



# Fruit of the Spirit



## High Meadow Ranch Men's Bible Study (Fall 2025 Series) Lesson #5 – The Element of Kindness

### Main Idea

This fall we're becoming intimately familiar with the fruit of the spirit, the elements of which are listed below. This week we'll be discussing the fifth element, kindness.

Love  
Joy  
Peace

Patience  
**Kindness**  
Goodness

Faithfulness  
Gentleness  
Self-Control

It's interesting in looking at the above list in that kindness is at the very center of the list. **It's almost as if kindness is at the "heart" of the Fruit of the Spirit.** Kindness is truly an outward expression of love, joy, peace, and patience. If you fail to have any of these it can be really hard to be kind!

People are often unkind not because they're inherently bad or mean, but because of deep wounds rooted in past hurts or toxic family environments. Growing up in places where love is conditional can shape how someone relates to others, often leading to defensiveness, control, or emotional distance. Hurt people tend to hurt others, repeating patterns they never had the tools to break.

But a relationship with Jesus can radically transform this cycle. Jesus offers healing where pain has taken root, identity where confusion once lived, and unconditional love where rejection may have defined someone's story. Through Him, people discover they are deeply known and fully loved regardless of their past. **With Jesus, people are no longer bound by their broken beginnings because they are set free to love others as they have been loved by Him.**

### Questions for Consideration

1. Have you ever been around someone who is (or was) consistently kind? In thinking about their lives, how would you describe them and what factors seem to contribute to the kindness they exhibit?
2. Make a list of all the factors, contributors, or reasons, either we or others lack kindness?
3. All of the Bible passages provided on the back page in some way discuss kindness. What are the benefits for Believers who demonstrate patience? What are benefits for those around us?
4. Have you had a time in your life when someone's kindness had a big impact on your life? You might think of a time when you were down, depressed, or in deep need of encouragement.



But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law.

**Galatians 5:22-23**

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He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

**Micah 6:8 (ESV)**

But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.

**Luke 6:35**

So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.

**Galatians 6:10**

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

**Ephesians 4:32**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,

**Colossians 3:12**

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

**1 Corinthians 13:4-7**

Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.

**1 Peter 3:9**

Little children, let us not love in word or talk but in deed and in truth.

**1 John 3:18**

