

Seeds of Kindness

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"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you." Ephesians 4:32

As we take a look at kindness we need to realize that it is something that comes from within that we manifest outward in what we say and what we do. When we say that someone is kind, we don't usually mean they are kind to themselves but that they are kind to others. So what we see is that kindness involves our relationships.

Reflect for a minute on all the people that you have in your life--your spouse, your kids, your in-laws, your friends, strangers, anyone you come in contact with. How are your relationships with these people? If they were asked, would they say you are a kind person?

In today's society it is very easy to come across those who are not kind. If you haven't met many unkind people you must not get out much! Think about Christmastime. It should be the most loving time of year and yet sometimes that's when we seem to encounter all those unkind people that come out from under their unkind rocks. Have you been to the grocery store or to a department store on a busy day? Next time while you're looking around or waiting in line at the counter listen to all the conversations around you. More than likely you'll come across some unkind people speaking unkind words.

Christ wants us to be different. He doesn't want Christians to be crawling out from behind unkind rocks. We are not to be like those in this world but our words and actions should be a light to lost souls. Our verse says, "Be ye kind one to another..."

The next thing in the verse listed along with being kind is "tenderhearted". When we start being tenderhearted it is easy to be kind. We start looking at the world with new eyes, which are full of compassion. If our hearts are tender it means that they are easily touched and sensitive. If we are sensitive to those around us we start seeing their needs instead of our own. It in turn makes our actions toward them more kind.

How do we begin sowing those seeds?

1. Remember Who You Are.

If we want to work on being kind we need to first remember who we are.

**"Put on therefore, as the elect of God, holy and beloved,
bowels of mercies, kindness, humbleness of mind,
meekness, longsuffering." Colossians 3:10**

It refers to us as "the elect of God". We are God's children. The verse lists "kindness" right there along with the other things that we should manifest as a Christian. If we don't have kindness, how will we ever convince others that the Christian life is worth living? Also how can we show love to other Christians except through our deeds of kindness?

2. Follow Christ's Example.

To develop those seeds of kindness that we need in our lives we must look to Christ. He is our ultimate Example.

"How God annointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him." Acts 10:38

Jesus "went about doing good". Following Christ is a big part of the Christian life. We as Christians want to follow His example in certain areas of our life such as, in our prayer life and witnessing, but we forget sometimes about all the good deeds Christ portrayed. Just because we don't get to heaven by our good works, we sometimes push aside any idea of any good works altogether! Christ said, that "By this shall all men know that ye are my disciples, if ye have love one to another." (John 13:35) How can we show our love without being kind and doing good deeds? Wouldn't that be a great epitaph to have on our grave? "He (or she) went about doing good."

3. Develop Compassion.

When Christ looked on the crowds he had compassion on them.

The Bible says he **"was moved with compassion"** Matthew 9:36.

Christ could see each hurting soul and he genuinely cared about them. Our Lord showed his compassion with His actions. When we develop compassion in our lives we can't help but show it through the seeds of kindness that we begin to sow.

Have you read the parable of the Good Samaritan lately? The Good Samaritan went out of his way to help the wounded man. Have we gone out of our way to show compassion for someone?

4. Begin One Kind Deed at a Time.

Look around you. Who could use a simple act of kindness? There are hurting people all about us. Maybe you know someone who is just lonely. If you aren't in the habit of sowing seeds of kindness, start with something simple. How about a smile and a kind word to someone? Send a note of encouragement to someone who is going through a hard time. Anything nice you do for someone can be considered an act of kindness. Determine to do at least one kind thing a week and pretty soon it will come naturally to you.

**"As we have therefore opportunity, let us do good unto all men,
especially unto them who are of the household of faith." Galatians 6:10**

I trust we'll all sow some seeds of kindness today!