



new life fellowship

**Sermon Title: A Taste of True Heaven: Gentleness, Kindness and the Fruit of the Spirit**

**Guest Speaker: Rosy Kandathil**

**Scripture: Galatians 5:16, 19-23, 25**

Live by the Spirit, I say and do not gratify the desire of the flesh...

Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control, there is no law against such things...

If we live by the Spirit, let us also be guided by the Spirit.

*Galatians 5:16, 19-23, 25*

#### **Sermon Outline:**

- I. Gentleness and kindness in our society is seen as weakness, it's not something our public, private or many religious leaders display.
- II. True gentleness is not weakness. It takes strength, and is a reflection of God.
- III. Gentleness is strength under control in service of another.
- IV. We live kindly and gently by:
  - Abiding, waiting on God, knowing we cannot bare this fruit alone. First be gentle and kind with yourself.
  - Choose the spirit of kindness to develop within you. Align your spirit with God's spirit.
  - Be guided by the Spirit, that means sometimes restraining our actions and other times stepping in.

#### **Sermon Summary:**

This Sunday Guest Speaker Rosy Kandathil, offers the second sermon in our Walk This Way series, focused on kindness and gentleness.

#### **Sermon Questions:**

- I. What words or phrases from this scripture passage resonated in you as you read them? Why?
  - In your family of origin, would you say kindness and gentleness were valued and displayed, if not what sort of posture was valued?
  - If you think about your interactions this week with family, strangers, co-workers, friends, people on social media, is there an area or situation where you could have injected kindness or gentleness in a situation? How do you think the interaction would have been different if you did? What stops you today from living as your full true self?
  - When reading the sins of the flesh, are their ones you need to rid your life of or need prayer for?
  - Share a time you received God's kindness and gentleness.
  - Think of that person in your life you need to share God's grace with, through kindness and grace. Spend time in prayer for your spirit and for that person.