

## **Brethren's Business**

*"Love one another with brotherly affection. Outdo one another"* Romans 12:10

*"Instead, be kind to one another..."* Ephesians 4:32

Your kindness impacts people and it ties into your spiritual side. This passage is telling each one that it is our duty to outdo one another with kindness. According to the Bible, you are not only biologically wired to be kind, you can further develop this trait with practice and repetition and it is expected. Kindness proves to be beneficial socially (relationships), spiritually, physically and emotionally.

*"A man who is kind benefits himself, but a cruel man hurts himself"* (Proverbs 11:17, ESV).

God's nature is filled incredible loving-kindness toward all people. He desires and **commands** His followers to actively cultivate the much-needed fruit of godly kindness in their lives.

*"Note then the kindness and the severity of God: severity toward those who have fallen, but God's kindness to you, provided you continue in his kindness. Otherwise you too will be cut off"* (Romans 11:22, ESV).

Being kinder is neither a simple or easy process. Sometimes it takes infringes on your time or can require a painful effort. Being kind means being nice to everyone, not just to the people you think can give you something valuable in return. A big factor behind how you respond to things stems from the influences of your mind. Your mind (your Psychological side), plays a key role in your behavior and your ability to be kind. Scientific studies has shown that your Psychological includes the mental phenomena and processes, emotions, perception, intelligence, consciousness, and the relationship between these things and the processes of how they influence the work of the glands and muscles (AKA: body, soul and spirit).

*Psychology Today* recently released a study on how kindness impacts one psychology. Researchers asked people to either perform acts of kindness for other people for four weeks, such as allowing a stranger to share their umbrella in the rain, or to perform kind acts for themselves for four weeks, such as going shopping and buying themselves a little gift.

At the start and end of the study the researchers measured the participants' level of psychological flourishing, made up of emotional, psychological, and social well-being. By the end of the study the people who had performed kind acts for

others had higher levels of psychological flourishing compared to those who acted kindly towards themselves.

Kindness leads to higher levels of positive emotions. By doing things for others, it boosts your serotonin which is the neurotransmitter responsible for feelings of satisfaction and well-being. Kindness provides many benefits to a human being.

Kindness releases the hormone oxytocin. According to Dr. David Hamilton, “oxytocin causes the release of a chemical called nitric oxide in blood vessels, which dilates (expands) the blood vessels. This reduces blood pressure and therefore oxytocin is known as a ‘cardioprotective’ hormone because it protects the heart (by lowering blood pressure).” How about this? Kindness actually strengthens your heart physically and emotionally.

According to Health.com, you’re at a greater risk of heart disease if you don’t have a strong network of family and friends. When you’re kind to others, you develop strong, meaningful relationships and friendships. Not to mention kindness has shown to reduce anxiety and bring stress levels down. It is calming and improves mood. It also prevents illness.

Yep, you read that right. Inflammation in the body is associated with all sorts of health problems such as diabetes, cancer, chronic pain, obesity, and migraines. According to a study of adults aged 57-85, “volunteering manifested the strongest association with lower levels of inflammation.” When Oxytocin is released it reduces inflammation, and even the smallest acts of kindness can trigger oxytocin’s release.

Make a point to increase your kindness. The moment you focus on doing good to others, enables you to get a break from your own problems. Diligently try to improve. You can do it on the bus, in the elevator, at the grocery store, etc. etc. etc. One positive interaction can change someone's whole day!!

- *“Love one another with brotherly affection. Outdo one another...”* (Romans 12:10).
- *“The native people showed us unusual kindness, for they kindled a fire and welcomed us all, because it had begun to rain and was cold”* (Acts 28:2).

Rev. Dr. Gina Cobb  
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