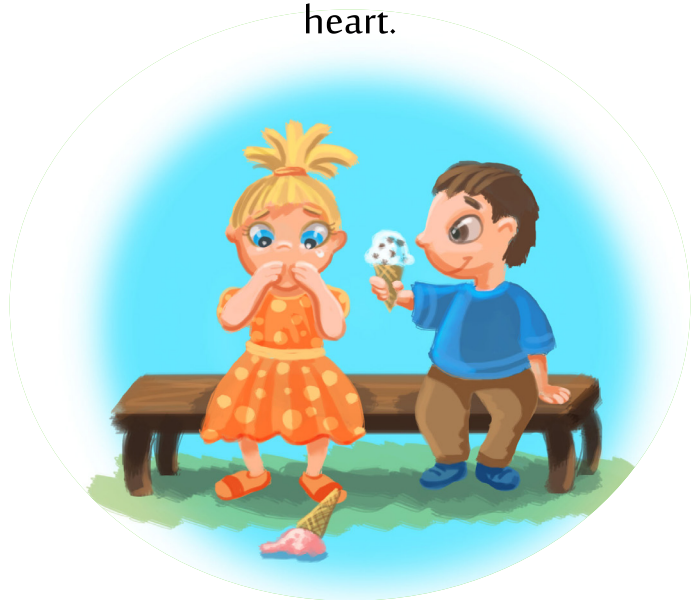


Bite-Sized,  
No. 06

A Fruit of  
the Spirit

# Kindness

Kindness is an action of love;  
it is a visible part of a caring  
heart.



## Memorize it:

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

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22–23 NIV).

## Action:

Kindness doesn't need to be deserved in order to be shown. In fact, sometimes it's more noteworthy when you show kindness to someone who may be difficult to show kindness to. Think of one person in your life who you feel may be difficult for you to show kindness to, and then commit to one kind deed that you will do for him or her. Make note of this goal in your journal (without including names). The more you practice kindness, the easier it will be for you to do.

When you do a kind deed  
for another, even  
someone who is  
difficult for you to  
be kind to, you are  
doing it unto Jesus.



Read the full article,  
"Power-Up Devotional  
#8: Spirit Fruit:  
Kindness."