

The Affects of Kindness

Rachael Martin 6,27,2018

As soon as I started to write on this topic, I heard:

“How does kindness make me feel?”

Romans 2:4 tells us that God’s kindness leads us to repentance.

If God’s kindness leads us to repentance, than doesn’t it make sense that the kinder we are towards one another, the more of Christ we will see?

I read an article today about pets and discipline. This article was all about re-training the mind of your pet (more so, the dog) to show them “positive reinforcement” rather than scolding because when we yell, call them bad, or throw things and stomp around, it creates an atmosphere where they will shrink back in fear and lack of trust can set in. Instead, to show them what we would like them to do, and reward them when they do it right.

If treating an animal with kindness will bring about positive results, than how much more so for the human race? We can stir up good things when we react to others out of kindness – even if they need tough love, kindness goes a LONG way. If kindness weren’t important, it wouldn’t be listed as one of the fruits of the Spirit. (**Galatians 5:22**) As well, it’s one of the definitions of love. (**1 Corinthians 13**).

Listen to this: **Proverbs 21:21 (TLB) – The man who tries to be good, loving, and kind finds life, righteousness and honor.**

Say what???? Kindness = LIFE !!!

Folks, I can’t say enough about this subject. I tell you just scrolling through the news and social media, I find so much hate, judgement, low self-worth, and bullying. I’m not sure that it’s intended that way by some, others, I’m not sure at all either way but on a whole, I believe with all my heart that if we react in kindness, if we speak in kindness, if we serve in kindness and treat our family, friends, co-workers, and spouses with kindness, we will find a recipe for healthy living.

Live long and prosper? I say, treat somebody like they are somebody and they WILL BE somebody!! If you rub the wood against the grain, you are bound to get a splinter!!

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