

**HOW DO YOU PLAN  
TO IMPROVE?**

**Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control. Against such things there is no law.**

**Last week we took  
time to look at the first  
three...**

**Love**

**Joy**

**Peace**

**Today we are going to  
move on to the next  
three...**

**Patience  
Kindness  
Goodness**

**Patience**

**“Long Suffering”**

**“An ability to bear up  
under provocation”**

**It is the old saying  
about the person who  
asks God for patience,  
but needs it right now.**

**Forbearance is  
the word used most in  
the Christian  
community as we  
describe those who  
oppose us or distress  
us.**



**Imagine the level of  
patience Jesus needed  
not only to deal with  
His followers, but also  
His opposition.**

**Often in the New  
Testament the word is  
described as the ability to  
bear up under difficulty.**

**Perseverance  
Steadfastness**

**So how can you and I  
show patience in our  
lives when things are  
difficult?**

**I think it only comes  
from knowing Who is in  
control.**

**By the way, it's not us.**

**1 Peter 5:6-8 Humble yourselves, therefore, under the mighty hand of God, so that He may exalt you at the proper time, casting all your care on Him, because He cares about you. Be serious! Be alert! Your adversary the Devil is prowling around like a roaring lion, looking for anyone he can devour.**

**Matthew 11:28-30 “Come to Me, all of you who are weary and burdened, and I will give you rest. All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light.”**

**Kindness**

**It carries the basic idea  
of**

**Usefulness  
Helpfulness  
Generous  
Beneficial**



**The New Testament  
focuses on a couple  
different usages for the  
word.**

# 1. Friendliness

- it reaches out
- it fosters relationships
- it is not in a vacuum

**1 Corinthians 13:4-5 Love  
is patient, love is kind.  
Love does not envy, is not  
boastful, is not conceited,  
does not act improperly,  
is not selfish, is not  
provoked, and does not  
keep a record of wrongs.**

**We see the picture of  
worrying about  
someone else and not  
ourselves.**

**We are also the  
beneficiaries of the  
kindness of God.**

**Ephesians 2:6-7 Together  
with Christ Jesus He also  
raised us up and seated us  
in the heavens, so that in the  
coming ages He might  
display the immeasurable  
riches of His grace through  
His kindness to us in Christ  
Jesus.**

# 2. Compassion



**-sympathy**

**-a ready concern for  
the needs of others**

**Kindness shows a  
genuine concern for  
other people.**

**I have come to believe  
this can be shown in  
the smallest of ways.**

# Colossians 3:12

Therefore, God's  
chosen ones, holy and  
loved, put on heartfelt  
compassion, kindness,  
humility, gentleness,  
and patience,

**Ephesians 4:32 And be  
kind and  
compassionate to one  
another, forgiving one  
another, just as God  
also forgave you in  
Christ.**

**Do these seem  
optional to you?**

**Goodness**

**Generosity**

**A positive impact**



**Kindness and  
goodness go hand in  
hand.**

**It is a quality of  
character.**

**The belief is that  
goodness does not  
exist apart from  
concrete expression.**

**Romans 15:14 My  
brothers, I myself am  
convinced about you  
that you also are full of  
goodness, filled with all  
knowledge, and able to  
instruct one another.**

**Ephesians 2:10 For we  
are His creation,  
created in Christ Jesus  
for good works, which  
God prepared ahead of  
time so that we should  
walk in them.**

**Galatians 6:9-10 So we must not get tired of doing good, for we will reap at the proper time if we don't give up.**

**Therefore, as we have opportunity, we must work for the good of all, especially for those who belong to the household of faith.**

**So where do you find  
yourself in these three?**