



Dr. Robert A. Cook

The Law of Kindness

Introduced by the highest
Authority... observed by
a small minority...
here is a law that can
benefit everyone...



“The Law of Kindness”

By Dr. Robert A. Cook



© All rights reserved.

No portion of this book may be reproduced in
any form whatsoever without permission of
Walk With The King, Inc.

Let us say you are a reporter. You are assigned to interview King Solomon on a subject he knows a good deal about: Women.

“Sir,” you begin tentatively, “how would you describe the ideal woman?”

There is no hesitation. With a fine sense of salesmanship he directs you to his book of Proverbs, Chapter 31. “There,” he tells you, “you will find ‘the wise sayings of King Lemuel’ on this subject. I corroborate his views.”

You are vaguely aware of what is in Proverbs 31, because every minister you know has used this portion at one time or another for a Mother’s Day message.

You try again for a more specific response: “Your Honor, is there anything in this woman’s excellences that, in your opinion, stands out – something that ought to be emphasized?”

“Well,” the wise man thinks aloud, “there is the Law of Kindness that she follows. It is of vast importance. It touches every avenue of life.”

You scratch a few notes on your pad: “Law of Kindness: affects all of life.” You know it applies to men as well as women.

Then you wonder: What is the root of this “kindness”? What are the various aspects of this “law”? You want input from other authorities, and you set out to get it.

The Inner “You”

Now turn with me, if you will, from your role as an imaginary reporter to a Christian with pronounced everyday needs. I think that together we will come to realize that kindness, if we have it, is the expression of our inner attitude. In other words, we *say* what we *feel*. Our words, whether kind or unkind, are accurate mirrors in which our thoughts and feelings are shown. Our Lord Himself declared: “*Out of the abundance of the heart the mouth speaketh*” (Matt. 12:34b).

How are we to become possessed of the kindness we want to show? Advice won’t do it. How often have you heard someone say, “Don’t cry” or “Don’t worry” or “Don’t be afraid”? Did these instructions change the other person’s performance? No, not much.

Tenacity won’t do it. People tell me, “Brother Cook, that’s just the way I feel, and I will never feel any different.” They probably are right.

So what to do?

There is a truth expressed in Philippians 2 that applies here. Paul is talking about making Christ Lord of all, and in the midst of a profound discussion he gives this key: "Let this mind be in you that was also in Christ Jesus." In other words, Christ must be Lord of your feelings if kindness is to be generated.

Let me ask you something, straight out. Have you taken those feelings of resentment, of frustration, of undeserved mistreatment, of deep hurt-have you honestly committed them, by name, one by one, to the control of your blessed Lord? Have you thus made Him Lord of your innermost self?

The Bible makes very plain that the Spirit of God comes to dwell in the believer the moment he or she receives Christ as Savior. That transaction comes about by faith. Have you received Him? If you have, you have also the privilege - indeed the duty - of according full control to that divine helper: "Be filled with the Spirit." Just as you received Christ for salvation - by faith - so also by faith alone can you accord Him full management of your life. It is the Spirit's mission to make Christ increasingly real to us.

When anyone of us invites the Holy Spirit to fill the whole of our existence, what happens? The love of God is shed abroad in our hearts by the Holy Spirit who is given unto us (Rom. 5:5). Oh, would you take some time today to share with your Lord those problem areas in your life out of which have come, too often, words that were careless, thoughtless, unkind, or even angry and bitter? Would you let Him change the inner "you," so that your words will reflect His love and beauty and kindness?

Kindness Foregoes Revenge

On the negative side, kindness is never compromise. You don't have to be a doormat. Neither do you have to be a Mr. Milktoast in order to be kind.

At the same time we must realize that there is a loving way, a kind way, to say anything that needs to be said.

Kindness refuses to seek revenge.

One of the earliest illustrations of kindness recorded in the Word of God concerns Joseph, in the book of Genesis. You know the story: how his jealous brothers set in motion the events that separated Joseph from his family and led finally to his holding a position of high authority in Egypt. Famine came to Canaan and the brothers went to Egypt for food. They did not recognize their benefactor, but he knew them. Here was the ideal opportunity to get even.

You thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people. *"Now therefore fear ye not: I WILL NOURISH YOU and your little ones. And he comforted them and SPAKE KINDLY UNTO THEM."* (Gen. 50:20, 21).

The desire to retaliate is part of human nature. I read of a small boy who came into the house crying. "Billy hit me with a rock," he complained.

The family immediately tried to comfort him. When his tears were dried he offered a further word: "But I got even with him!"

"You did?"

"I sure did. I hit him with a big piece of coal-yesterday."

If you are going to operate according to the Law of Kindness, beloved, you will have to give up the luxury of getting even. To relinquish that right may spare you untold heartache. How many times have things worsened in your life because you spoke back, suddenly and sharply. You hit hard, you acted in a spirit of revenge. I venture to guess that not often, if ever, was the situation improved by your so doing.

"Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay" (Rom. 12:19).

Oh, leave your case in God's hands. He knows exactly what to do. When I was a young man, just beginning in Christian ministry, one of my peers looked me straight in the eye and said, "I'm gonna get your job, Cook, and in a few years people won't even know about you."

That upset me-a lot.

I didn't say anything at the time, but I got on my knees in my little basement office and said, "Dear Father, you heard what that fellow said! You take care of him, please."

God comforted my heart and encouraged me. He seemed to say to me, "Son, just keep on doing what I told you to do. You'll be all right."

Well, many years have passed. I don't know where this person is today; I haven't heard anything about him for a long time.

What does this incident say to me? It says: We don't have to get even.

We don't have to protect or defend ourselves. Our business is to obey our Lord's orders to us, and leave the rest to Him.

Kindness Dispenses Encouragement

Following the Law of Kindness, you must encourage and sustain if you want cooperation in return. Let's take a lesson from history.

Rehoboam succeeded Solomon. There was a sharp division of forces, and now Rehoboam was seeking advice as to how to manage his kingdom. He went first to the older men who had given counsel through the years.

"They spake unto him, saying, If thou be kind to this people ... and speak good words to them, they will be thy servants forever" (2 Chr. 10:7).

Rehoboam forsook that advice and sought the opinion of his own generation. These young men advised him to tell the people this:

"Whereas my father [Rehoboam's father, Solomon] put a heavy yoke upon you, I will put more to your yoke; My father chastised you with whips, but I will chastise you with scorpions" (v. 11).

That course didn't work for Rehoboam and it won't work today. To get people to work with you—in the home, in the marketplace, or wherever—it pays to be kind to them.

Think of your relationship with other people as being a banking operation. You want cooperation: think of it as the function of withdrawing from your savings account. Remember that you cannot withdraw anything that has not been deposited previously. Honest encouragement and recognition and praise are the deposits that you make in your "bank" of human interest. A good rule to follow is to go cheerfully out of your way to help others without being asked, for these are amounts that multiply rapidly in value.

Kindness Employs The Right Word

Let me remind you again: There is always a kind way to say anything that needs to be said. Paul found that way in dealing with Philemon. (If you have a thorny situation to face, it will do you good to read again that precious little one-chapter book where you will see that love and tact and yearning can work wonders.)

You know the story. Onesimus, Philemon's servant, must have been a complete washout as a workman. Paul implies that he stole from his master and made off with the goods.

Then somewhere this runaway came in touch with the Apostle Paul, and that meant he came in touch also with the gospel. As always happens when the good news of salvation is accepted, a "new creature in Christ Jesus" emerged, and Onesimus was ready to return to his master and face the consequences of his wrongdoing.

But was Philemon ready at this point to receive his formerly no-good houseboy?

Notice how gently Paul deals with the case. Early in his letter he writes:

"I always thank God when I am praying for you, dear Philemon, because I keep hearing of your love and trust in the Lord Jesus Christ and in his people" (v. 5, Living Bible).

Paul goes on to "ask a favor" of Philemon - his willingness not only to take Onesimus back but also to receive him "no longer as a slave, but as a brother beloved."

Your situation, beloved, is different of course from Philemon's. But tenderness and love are irresistible and they will work for you, too.

How long has it been, husband, since you said something more to your wife than, "Where are my socks?" or "Why did junior leave his skateboard in the driveway?"

You could say to her, "I appreciate the happiness you're giving me in our home ... I'm grateful for the good meals you prepare; they take a lot of time, I know ... I feel like a million when I put on one of the shirts you've ironed for me."

You say, "Oh, come on now! That's spreading it pretty thick; isn't it?" You would be surprised at the change in the domestic weather - and this goes for wives as well as husbands - if you would look for the "right" word, the gentle approach to your situation.

Someone gave me this list of the most powerful words in our language:

The most important five words - *"I am proud of you."*

The most important four words - *"What is your opinion?"*

The most important three words - *"If you please."*

The most important two words - *"Thank you."*

The most important single word - *"YOU."*

Sometimes to find the "right" word takes a little doing.

A man and his wife stayed after a class I was teaching. "We're worried sick about our boy," they said. "The only things he is interested in are cars and guns. We're afraid he will grow up to be a gangster." "Maybe it's not all that bad," I said.

"He's a genius with cars," they went on. "He'll get an old junker and fix it up and sell it. And he's crazy about guns. He reads everything he can about them, and we're afraid that one day he'll own a gun and will get into trouble."

I turned to the husband. "Do you go hunting?"

"Oh, sure," he said. The hunting season was just about to open.

"Do you ever take your boy with you?"

"No, he'd be in the way."

"Well, now," I said, "why don't you take him with you, teach him how to use a firearm safely, spend a little time just being with him, and then commend him when he does well, when he hits the target?"

I asked the wife, "Do you know anything about cars?" "I can drive, if that's what you mean." "What do you know specifically about engines and pistons and valves and connecting rods and crank shafts and water pumps and such things?"

"Nothing at all," she sighed.

"My advice to you is that you go to the library and get a book about cars that will deal in specifics about these things. Then some day when you're ready and the atmosphere is right for discussion, make a comment about cars to your son, embodying what you have learned." As it turned out, both parents followed my suggestions. Their boy didn't get into trouble. In fact, today he is highly placed in the police department of his State.

If you want people to respond to you, to cooperate with you, use the "right" word - the one that encourages and sustains.

There is a little book of rules for executives. One of its strong points is this: Try to catch people in the act of doing something right.

Ordinarily, in Management, you are looking for things that need to be improved. In the process you find certain employees doing things awkwardly, or improperly, or not doing them at all. If you want people to work with you, the Law of Kindness says, "Find something to compliment," something about which you can speak kindly.

Even in matters of necessary correction - which parents and teachers face all the time -look first for something you can commend. The correction will be received much more agreeably if it is cushioned by genuine appreciation.

Kindness Neutralizes Stress

The next time you have a family squabble, instead of allowing it to reach the point of blow-up, you think of something kind to say. And say it!

You will be surprised at the calming effect of a few gentle words that are honest and sincere. The method works just as well at the office, the shop, or anywhere else that tempers flare. Remember, too, that kindness is selective: It is not necessary to say something just because it is true.

Have you seen this happen? From a standpoint of superiority somebody says, in tones usually sharp and judgmental, "Now the trouble with you is " and then that person goes on to cite conditions that are absolutely true- but they are biting and searing and unkind. No stressful situation will be helped by that procedure. Most people are pretty well acquainted with their faults. It doesn't help them to hear about things under the pressure of some gruelling situation. Yet how prone all of us are to follow this method!

Years ago there was a comic strip titled "Andy Gump." Andy's wife was Min. They used to quarrel a lot. There would be a scene, begun in daylight but going on into the night. The cartoonist would depict the room as being darkened. Then out of the blackness there would come a voice, "And another thing ... "

That artist understood human nature, didn't he?

I once saw a person giving an object-lesson to children to illustrate how force can be successfully harnessed.

He brought two boys to the platform and asked them to face each other, the palms of their hands also facing. Then he asked them to exert pressure against each other - just a little at first then all that they were capable of. While this hard pushing was going on he asked one boy to drop his hands. You know what happened: the other boy had no strength at all; in fact, he almost fell over.

In a similar way, the Law of Kindness can terminate the fighting.

"A soft answer turneth away wrath: but grievous words stir up anger" (Prov. 15:1).

How can you come up with this "soft answer" in the midst of verbal warfare? First of all, recognize the value of this kind of response. Then want it for your particular situation. And when you are under stress, breathe a quick prayer to "the God of heaven" as Nehemiah did (Neh. 2:4) and He will show Himself strong on your behalf.

Kindness Conquers Stubbornness

Kindness will neutralize stress in me, and it also has power to conquer stubbornness in others. (Of course, if I am adamantly holding to my own way, I may be the stubborn one!)

When you come to a situation where the issues are clear but the individual simply will not budge from his own position, what do you do?

Several options are open to you.

You can give up and go away and sulk. Or you can blow up and say a lot of true but sharp words. Or if you have enough clout you can exert pressure under the guise of a threat: "You do thus-and-thus - or else." Or, "If you don't want to do it, we'll find somebody else who will." While you may gain temporary compliance by means of one or another of these procedures, the minute you are out of sight the person will revert to his own way.

On the other hand, kindness and forbearance will get the job done.

There is a picture of this kind of situation in Proverbs 25: 15:

"By long forbearing is a prince persuaded, and a soft tongue breaketh the bone."

What is the author talking about here? He is saying that kindness (forbearance) exerted steadily over a period of time, will achieve compliance.

If you want to conquer a stubborn situation, you don't do it by wielding a club.

You do it gently - and steadily - by means of love.

"The love of Christ constraineth us" (2 Cor. 5: 14).

"The love of God is shed abroad in our hearts by the Holy Ghost which is given to us" (Rom. 5:5).

I once heard Dr. Walter Lewis Wilson, a medical doctor and my good friend, tell this story. He said he was in a series of meetings that stressed soul-winning by means of love and kindness. After one of the sessions a young woman came to him and said, "My father-in-law lives with us. He's mean and unfeeling. I'm sure he hates me. He does everything he can to make life unbearable for my family and me. I know he is unsaved. What should I do?"

Dr. Wilson replied, "Does he have a favorite food?"

"Oh, yes," she answered, and she named a certain kind of casserole. "Then I would suggest that you serve him this special treat. And when you do, say to him, 'Grandpa, I love you.'" See what the Lord will do then.

The young woman followed the prescribed course of action. She came back a few days later with a bandage on her arm and tears in her eyes.

"Look, Dr. Wilson," she said, "I did what you told me to do. It won't work. He lashed out at me, knocking the hot dish out of my hand and causing this burn. I tell you, this plan won't work."

"My dear," the doctor whispered gently, "do it again."

So she did.

With a different kind of special treat the daughter-in-law said again, "Grandpa, I love you."

This time he accepted the food, though he said nothing. The young woman became busy at the kitchen stove where she heard a sound behind her. There was the old man in his wheelchair, tears running down his weathered, wrinkled cheeks.

"Oh Mary," he said, "I'm a sinful old man. Would you pray for me? I need to be saved."

Beloved, you too may be up against something so seemingly impossible, so unyielding, so bone-hard that you despair of improvement. "Love never fails" - but sometimes you can realize the truth of the matter only by long-time application.

Kindness Adjusts To The Needs Of Others

"Love suffereth long and is kind" (1 Cor. 13:4). Big-hearted love results in kind words and actions. Your kindness to others will be directly proportionate to the amount of compassion you have in your heart for them.

With that in mind, let us look at Ephesians 4:30, 31. There Paul is saying in effect: You Christians, don't grieve the Holy Spirit. Put away bitterness, and anger, and evil speaking, and malice.

Then he adds:

"Be ye kind, one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you" (v. 32).

That word "kind" has several meanings: mild, manageable, cooperative. If you are speaking of metal, it means malleable, capable of being fashioned in a different form. Kindness never denotes weakness. Rather, it is the ability to adjust to others' needs.

Kindness grows out of whether or not I care enough for the other person to cry when he does, to rejoice when he laughs, to lift the burden when he is struggling under a load too heavy for him to bear. Kindness notices the one in need.

Look back in your own memory to a time when someone gave you what we call the "brush off." (We all have had them, and to a greater or lesser extent, everyone has been painful) To the offending person you were not a thief or a scoundrel. You were just a nobody, someone not needed.

Years ago, in an organization I served, part of my job was to promote interest in youth evangelism. At one time I found myself in a big city where no concerted ministry of this kind was going on. I talked to pastors of various churches, seeking to challenge them with the need in their communities.

To put the matter mildly, I received less than overwhelming cooperation, and I was disappointed.

The reason for this coolness became apparent when a dear brother drew me aside and, ever

so gently, said to me, "You're not going to succeed in this city with what you're trying to do.

Understand, we're not against you-not at all. We just don't need you."

He walked away. Oh, how that attitude hurt me!

You, too, have been hurt in similar ways, many times. You know the feeling. So you ask, "How do I become needed?"

The answer is simple: prove yourself able to meet the needs of others, and men and women and boys and girls will invariably want you around. They may not all welcome you with open arms, but many will. As long as you care about other people and their problems - to the subordination of your own-you will make a place for yourself.

Incidentally, tenderheartedness is one of the best means to protect your own security with people. The hard-hearted person is insecure - he is grasping for recognition of himself. The selfish, greedy individual is insecure - he works to build his defenses. It is the tenderhearted person who is secure, and therefore most often appreciated.

I tell our young people at The King's College that every person they will ever meet is hurting somewhere: You find that sore spot that pains him. You love him. You help him. You bring him to the great Healer of Hurting Hearts, the Lord Jesus Christ. Do this, and you will not want for acceptance.

. . . by forgiveness

Have you ever heard someone say this, or perhaps you have said it yourself: "I just can't forgive THAT"? You mean that long-time hurt, that deep wound, those repeated wrongdoings. You're probably right in your conclusion: As a human being, you can't forgive some things. But if you are a child of God by faith in Jesus Christ, He lives within you, and He is almighty. Where you are absolutely unable to respond in love and tenderness and forgetfulness of the past, HE CAN.

Paul made this concept plain when he said:

"Christ liveth in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Gal. 2:20).

I am willing to admit that there are some hurts so deep, some faults so grievous, some failures

repeated so often that you find it impossible to forget them. You are totally unable, of yourself, to say, "Yes, I'll forgive you and take you back and help you to try again."

At this point, do you give up? Oh, no. Kindness is based, beloved, upon GOD'S ability in you to forgive. By means of the indwelling Spirit, the Lord Jesus Christ lives within you. He can and does do the forgiving, if you will let Him.

I may be talking to someone who has been harboring a spirit of bitterness because of something that happened years ago. Humanly speaking, you have been unable to wipe the thought of it from your mind. Every time you think of what happened, there is a flash of anger and resentment. You mull over the agony of the hurts you suffered as a child, as a teenager, as an adult: a manipulative parent, a faithless husband, a wandering wife, a prodigal son or daughter, a self-seeking employee, a dominating employer.

Would you do this, beloved?

Would you bring your feelings of outrage and anguish to the Lord Jesus? Would you say, "Lord, You died to save me; You live within me; I'm asking You to deal with all those festering feelings of mine; I'm asking YOU to do the forgiving that I cannot do alone"?

Dear friend, that is one of the greatest lessons you will ever learn. Kindness must be genuine. If you resent another person, that fact will show no matter how much you seek to hide it. If you nourish an unforgiving spirit, that will be apparent too. It is impossible to fake kindness. If you try to do so, all you will have will be a cold, brittle, fragile facade that is easily shattered.

We have been talking about kindness as a means of adjusting to the needs of others, and we have seen that forgiveness plays a large part. How else can we "adjust"?

... by familial affection

All of us bear a particular relation to our own families. This is natural and good. We need to remember that all of us who are children of God through faith in the Lord Jesus Christ compose one great "family" of redeemed ones. Paul has our behavior in view when he says:

"Be kindly affectioned one to another in brotherly love..." (Rom. 12:10).

In the New Testament, the expression "kindly affectioned" is used chiefly of the reciprocal tenderness of parents and children toward each other. In the passage in Romans 12 it has to do also with respect. So here you have a combination of mutual love, reciprocal tenderness,

and shared respect. Paul is saying in effect, "Because of your relationship as brothers, you be gentle in your dealings with others."

How is this to be done? *It is a matter of recognition.*

Assuming that the person I am encountering is a believer in Christ, as I am, then I must perceive him or her as being infinitely precious to God - as dear to Him as I am. We both have been bought by the blood of Christ. We both have the Holy Spirit to guide us. We are equally members of this family of redeemed ones.

Granted that the person in view has certain faults and foibles that are extremely annoying, traits that are irritating, tendencies to failure that are exasperating. These characteristics do exist.

But when I look at this other human being with all his deficiencies, it is important that I realize that he or she is of infinite value to God. He or she may be a callow youth, secure in teenage self-righteousness; he challenges what small authority I have over him. Or this person may be a fellow worker in whom is ingrained a resistance to change or even dialogue. Or my problem-person may be a critic who comes on with a flourish and says, "You're not going to like this, but I'm going to tell it to you for your own good," and then he proceeds to enumerate my shortcomings in painful detail.

Whatever the situation, when I look at the individual in question and realize that he or she is God's dear child - no better and no worse than I am-that he is precious to God because of Calvary, my attitude toward everything that person says or does will be radically changed, for the better.

Suppose you are a man and you say, "Don't expect me to be saccharine-sweet all the time," I would remind you that it is perfectly possible for one to be wholesomely virile, masculine and strong, and at the same time be perceptive of other people's needs and gentle toward them. This is God's attitude toward you: "I was tender among you, as a Father." This is the attitude He will enable us to have in our dealings with others.

In this matter of our adjusting to the needs of others, with a view of helping them, we have seen that forgiveness is necessary and familial affection - my love for a brother just because he is a brother - is equally needed. How else can we "adjust"?

... *by self-effacing preference*

Have you noticed that unkind words and actions are usually the outcome of somebody's wanting to advance himself?

You have seen people scrambling for a place at the head of a line in a market or bank. You have observed some office subordinate clawing his way up the ladder of success, hoping for a promotion to a better job. You have seen the scheming and skulduggery that go on in political campaigns and all-year-long bids for personal recognition and power. In all of these cases the "me first" element is strong.

Does that mean that ambition is to be stifled? Not at all! It means that I am just as eager for the other person's good as I am for my own.

There is nothing wrong, it seems to me, with a genuine expression of respect and appreciation. Let us say you are invited to sit on the platform. You are given a special place at the banquet. So be it. But when you yearn for this kind of acclaim, when you work for it, watch out! You are forgetting the value of the Law of Kindness.

Jesus spoke an indictment of the scribes and Pharisees of His day when he said:

"All their works they do to be seen of men; ... [they] love the uppermost places at feasts, and the chief seats in the synagogues, and greetings in the market places, and to be called by men, Rabbi, Rabbi " (Matt. 23:5-7).

This attitude of self-seeking is in sharp contrast to the Savior's declared purpose:

"Even as the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many" (Matt. 20:28).

You would be surprised at the way interpersonal affairs will improve when other people realize that you are not out to get something for yourself. "In honor preferring one another." Let the other person have some sunshine, some recognition. Don't snatch it for yourself.

A number of years ago a survey was made that involved several large corporations. The collected data attempted to prove what employees thought was of prime importance. At the same time, a separate survey was made of Management and its goals. Interestingly enough, the Management people put money highest on their list, then came job conditions, and finally personal recognition.

To the surprise of the survey-takers, Labor followed a different order. Do you know what, to them, came first? It was recognition for a job well done. They wanted somebody to notice

them and when they did well they wanted to hear, "You did a good job."

Dale Carnegie said, "You ought to find something you can compliment honestly about every person you're meeting."

Why is that good advice? Because everybody you will ever meet has (as we have said) some area in his life where he is hurting, and some deep desire that somebody will appreciate him. If you are a pastor, how long has it been since you thanked, publicly, such faithful and needed workmen as the janitor, or the ushers, or the electrician if you use a public address system? These are people serving behind the scenes, and there are thousands of them in other categories. Notice them. Value them. Encourage them. Make them aware of the Law of Kindness.

Kindness Translates Into Love

For love to abound in our hearts, the Holy Spirit needs to get into areas from which we are keeping Him out. The more He is in control, the kinder we will be and the more able to demonstrate the love of God.

Remember: *Everything you will ever need to live the Christian life is already yours.*

"Jesus, our Lord, ... hath given unto us all things that pertain to life and godliness (2 Pet. 1:1-3).

What things?

"Compassions and mercies, KINDNESS, humbleness of mind, meekness, long suffering ... and above all these things ... LOVE which is the bond of perfection" (Col. 3:12-14).

Are you kind? Are you humble? Are you meek? Are you longsuffering? Of yourself, you can display none of these qualities for any extended period. But the Holy Spirit within you, to whom you consciously and continually yield, can accomplish the change. "In everything we are enriched by (or through) him."

Oh take, by faith, this matter of inner strength and your appropriation of it. To the extent to which you do this, the Law of Kindness will operate blessedly in and through your life.



