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THE GIFT OF KINDNESS

One of the greatest fruits of the spirit besides love is kindness. In a world filled with chaos and hate, being kind can change one's life. Kindness disarms anger.

I remember one of my children worked at a grocery store. There was an elderly lady that always came through her line and was always grouchy. My child picked up the lady's tomatoes and the lady got angry that she touched them. This child did not react. She just continued to be kind to that grouchy lady. After several months, the old woman came through her line with a different attitude. She saw something in my child that drew her to her. It was kindness.

Often, we are put in positions where we could react with anger, but by showing kindness it disarms the anger. We often do not know what is going on in someone's life. They may be sick. They may have lost their job or lost a loved one. Whatever the situation may be that they are facing, it may cause them to be less than they should be. Perhaps you are that person. Maybe you feel that everyone has let you down and you are all alone. If you are reading this, then know that we care about you.

Ephesians 4:32 says, "***And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.***" I made my children memorize this verse, and as the story above shows, it "took." I pray this story helps you to be kind also.

Have you been kind lately? If you have you can be sure the Lord is pleased. If not, then ask God to forgive you and He will.