

ROOTED.

Galatians 5:22-23

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.

# ROOTED.

love.  
joy.  
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patience.  
kindness.  
goodness.  
faithfulness.  
gentleness.  
self-control.

*The Fruit of the Spirit.* galatians 5:22-23

ROOTED IN KINDNESS | PASTOR GLEN BARNES | JUNE 14TH, 2026

First  
CHRIST CHURCH OF LOS ANGELES

## The Tragic Story of the Golden Calf (*Exodus 32*)

“ The Levites did as Moses commanded, and that day about **THREE THOUSAND** of the people died.”

~ EXODUS 32:28 (NIV)

## The Joyful Story of Spirit-Filled New Life

“ Those who accepted his message were baptized, and about **THREE THOUSAND** were added to their number that day.”

~ ACTS 2:41 (NIV)

## The Battle Between Spiritual Life and Death

“ I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.”

~ DEUTERONOMY 30:19B (NIV)

“ There is a way that appears to be right, but in the end it leads to death.”

~ PROVERBS 14:12 (NIV)

“ Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. <sup>14</sup> But small is the gate and narrow the road that leads to life, and only a few find it.”

~ MATTHEW 7:13-14 (NIV)

“ Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.”

~ GALATIANS 6:8 (NIV)

## Rooted In The Holy Spirit

“ But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law.”

~ GALATIANS 5:22-23 (NIV)

## Rooted In Kindness

### 1. Why Be Kind?

• Kindness helps \_\_\_\_\_ God.

“ Because Your **lovingkindness** is better than life, My lips shall praise You.”

~ PSALM 63:3 (NKJV)

• It's how God \_\_\_\_\_ God.

“ Does this mean nothing to you? Can't you see that His **kindness** is intended to turn you from your sin?”

~ ROMANS 2:4B (NLT)

“ To be a Christian, kindness must shape us and define us. But this powerful virtue seems to be characterizing us less and not more. Christians often bypass kindness to begin a shouting match. We have ranted before we have related. We have employed a combative strategy, and it's not working. We have lost an understanding of the power of kindness. Kindness has more power to change people than we can imagine. The way of kindness is the answer for how Christians need to position themselves, especially today in an increasingly fragmented society. Kindness is countercultural. It's risky. It's costly. But those are also the adjectives used to describe what it truly means to follow Jesus.”

~ BARRY COREY, *Love Kindness*

• It's What God \_\_\_\_\_ .

“ He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love **kindness**, and to walk humbly with your God?”

~ MICAH 6:8 (ESV)

2. How Do I Practice Godly Kindness?

• \_\_\_\_\_ .

“ Anxiety weighs down the heart, but a kind word cheers it up.”

~ PROVERBS 12:25 (NIV)

“ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup> And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

~ EPHESIANS 4:29-32 (NIV)

Nice or Kind?

Niceness: \_\_\_\_\_ center, \_\_\_\_\_ edges.

Aggressive: \_\_\_\_\_ center, \_\_\_\_\_ edges.

Godly Kindness: \_\_\_\_\_ center, \_\_\_\_\_ edges.

“ Let a righteous man strike me—that is a kindness; let him rebuke me—that is oil on my head.”

~ PSALM 141:5A (NIV)

• \_\_\_\_\_ .

“ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

~ MATTHEW 5:16 (NIV)

3. Where do I find the strength for Godly Kindness?

- Walk by the \_\_\_\_\_ . (Galatians 5:16)
- Remember God's loving kindness to you.

“ In response to all he has done for us, let us outdo each other in being helpful and kind to each other and in doing good.”

~ HEBREWS 10:24 (TLB)

DISCUSSION Questions:

COMMUNITY GROUP VIDEOS available on the APP | Google TV

- 1 - Why do you think Paul includes kindness as one of the essential fruits of the Spirit?
- 2 - How is biblical kindness different from simply being "nice"?
- 3 - Can you think of a time when someone's kindness had a significant impact on your life? What made it memorable?
- 4 - Which is harder for you right now: showing kindness through your words or through your actions? Why?
- 5 - How does remembering God's kindness toward us help us become more kind toward others?

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