

**Review of the Fruits:**

1. **Love:** Unconditional & sacrificial concern & loyalty for the well-being of others.
2. **Joy:** Deep, internal godly gladness. often externally expressed by rejoicing.
3. **Peace:** Absence of tension/conflict, and deep assurance of God's presence.
4. **Patience:** Longsuffering in trials without complaining or getting angry.
5. **Kindness:** Compassion in action. Benevolent friendliness in word and deed.

**I. Five characteristics of a kind person:**

- 1) **Be Sensitive.** **Phil 2:4** *"Let each of you look not only to his own interests, but also to the interests of others."* Ask the Lord who you should help. Be proactive.
- 2) **Be Supportive.** **Eph 4:29** *"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."* Use **Joshua 1:9** *"Be strong and courageous..."*
- 3) **Be Sympathetic.** **Rom 12:15** *"Rejoice with those who rejoice, weep with those who weep. God is not indifferent to pain. Jesus wept over Jerusalem and then..."*
- 4) **Be Lovingly Truthful.** **Eph 4:15** *"Instead, we will **speak the truth in love**, growing in every way more and more like Christ, who is the head of his body, the church.*
  - 1) Loving the truth—Do you spend time in His word and in prayer seeking Him?
  - 2) Speaking the Truth—Do you care enough to confront in a spirit of humility?
  - 3) Truthful—Do you always tell the truth? White lies are still lies. Be accurate.
- 5) **Be Courageous.** **Prov 3:27** *"Do not withhold good from those to whom it is due, when it is in your power to act. **James 4:17** *"Therefore, to him who knows to do good and does not do it, to him it is sin."**

## Reasons for being too cautious:

- 1) Too busy : "If you're too busy, then you are too busy!" Review your time.
- 2) Indifferent: "If it is not about me, I will let it be!" "It's not my problem!"
- 3) I'm afraid: "I don't have the ability to do this." Feeling of inadequacy
- 4) I'm a failure: "I tried something similar before and it didn't work."
- 5) Wrong priorities: We act according to what is most valuable to us. Gen 1:27

**Questions for Homework:**

1. How can you look out for the "interest of others" better? Be specific.
2. Ask the Lord's forgiveness for times you have discouraged others.
3. Do you consider yourself a sympathetic person? Why or why not?
4. What keeps you from "speaking the truth in love"? Pray for His help.
5. Ask the Lord to help you be courageous with "compassion in action".
6. How did God's truth speak to you this morning from His Word?
7. What adjustments do you need to make in your life as a result?

**Def of Procrastination:****Procrastinating vs Postponing John 11:1-6****How to break the power of procrastination:**

- 1) **Perfectionist:** *"My Grace is sufficient for you, for my power is made perfect in weakness."* 2 Cor 12:9
- 2) **Poor Self—Worth:** *"We are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."* Eph 2:10
- 3) **Fear—Based:** *"In God I trust and am not afraid. What can man do to me?"* Psalm 56:11
- 4) **Lack of Goals:** *"The heart of man plans his way, but the LORD establishes his steps."* Prov 16:9
- 5) **Overwhelmed:** *"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."* Mat 11:29

**Homework:**

1. Confess and eliminate your "all-or-nothing" thinking—perfectionism.
2. Memorize: Gen 1:27; Jer 31:3; Phil 4:13—"I can do all things through..."
3. What fears are you struggling with right now? Give them to the Lord.
4. Pray and fast seeking direction for goals in your life. See Psalm 37:4
5. What priorities do you have to rearrange in your life? To do lists!
6. How did God's truth speak to you this morning from His Word?
7. What adjustments do you need to make in your life as a result?