher's classroom. You can also help your mom or dad in the garden or help with washing dishes.



Kindness is a friendly smile to someone else. 



Donate food or clothing to someone who needs it. Bring an extra sandwich to school or work for someone hungry.

It is not easy to always be friendly. Kindness is a fruit of the Spirit, and we can only accomplish it by allowing the Holy Spirit to work in our lives.

Die vrug van die gees: Vriendelikheid GALASIËRS 5:22 EFESIËRS 4:2

Lees: GALASIËRS 5:22 Maar die vrug wat die Gees voortbring, is: liefde, vreugde, vrede, geduld, vriendelikheid, goedheid, getrouheid,

Die vrug van die gees is die resultaat van die werking van die Heilige Gees in 'n Christen se lewe. Die vrug van die gees dui op aksies of dade van 'n Christen wat deur die Heilige Gees bewerkstellig word.

Die vyfde vrug van die gees wat genoem word is vriendelikheid.

Die vyfde vrug van die Gees is om vriendelik, vrygewig en bedagsaam te wees.

EFESIËRS 4:32 NLV Wees eerder vriendelik met mekaar. Gee vir mekaar om. Vergewe mekaar soos God julle vergewe het op grond van wat Christus gedoen het.

Inleiding

Kies vir jou ‘n vriend.





Ek sal graag die vriendelike persoon as 'n vriend wil hê. Dit is lekker om in die teenwoordigheid van 'n vriendelike persoon te wees. Dit is glad nie lekker om naby of in die teenwoordigheid van 'n onvriendelike, nors persoon te wees nie. Vriendelike mense glimlag al gaan dit nie met hulle so goed nie. 'n Vriendelike persoon is vrygewig en bedagsaam teenoor ander. 'n Vriendelike persoon is nie traag om sy besittings met ander te deel nie. 'n Vriendelike persoon is iemand wat vir ander omgee.

Vriendelikheid is wanneer ons ons eie talente, tyd en hulpbronne gebruik om ander mense se lewens te verbeter. Dit is wanneer ons ons talente gebruik om ander mense moed in te praat, te bemoedig en te troos wanneer julle hartseer is. Dit is wanneer ons tyd



spandeer saam met ons naaste. Wanneer ons ons eie tyd gee om ons naaste te help. Hierdie hulp kan wees om byvoorbeeld 'n bejaarde oor die straat te help of om 'n kar se deur oop te maak of om iemand te help om pakkies te dra. Ons moet net om ons rondkyk. Daar is altyd mense wat hulp nodig het. Ons kan iemand help wat honger is deur daardie persoon kos te gee. 'n Vriendelike persoon help sy naaste waar hy kan.

Wat kan ons doen?





Sê aan jou ma of pa of iemand naby aan jou dat jy hulle waardeer en dat jy vir hulle lief is.



Sê vir hulle dankie vir alles wat hulle vir jou doen.



Soek geleenthede om ander mense 'n kompliment te gee. Jy moet dit moet opreg bedoel. Byvoorbeeld jy lyk mooi vandag of jou hare is mooi ens.

Doen 'n guns vir iemand sonder om iets terug te verwag. Soos byvoorbeeld om jou juffrou se klaskamer skoon te maak. Jy kan ook jou ma of pa help in die tuin of help om skottelgoed te was.





Glimlag vir iemand.

Gee 'n donasie van kos of klere aan iemand wat dit nodig het.



Bring 'n ekstra broodjie skool toe of werk toe vir iemand wat honger is.

Dit is nie maklik om altyd vriendelik te wees nie. Vriendelikheid is 'n vrug van die gees en ons kan ons dit slegs regkry deur die Heilige Gees toe te laat om in ons lewens te werk.