



**Today's Fruit: Kindness**  
**Today's Muscle: Shoulders**

July 10<sup>th</sup>, 2016  
Summer Series: Part 5 of 9

## **SERIES TEXT: Galatians 5:22 (NLT)**

### **1. POSTURE**

- i. This is one of the fruits of the Spirit that we will refer to as a fruit of our posture... it is a way we carry ourselves.
- ii. We are not a kind society—that is easy to see. But we are also not a kind Church—that is absolutely alarming.
- iii.
- iv. Romans 2:4 ESV
- v. The kindness of Jesus leads us to change in thought and life.
- vi. Our posture of kindness is a result of how we carry ourselves—or how we carry the weight of the faulty way of believing about God's kindness towards us.

### **2. PRESS**

- i. Like all fruit, we must be planted in the soil and be abiding in connection to the tree that produces this kind of fruit—the kindness of God towards us will produce the kindness of us towards others.
- ii. Why shoulders? *Ephesians 4:31-32 ESV*
- iii. **Today's Workout:** Remind yourself and deepen your roots into grace expressed in God's kindness towards you! As you become constantly aware of His kindness, from your roots, this fruit will be produced towards others—you'll lift them up.
- iv. *Ephesians 1:6-8 NLT*



**To-Go-Box**



Change Your Perspective of God's  
Kindness ... Change Your Posture