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# MESSAGE NOTES

## Breaking the Barriers to Kindness

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### 1. Obstacles to Giving Loving Kindness

Fear is the primary obstacle. It puts a stranglehold on kindness.

- a. Fear of Rejection: The risk of misunderstood or rejected kindness.
- b. Fear of Embarrassment: Worries about appearing foolish.
- c. Fear of Judgment: Concerns about what others will think.

**Galatians 1:10: "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."**

### 2. The Harvest of Kindness

Sowing seeds of kindness leads to a generous cycle of kindness.

- Kindness brings Contentment — A purpose-filled life.
- Physical Health — Reduced stress levels.
- Reduced Levels of Depression — Shift of focus.
- Spiritual and emotional growth

**II Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."**

### 3. Lack of love and kindness in "the last days"

We must not adjust to the world's lack of love and kindness.

**II Timothy 3:1-5:**

**"But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with such people."**

**Conclusion:** Giving kindness not only blesses the lives of others but also creates a fulfilling, healthier, and happier life for you. Sow kindness freely and reap a harvest that is a blessing to everyone.