

KINDNESS

FRUIT OF THE SPIRIT (5 OF 12)

Latin translation is BENIGNITAS. Greek translation is CHRESTOTES (khray-stot-ace), which meant to show kindness or to be friendly to others and often depicted rulers, governors, or people who were kind, mild, and benevolent to their subjects. Anyone who demonstrated this quality of chrestotes was considered to be compassionate, considerate, sympathetic, humane, kind, or gentle.

When our free will allows, the Holy Spirit removes abrasive qualities from the character of one under His control.

Kindness is doing something and not expecting anything in return- no conditions and not waiting to be recognized for your accomplishment (pats on the back, personal awards, etc). We do what we do unto the LORD...

Kindness is respect and helping others without waiting for someone to help one back. It implies kindness no matter what- whether we are being loved on or being persecuted.

NEW AMERICAN BIBLE REFERENCES

The apostle Paul uses [Romans 11:22-23](#) to depict God's incomprehensible kindness in offering chance after chance for eternal salvation: "See, then, the kindness and severity of God: severity toward those who fell, but God's kindness to you, provided you remain in his kindness; otherwise you too will be cut off. And they also, if they do not remain in unbelief, will be grafted in, for God is able to graft them in again."

[Titus 3:1-7](#) "Remind them to be under the control of magistrates and authorities, to be obedient, to be open to every good enterprise. They are to slander no one, to be peaceable, considerate, exercising all graciousness toward everyone. For we ourselves were once foolish, disobedient, deluded, slaves to various desires and pleasures, living in malice and envy, hateful ourselves and hating one another. But when the kindness and generous love of God our savior appeared, not because of any righteous deeds we had done but because of his mercy, he saved us through the bath of rebirth and renewal by the holy Spirit, whom he richly poured out on us through Jesus Christ our savior, so that we might be justified by his grace and become heirs in hope of eternal life."

[2 Corinthians 6:6-7](#) suggests that we should live "by purity, knowledge, patience, kindness, in a holy spirit, in unfeigned love, in truthful speech, in the power of God; with weapons of righteousness at the right and at the left..."

See page 2 for Catechism of the Catholic Church references.

<http://cmvic.net/kindness-fruit>

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CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

There are 12 references to KINDESS in the CCC. Please click [HERE](#) to review them (available on line only).

Those listed below are taken from the Index:

none.