



The Land Of Life • La Tierra De Vida

THE POWER OF KINDNESS

1498

The Apostle Paul said, *"But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, faithfulness, meekness, self-control; against such there is no law."* Galatians 5: 22-23. When we produce the fruits indicated above, that constitutes proof that we are being guided by the Holy Spirit. Our lives will automatically produce that kind of fruit and is what unites us as children of God. No divine law or human law will oppose or punish anyone for this kind of behavior. At this time we want to talk about kindness. Perhaps we have not realized the tremendous power that kindness carries. When we have been subject to an act of kindness, we keep it in our heart with a sense of gratitude for the rest of our lives. The words or actions were received as a balm on our wound. Someone made us feel that we were not alone. We all have experienced some act of kindness, when instead of being criticized or judged harshly because of our faults, we received instead a word of love or compassion. That is kindness.

Kindness can be a loving word at the right moment or visiting a friend when he feels alone. It can be helping someone who is struggling in the midst of difficulties or a word of comfort in a funeral home. The Bible mentions, *"When Mary reached the place where Jesus was and saw him, she fell at his feet and said, 'Lord, if you had been here, my brother (Lazarus) would not have died.' When Jesus saw her weeping... He was deeply moved in spirit and troubled. 'Where have you laid him?' he asked. 'Come and see, Lord,' they replied. Jesus wept."* John. 11: 32-35. The attitude of our Lord Jesus Christ was of love and compassion. He did not rebuke their sadness or lack of faith, but cried with them. When we are not sure how to act, let us be kind, no one will ever find fault in it.

A person who is in the midst of problems and difficulties has judged and criticized himself enough and does not need to be judged by someone else. That would just bring more fear and pain, and if we approached him with that attitude, it would only show that we feel superior to him. That troubled individual needs a word of encouragement, someone to remind him, *"You have the right to make mistakes and correct them without feeling guilty. God loves you just as you are."* Without judgment. The sense of guilt is what brings us down, and we can help others not to feel guilty by being kind and accepting them as they are, helping them to stand up and move forward. It doesn't help us try to advance while leaving the other one down, because by learning to accept him, and love him as my brother is my pass back to Heaven. My brother has the key that opens the door for my return to Heaven. The Bible says, *"And He has given us this command: 'Anyone who loves God must also love their brother and sister'".* 1 John 4:21.

"Would it be possible for you to hate your brother if you were like him? Could you attack him if you realized you journey with him, to a goal that is the same? Would you not help him reach it in every way you could, if his attainment of it were perceived as yours? You are his enemy in specialness; his friend in a shared purpose ... Your brother is your friend because his Father created him like you. There is no difference. You have been given to your brother that love might be extended, not cut off from him. Look fairly at whatever makes you give your brother only partial welcome, or would let you think that you are better off apart... Here stands your brother with the key to Heaven in his hand, held out to you. Let not the dream of specialness remain between you. What is one is joined in truth." ACIM, T.24. i, ii.

Start by being kind to yourself. Treat yourself with kindness, because you can only give what you have. Once you have awakened the kindness within yourself, you will automatically be kind to others, because kindness is a fruit. The tree does not "try" to bear fruit; it naturally comes on time. You will also feel -- literally speaking -- your love for God, the Father, because saying "I love God" is something that we learn to say, but is not necessarily a reality in our lives. Make it your purpose in life to be kind, gentle and loving. Let these be the characteristics define you, and bring forth lots of fruit!

"The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with you all."

2 Corinthians 13:14

Ruth