All Glorious Within

Fruit of the Spirit, Part Five

~ Kindness/Goodness ~

May-August 2014

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“The King’s daughter is all glorious within . . .” Psalm 45:13
All Glorious Within is a publication for Christian young ladies that began in January 2006. It is compiled, edited, and published three times per year by Karissa Hiebert. Co-editors are Abe and Bernice Hiebert, who approve and improve each issue, giving many suggestions and much valued advice.

We welcome new subscribers! If you have friends or relatives that might be interested in receiving All Glorious Within, you may request brochures or sample issues for them. Free brochures available upon request. Gift certificates also available.

Our Mission

Our goal is to provide conservative, wholesome reading material to inspire girls in their Christian walk, endeavoring to maintain the centrality of Jesus Christ. If you have questions or concerns, please let us know personally about them. Suggestions are appreciated!

If you come across anything in All Glorious Within that is unBiblical, opinionated, or does not pass the tests of Philippians 4:8 and Colossians 2:8, please let us know about it. (Note that we do not necessarily endorse every word of each article.)

This issue of this publication has been approved by the co-editors, my parents (Abe and Bernice Hiebert).

Submissions

We gladly welcome submissions . . . please send articles, poetry, testimonies, reviews, homemaking tips, recipes, wedding/baby announcements, and other such contributions! We do not publish advertisements.

All submissions must be approved by the co-editors (editor's parents), and we ask that everything submitted be honoring to the Lord, based on the Word of God, and corresponding to Philippians 4:8. Please include information such as titles, authors, and publishers' information, where applicable. Thank you.

Submission Deadline for Next Issue:
December 26th, 2014

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To help cover costs of printing and postage, please include a donation with your order if possible. Thank you! Note – some issues may not be available.

Christian Chronicle (previous publication, 3-column format):
Volume 2, Issue 3: Infatuation vs. Integrity
Volume 2, Issue 4: Home Life
Volume 2, Issue 5: Humility

All Glorious Within (3-column format):
Volume 1, Issue 1: Speech
Volume 2, Issue 4: Neatness, Orderliness, Punctuality
Volume 3, Issue 1: Faithful Time Stewardship
Volume 3, Issue 2: Honesty, Integrity, Trustworthiness
Volume 3, Issue 3: Perseverance, Endurance, Diligence
Volume 3, Issue 4: Responsibility, Dependability, Consistency
Volume 4 Issue 1: Missions (Special Issue)
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Volume 5, Issue 1: Gratefulness, Appreciation
Volume 5, Issue 2: His Strength
Volume 5, Issue 3: Trials, Afflictions (Special Issue)
Volume 6, Issue 1: Compassion, Care, Mercy
Volume 6, Issue 2: Submission, Honor, Respect
Volume 6, Issue 3: Security, Confidence, Stability
Volume 7, Issue 1: Contentment
Volume 7, Issue 2: A Kept Heart
Volume 7, Issue 3: Wisdom

Fruit of the Spirit Series:
Volume 8, Issue 1: Love
Volume 8, Issue 2: Joy
Volume 8, Issue 3: Peace
Volume 9, Issue 1: Patience
The fruit of the Spirit is goodness.

Be ye . . . followers of God, as dear children.—Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; that ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.—Be ye therefore merciful, as your Father also is merciful.

The fruit of the Spirit is in all goodness and righteousness and truth.

After that the kindness and love of God our Saviour toward men appeared, not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost; which he shed on us abundantly through Jesus Christ our Saviour.—The Lord is good to all: and his tender mercies are over all his works.—He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?


From Daily Light on the Daily Path, July 1st, Morning.

To ease another’s heartache is to forget one’s own.” — Lincoln

God does not comfort us to make us comfortable, but to make us comforters.” — J. H. Jowett

I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again.” — Stephen Grellet, Quaker Missionary

This issue’s fruit photo was submitted by Trishia Plett (21) of Manitoba.
Greetings in the name of our King and welcome to the 28th issue of All Glorious Within . . . and the fifth issue in our Fruit of the Spirit series! 😊 The next issue’s theme is Faith. We welcome any submissions you may have – articles, poems, recipes, stories, and more. This issue is shorter/smaller than usual due to less content on the theme. Next issue will probably be much longer. 😊

The extreme lateness of this issue – no, I did not go to Bolivia, but our summer was quite busy preparing for my brother’s wedding! (See page 5.)

Our theme is Kindness/Goodness, two in one issue. Kindness: The word used in the KJV is “gentleness,” and according to the Strong’s Concordance, the Greek word used means, “usefulness, that is, moral excellence (in character or demeanor): - gentleness, good (-ness), kindness.” Because there is already the fruit of “goodness” and because meekness includes “gentleness,” I chose to use “kindness.”

Goodness: Due to goodness being a somewhat vague and overlapping theme (and therefore it being a little harder to compile an entire issue from it), I chose to combine it with kindness. The concordance explains the word for goodness as: “goodness, that is, virtue or beneficence.” This overlaps with a previous issue, Volume 2, Issue 3 (“Virtue”).

You may notice in the section of Scriptures that much of what the Bible has to say about goodness regards the goodness of God. As we receive of His goodness and become more like Him, we can reflect that goodness also, and as we experience the loving-kindness of God in our lives, we can also show kindness to others. Let’s draw nearer to Him so we can share His qualities with those around us! 😊

~ Karissa

KINDNESS
I have wept in the night for the shortness of sight,
That to somebody’s need made me blind;
I have never yet felt a twinge of regret,
For being a little too kind.

~ Christian Herald

FLOWERS LEAVE THEIR FRAGRANCE
ON THE HAND THAT BESTOWS THEM

This old Chinese proverb, if practiced each day,
Would change the whole world in a wonderful way—
Its truth is so simple, it’s so easy to do,
And it works every time and successfully, too…
For you can’t do a kindness without a reward,
Not in silver nor gold but in joy from the Lord—
You can’t light a candle to show others the way
Without feeling the warmth of that bright little ray.
And you can’t pluck a rose, all fragrant with dew,
Without part of its fragrance remaining with you.

~3 above quotes/etc submitted by Chentelle Hiebert

Be kind, for nearly everyone you meet is fighting a hard battle. 😊

For contact information, please see inside cover. For subscription rates, please see back cover (page 24).
August 30, 2014

Durelle & Chelsey Hiebert

Durelle is a brother of the editor, and Chelsey (formerly Klassen) wrote for Volume 9, Issue 1 of All Glorious Within.

Family & blue sky couple photo by Quentin and Judith Waldner; reception photo by KH
I had thought to write an article about kindness and goodness using both words, but it seemed like a complicated undertaking. I started out with kindness, and my article was lengthy enough without adding anything in great depth or detail about goodness. Also, they overlap in their definition. Thus, I stuck with kindness, but am including this definition because many times throughout the article goodness comes out as well.

**Goodness**: The moral qualities which constitute christian excellence; moral virtue. Kindness; benevolence; benignity of heart; but more generally, acts of kindness; charity. (Webster’s 1828)

As I studied this definition, I longed to fit that description in my day to day living. To my disappointment, I have not been perfect in holding up this wonderful standard, but by God’s grace I will – like the righteous man, although he falls 7 times – stand up again and by the strength and power of God, who is my source of kindness, strive on toward perfection.

Webster’s says that kindness "delights in contributing to the happiness of others." Who qualifies as "others"? Everyone does! EVEN the people who ALWAYS seem to rub (me) the wrong way, those people who often misunderstand my motives or simply misunderstand me in nearly every area. Yes! these are the people whom I will "delight to contribute to their happiness" when the fruit of kindness is in my life. And by the way, that saying that goes something like, "All people bring happiness to this home, some when they come and some when they leave," doesn’t fit in! It’s important to know how to make someone happy, but the saying brings out that some people are fun to be with and some people might only be described as annoying. If you are the person who only brings happiness when you leave, then perhaps you need to take a few minutes to consider your (general) attitude because clearly it’s not one of kindness; at least not the true Christ-like kindness. Whoever your "others" might be, the fruit of kindness will show itself when you delight in doing your part in making their day the best one ever.
How do we do that? I will say immediately that this is not a "one size fits all" thing. Sorry! but I have a suggestion or two that may help us open up our hearts and minds to ways in which we can demonstrate God working out the beautiful fruit of kindness in our lives.

For example: A sibling is tired and somewhat stressed out (about nothing in particular perhaps) and you, recognizing this, go to them and volunteer to do what they’re doing so they can take a nap, read the Bible, and/or pray. Remember! You will delight to do this even if you have a stack of things to do, or maybe you were supposed to have a break. You will put all that aside and not even think about it. I understand that you might not always be able to take up the work load of that sibling, but even just encouraging them to take a few minutes off of their work to rest or spend time alone with God is the only act of kindness they may need. I have been on the giving and receiving end of this kind of counsel and it always helps!! Jesus, our wonderful Saviour, demonstrated kindness when He walked upon the earth. We well know that Jesus fed 5,000 people one evening, but did you know that He did this on the day that John the Baptist was beheaded? When I read this account and noticed that connection, the only thing I could think was, "What a Saviour!" Matthew 14:13&14, "When Jesus had heard of [John the Baptist’s beheading] he departed thence by ship into a desert place apart; and when the people had heard thereof, they followed him on foot out of the cities. And Jesus went forth, and saw a great multitude, and was moved with compassion toward them and healed their sick.” Following this is the account of Him feeding the 5,000 men besides women and children. I cannot grasp this demonstration of love and kindness. Yes! Jesus knew all things and He knew that John would be beheaded, but He was also man (very literally) and thus John’s death affected Him personally. Jesus removed Himself from the people, and I think we can safely assume that He went to pray; we have no idea how much praying He actually was able to do before He noticed that a multitude was seeking Him. What did Jesus do? He TURNED AROUND and met them; He didn’t mumble, "Oh great! all I wanted was some peace and quiet! Don’t these people know I need my own time sometimes?" No, our wonderful Saviour "was moved with compassion toward them..." on the day when one of His friends and fellow labourers had died. I think this is one incident of kindness displayed in a real way that you and I are asked to imitate. No, we may not have gone through the loss of a loved one, but perhaps something else causes us to grieve and in that situation God brings an individual or individuals to us and we KNOW that we need to have compassion on them. Will we do it or will we push them away? Will we demonstrate God’s kindness or will we put our needs ahead of their needs?

I think this is one incident of kindness displayed in a real way that you and I are asked to imitate. ... Will we demonstrate God’s kindness or will we put our needs ahead of their needs?
Himself needed to rest a few times too. But may we never allow laziness to take control where we, out of "righteous selfishness," say, "I need to rest." But rather, if we need a rest, recognize our need and bring it out gently with the assurance that we will be there for the (person) as soon as possible. There is nothing unkind in being honest; it’s more unkind to listen halfheartedly.

How do we demonstrate Christ-like kindness in our day to day lives? I will use a personal experience in which I had the opportunity to demonstrate kindness in a time when my personal desires wanted to win but there were others who needed me to put my desires aside and by doing so allow them to have a happier day. I was in the last leg of my trip with my cousin to the Rocky Mountains; we had had a wonderful time enjoying the grandness of God's creation and His creativity in the majestic Rockies. Tuesday night around 10:30, we arrived safely to her house, which is about an hour and half from where I live, so I stayed the night. Wednesday morning I contacted my family about how to go about going home, because I didn’t have a vehicle. My mom was in the hospital with my 16 year old sister who had had two surgeries just before I had left on my trip, and she was tired from everything that is involved in being in a hospital for a long period of time.

The short of the story is: My dad asked me to trade off with my mom so that she could come home for a while. My immediate response was a very willing "yes!" but then my flesh realized what was going on and it was not impressed! "You were looking forward to sleeping in your own bed for once!" "You wanted to go home!" and on and on went the reminders that were all true. "You don't want to go to the hospital, the chair bed will be horrid! And besides! You probably won't be able to shower." (I had spent nearly a week in the hospital with my sister the month before so I knew what to expect in some ways.)

My cousin took me to the hospital and picked up my mom; by this time I was happy to do this act of kindness for my mom, but every part of my flesh wanted to fight the very thought! Seeing how tired my mom was gave me more courage to cheerfully do what I had been asked to do, and after some of the fleshly dust had settled, I was also willing to stay longer if my dad thought I should. I still dreaded the night in that chair converted into a bed and my flesh felt like staying awake all night just so it didn’t have to attempt to sleep in that "bed." But oh, how selfish of me! My mom had done it more times than she would feel like counting in her lifetime; who was I to fuss about doing it for ONE night? And, after all my inner poutings about being sure I would have a horrible night, I slept amazingly well! I would almost dare say that I slept better than I had in all of the last two weeks!

Whenever we say "no" to our flesh and "yes" to God, He blesses us above what we are able to dream or imagine. When we submit (yes, sometimes it takes submission) to allowing the fruit of kindness in our lives in situations that beg us to be selfish, we bring glory to our Heavenly Father because the truth is, we could never have done it in our own strength. In ourselves we have no good thing. Romans 7:18 reads, "For I know that in me (that is, in my flesh) dwelleth no good

Whenever we say "no" to our flesh and "yes" to God, He blesses us above what we are able to dream or imagine.
thing: for to will is present with me; but how to perform that which is good I find not." I can identify with the apostle Paul! I desire to do kind deeds but in my flesh I cannot find what it takes to do them. But in Christ!! dear sisters, IN CHRIST we are able to do those very kind deeds that are otherwise impossible to do.

When I was asked to stay in the hospital with my sister, was I tempted to tell Mom all about the rough last three nights I had had? Yes! I was very tempted to tell her all about them in many flowing details too, but the Spirit of God at work in me didn’t allow me to speak of those things. When we do things for God, we will always encounter spiritual battle, but we do not need to allow it to take us under; through Jesus Christ we can be victorious. When Jesus fed those 5,000, He was probably physically tired, but He didn’t allow it to stop Him from doing the work of His father. After all the people had left, He went apart to pray (14:23); He needed that time to "refocus." The Bible doesn’t say how much time Jesus had spent in prayer when He went out to the disciples, who were attempting to cross the sea but because of a severe storm were having a very difficult time. We know it was in the night and we know that Jesus had had a very long day. Twice He had "gone apart" and both times it appears as though His time was cut short because of the needs of others.

Kindness is cheerfully giving of oneself no matter what you might personally be facing. Kindness also takes time for building upon the firm foundation Jesus Christ and recognizes that it must take every opportunity it has to draw nigh to God because it never knows when God will ask it to pour itself out for the sake of others.

"Kindness ever accompanies love." 1 John 4:7&8 – "Beloved, let us love one another: for love is of God; and everyone that loveth is born of God. and knoweth God. He that loveth not knoweth not God; for God is love.”

May the character of Christ shine through your life!

Trishia Plett (21) lives in Arborg, MB with her family. “As a personal testimony I will borrow the words of the Prophet Jeremiah, 'It is of the LORD’s mercies that (I) am not consumed, because his compassions fail not, They are new every morning: great is thy faithfulness.' Lamentations 3:22&23”

Editor’s note: Trishia is a dear friend of mine who has often been a blessing and encouragement to me. Thank you for writing again, Trish!

"Kind words, kind looks, kind acts and warm handshakes, these are means of grace when men in trouble are fighting their unseen battles.” - John Hall
Dear Sisters,

This article is very last-minute. I really wasn’t intending to write one for this issue, but here it is, a day or two before I intended to send it to the printers, and I’m writing on this issue’s topics. I guess I’ve been in a lot of thought about these topics lately, what with putting this issue together, but especially after reading Trishia Plett’s article. Some thoughts came to me while in church this morning, and I finally yielded to Trishia’s encouragement to me to share a personal article, despite needing to add a few pages to this issue, and to put a little more time and effort into it. I am still very much learning in these areas, but will attempt to share a few thoughts.

This morning the preacher was reading in Genesis 50, and verse 21 stood out to me. “Now therefore fear ye not: I will nourish you and your little ones,” Joseph told his brothers. “And he comforted them, and spake kindly unto them.” This was after Joseph’s father, Jacob, had died, and his brothers were afraid Joseph would hate them and requite them all the evil they had done to him. So they sent a messenger to him – “Thy father did command before he died, saying, So shall ye say unto Joseph, Forgive, I pray thee now, the trespass of thy brethren, and their sin; for they did unto thee evil: and now, we pray thee, forgive the trespass of the servants of the God of thy father.” (50:16-17) Furthermore, in verse 20, he tells them, “But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.”

So, despite all the unkindness – in fact, inhumane cruelty – his brothers had shown to him in the past, Joseph showed emotion and softness to them. Then he brought across a gracious perspective on the situation that acknowledged what God did through it all. Then he comforted them, and spoke kindly to them! Doesn’t this show us that forgiveness is connected to – and necessary for – kindness? We cannot be kind to those we have not forgiven or are holding a grudge against – if we try, it won’t be kindness from the heart that stems from the goodness of God in us. (By the way, the answer isn’t to avoid being kind to those people, but to forgive them from our hearts and then show kindness to everyone! 😊)

We can see in Joseph that he didn’t come up with kindness on his own. In humanness, he could not have treated his brothers with love, kindness, and forgiveness after all they had done to him; he had to look to God and see the bigger picture of the good God did through his trials. Even so we, when we are mistreated or when there is someone difficult in our lives, must see things from God’s perspective and acknowledge the greater purpose He has in our trials. We must lay aside any grudges or ill feelings and, instead, love and forgive. Then we will be able to extend God’s kindness even to those who are difficult to be kind to.

Do you know where Joseph started? When he was younger and his brothers treated him unkindly in smaller matters, it appears he did not allow bitterness in his life – he kept communicating with and serving them. When he was thrown in prison most unjustly, he trusted...
God with the outcome and was faithful where he was at, rather than defending himself and becoming bitter. Had he harbored bitterness toward his brothers for unkind treatment in the past, he could not have faithfully passed through the difficult years in prison. Had he harbored bitterness over that, he could not have been so faithful and forgiving years down the road.

Sisters, are we allowing the goodness – the excellence, the virtue, the character – of God to flow through us and make us kind to others in both big and small things? Are we allowing His forgiveness to flow through our lives so we don’t hinder all the things – such as kindness – He wants to bless others with through us? He wants to bless others with through us? Imagine! He wants to use you as a vessel pouring out His blessings and grace!

I really didn’t plan to write so much on forgiveness or the life of Joseph, but can you see how a forgiving heart, one filled with benevolence (goodness, kindness), results in a kind and caring heart – and actions? 😊

Are our hearts filled with benevolence toward those in our own home? Sometimes kindness is the hardest to show to our siblings, but the most important! I would like to share some thoughts on love:

“What kind of love is a love that does not sacrifice, does not keep its word faithfully, does not put others’ interests above its own, does not point others to Christ, is not gentle and kind, is not humble and submissive, is not considerate and sensitive, is not godly, etc? Jesus wants us to love each other AS HE LOVED US! That is quite the standard! What a beautiful testimony! Agape love – true, sacrificial, faithful, unselfish, forgiving, pure, Spirit-filled, sincere love that pours itself out for others! Laying down not necessarily physical life, but my own desires/interests/plans/hopes/preferences/time/self/etc!” (devotional journal, 2009)

You see, in church this morning, the message was a lot about loving the Lord, and others – Mark 12:30-31. Love is really at the root, and kindness is the fruit!

In the children’s lesson, there was a container of water with clear balls that you couldn’t see in the water. Those were like people who didn’t stand out from others. Then colored balls were dropped in, representing those who stood out – for example, with a deed of kindness. Are we, by God’s grace, so kind and good that we stand out as true, Christlike Christians?

I really appreciated Trishia’s challenging thoughts on Jesus’ kindness in His personal need – I had not realized that Jesus was in a time of deep personal grieving when He was showing kindness. Sometimes (if we allow Him to) God uses grief or personal trials to soften our hearts and give us more sensitivity and compassion, but to show this in the midst of our difficulty, we must be connected to our Father, as Jesus was. As Trishia mentioned, sometimes we do have human limitations, but are we using that as an excuse or are we showing kindness with as much grace as God is giving us in a particular situation? He will ask nothing more of us than His grace cannot supply.

I would like to leave you with the challenge of the title of this article: “He Spoke Kindly to Them.” Jesus said we receive Him if we receive little ones (Mark 9:37) . . . are we speaking kindly to our brothers and sisters in the home? Are we speaking kindly to others, and treating them kindly, regardless of how they have treated us in the past, or how they treated or spoke to us just now? We all know how much we prefer to be treated kindly – let’s do to others as we would have them to to us! We may even be the influence God uses in their lives to change their perspectives and attitudes – and kindness may spread!
I will close with a poem I wrote today:

**Help Me to Be Kind and Good**

Lord, help me to be kind and good,
To always do just as I should.
Tenderhearted and forgiving;
Generous, unselfish living;
In everything to do my part
With all I am, with my whole heart!
Let my thoughts be fixed on Thee —
Then the needs around I'll see . . .
If someone needs a helping hand,
Or for me to behind them stand;
If someone needs a caring word;
If someone needs to just be heard;
If someone needs a loving smile,
Or me to go the extra mile;
If someone needs some help with work,
Or an overlook of a little quirk;
If someone needs some understanding,
When others all may be demanding.
Maybe they just need a prayer;
That way I their load can share.
Before the throne of God to bring
Everyone and everything!
For we have a God Who cares;
On His heart His child He bears —
Such love! may I do never less
Than show His kindness and goodness.
To put aside my personal need,
And do some kind tho’ little deed —
Jesus did, even when tired,
And by His example I’m inspired.
E’en when He’d rather be alone,
Kindness by Him always shown!
How can I let my own preference
Be my point and frame of reference?
I have no rights of my own!
God His goodness e’er has shown,
So why would I not do the same
To others, in His worthy name?

Karissa Hiebert (25) lives near Lowe Farm, MB with her parents and 5 of her 7 siblings. She studies midwifery from home and teaches piano, but enjoys many other things in life as well. Her desire is to be a vessel in the hands of the Master, willing to be poured out for Him.

**Various**

**Quotes**

“**K**indness goes a long ways lots of times when it ought to stay at home.”  
~ Kin Hubbard

“**R**eal generosity is doing something nice for someone who will never find out.”  
~ Frank A. Clark

“**T**he smallest act of kindness is worth more than the grandest intention.”  
~ Unknown

“**K**indness is a language which the deaf can hear and the blind can see.”  
~ Submitted by CH

Do you have poems, quotes, devotionals, stories, or anything to share regarding faith? Send them in by the end of December! We’re also accepting recipes and fruit photos.
*Same Greek word as the one used for the fruit of the Spirit, “gentleness” (kindness, goodness)
**Same Greek word as the one used for the fruit of the Spirit, “goodness”

“Jethro rejoiced for all the goodness which the LORD had done to Israel, whom he had delivered out of the hand of the Egyptians.” Exodus 18:9

“And he said, I will make all my goodness pass before thee, and I will proclaim the name of the LORD before thee; and will be gracious to whom I will be gracious, and will shew mercy on whom I will shew mercy.” Exodus 33:19

“And the LORD passed by before him, and proclaimed, The LORD, The LORD God, merciful and gracious, longsuffering, and abundant in goodness and truth,” Exodus 34:6

“And it shall be, if thou go with us, yea, it shall be, that what goodness the LORD shall do unto us, the same will we do unto thee.” Numbers 10:32

“And now the LORD shew kindness and truth unto you: and I also will require you this kindness, because ye have done this thing.” II Samuel 2:6

“And now, O Lord GOD, thou art that God, and thy words be true, and thou hast promised this goodness unto thy servant.” II Samuel 7:28

“O give thanks unto the LORD; for he is good; for his mercy endureth for ever.” I Chronicles 16:34

“And now, LORD, thou art God, and hast promised this goodness unto thy servant.” I Chronicles 17:26

“For they have not served thee in their kingdom, and in thy great goodness that thou gavest them, and in the large and fat land which thou gavest before them, neither turned they from their wicked works.” Nehemiah 9:35

“For thou preventest him with the blessings of goodness: thou settest a crown of pure gold on his head.” Psalm 21:3

“Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.” Psalm 23:6

“Now therefore arise, O LORD God, into thy resting place, thou, and the ark of thy strength: let thy priests, O LORD God, be clothed with salvation, and let thy saints rejoice in goodness.” II Chronicles 6:41

“And they sang together by course in praising and giving thanks unto the LORD; because he is good, for his mercy endureth for ever toward Israel. And all the people shouted with a great shout, when they praised the LORD, because the foundation of the house of the LORD was laid.” Ezra 3:11

“And refused to obey, neither were mindful of thy wonders that thou didst among them; but hardened their necks, and in their rebellion appointed a captain to return to their bondage: but thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness, and forsookest them not.” Nehemiah 9:17

“And they took strong cities, and a fat land, and possessed houses full of all goods, wells digged, vineyards, and oliveyards, and fruit trees in abundance: so they did eat, and were filled, and became fat, and delighted themselves in thy great goodness.” Nehemiah 9:25

“For they have not served thee in their kingdom, and in thy great goodness that thou gavest them, and in the large and fat land which thou gavest before them, neither turned they from their wicked works.” Nehemiah 9:35

“For thou preventest him with the blessings of goodness: thou settest a crown of pure gold on his head.” Psalm 21:3

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“Remember not the sins of my youth, nor my transgressions: according to thy mercy remember thou me for thy goodness’ sake, O Lord.” Psalm 25:7

“I had fainted, unless I had believed to see the goodness of the Lord in the land of the living.” Psalm 27:13

“Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men!” Psalm 31:19

“Blessed be the Lord: for he hath shewed me his marvellous kindness in a strong city.” Psalm 31:21

“He loveth righteousness and judgment: the earth is full of the goodness of the Lord.” Psalm 33:5

“O taste and see that the Lord is good: blessed is the man that trusteth in him.” Psalm 34:8

“Depart from evil, and do good; seek peace, and pursue it.” Psalm 34:14

“The words of his mouth are iniquity and deceit: he hath left off to be wise, and to do good.” Psalm 36:3

“Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.” Psalm 37:3

“Depart from evil, and do good; and dwell for evermore.” Psalm 37:27

“Why boastest thou thyself in mischief, O mighty man? the goodness of God endureth continually.” Psalm 52:1

“Blessed is the man whom thou choosest, and causeth to approach unto thee, that he may dwell in thy courts: we shall be satisfied with the goodness of thy house, even of thy holy temple.” Psalm 65:4

“Thou crownest the year with thy goodness; and thy paths drop fatness.” Psalm 65:11

“Thy congregation hath dwelt therein: thou, O God, hast prepared of thy goodness for the poor.” Psalm 68:10

“For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.” Psalm 86:5

“For the Lord is good: his mercy is everlasting; and his truth endureth to all generations.” Psalm 100:5

“Praise ye the Lord. O give thanks unto the Lord; for he is good: for his mercy endureth for ever.” Psalm 106:1

“Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men! For he satisfieth the longing soul, and filleth the hungry soul with goodness.” Psalm 107:8-9

“For his merciful kindness is great toward us: and the truth of the Lord endureth for ever. Praise ye the Lord.” Psalm 117:2

“Thou art good, and doest good; teach me thy statutes.” Psalm 119:68

“Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.” Psalm 119:76

“Do good, O Lord, unto those that be good, and to them that are upright in their hearts.” Psalm 125:4

“Praise the Lord; for the Lord is good: sing praises unto his name; for it is pleasant.” Psalm 135:3

“My goodness, and my fortress; my high tower, and my deliverer; my shield, and he in whom I trust; who subdueth my people under me.” Psalm 144:2

“They shall abundantly utter the memory of thy great goodness, and shall sing of thy righteousness.” Psalm 145:7

“The Lord is good to all: and his tender mercies are over all his works.” Psalm 145:9

“The desire of a man is his kindness: and a poor man is better than a liar.” Proverbs 19:22

“Most men will proclaim every one his own goodness: but a faithful man who can find?” Proverbs 20:6
“She openeth her mouth with wisdom; and in her tongue is the law of kindness.” Proverbs 31:26

“I know that there is no good in them, but for a man to rejoice, and to do good in his life.” Ecclesiastes 3:12

“She openeth her mouth with wisdom; and in her tongue is the law of kindness.” Proverbs 31:26

“Shew the things that are to come hereafter, that we may know that ye are gods: yea, do good, or do evil, that we may be dismayed, and behold it together.” Isaiah 41:23

“In a little wrath I hid my face from thee for a moment; but with everlasting kindness will I have mercy on thee, saith the LORD thy Redeemer.” Isaiah 54:8

“For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the LORD that hath mercy on thee.” Isaiah 54:10

“I will mention the loving kindnesses of the LORD, and the praises of the LORD, according to all that the LORD hath bestowed on us, and the great goodness toward the house of Israel, which he hath bestowed on them according to his mercies, and according to the multitude of his loving kindnesses.” Isaiah 63:7

“The voice of joy, and the voice of gladness, the voice of the bridegroom, and the voice of the bride, the voice of them that shall say, Praise the LORD of hosts: for the LORD is good; for his mercy endureth for ever: and of them that shall bring the sacrifice of praise into the house of the LORD. For I will cause to return the captivity of the land, as at the first, saith the LORD.” Jeremiah 33:11

“The LORD is good unto them that wait for him, to the soul that seeketh him.” Lamentations 3:25

“O Ephraim, what shall I do unto thee? O Judah, what shall I do unto thee? for your goodness is as a morning cloud, and as the early dew it goeth away.” Hosea 6:4

“And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.” Joel 2:13

“And he prayed unto the LORD, and said, I pray thee, O LORD, was not this my saying, when I was yet in my country? Therefore I fled before unto Tarshish: for I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest thee of the evil.” Jonah 4:2

“The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him.” Nahum 1:7

“But I say unto you, Love your enemies, bless them that curse you, do good to them which despitefully use you, and persecute you;” Matthew 5:44

“But I say unto you which hear, Love your enemies, and do good to them which hate you,” Luke 6:27

“And if ye do good to them which do good to you, what thank have ye? for sinners also do even the same.” Luke 6:33

“But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil.” Luke 6:35

“Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?” Romans 2:4

“They are all gone out of the way, they are together become unprofitable; there is none that doeth good*, no, not one. Romans 3:12

“Behold therefore the goodness* and severity of God: on them which fell, severity; but toward thee, goodness*, if thou continue in his goodness*: otherwise thou also shalt be cut off.” Romans 11:22
“Be kindly affectioned one to another with brotherly love; in honour preferring one another,” Romans 12:10

“Let every one of us please his neighbour for his good to edification.” Romans 15:2

“And I myself also am persuaded of you, my brethren, that ye also are full of goodness**, filled with all knowledge, able also to admonish one another.” Romans 15:14

“Charity suffereth long, and is kind: charity envieth not; charity vaunteth not itself, is not puffed up,” I Corinthians 13:4

“By pureness, by knowledge, by long-suffering, by kindness*, by the Holy Ghost, by love unfeigned,” II Corinthians 6:6

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness*, goodness**, faith,” Galatians 5:22

“As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.” Galatians 6:10

“That in the ages to come he might shew the exceeding riches of his grace in his kindness* toward us through Christ Jesus.” Ephesians 2:7

“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ’s sake hath forgiven you.” Ephesians 4:32

“(For the fruit of the Spirit is in all goodness** and righteousness and truth.)” Ephesians 5:9

“Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness*, humbleness of mind, meekness, longsuffering,” Colossians 3:12

“Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfil all the good pleasure of his goodness**, and the work of faith with power:” II Thessalonians 1:11

“That they do good, that they be rich in good works, ready to distribute, willing to communicate;” I Timothy 6:18

“But after that the kindness* and love of God our Saviour toward man appeared,” Titus 3:4

“But to do good and to communicate forget not: for with such sacrifices God is well pleased.” Hebrews 13:16

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin.” James 4:17

“Let him eschew evil, and do good; let him seek peace, and ensue it.” I Peter 3:11

“And to godliness brotherly kindness; and to brotherly kindness charity.” II Peter 1:7

“Kindness has converted more sinners than zeal, eloquence, or learning.” - Frederick W. Faber

“Have you had a kindness shown? Pass it on; ’Twas not given for thee alone, Pass it on; Let it travel down the years, Let it wipe another’s tears. Pass it on.” - Rev. Henry Burton

“A man who is wrathful with us is a sick man; we must apply a plaster to his heart - love; we must treat him kindly, speak to him gently, lovingly. And if there is not deeply-rooted malice against us within him, but only a temporary fit of anger, you will see how his heart, or his malice, will melt away through your kindness and love - how good will conquer evil. A Christian must always be kind, gracious, and wise in order to conquer evil by good.” - John of Kronstadt
There is no way in which men can do good to others with so little expense and trouble as by kindness in conversation. We should think that kind words would be very common, they are so cheap; but there are many persons who have a large assortment of all other language except that of kindness. They have bitter words, and witty words, and learned words in abundance. But their stock of kind words is small.

There are persons who draw on their kindness with more reluctance than on their purses. The habit of using kind words will at length conform our feelings to our language. We shall become kind not only in speech but in our manners and in our hearts.

—Elihu Burritt

Submitted by CH

“Jt is easy to make great sacrifices when God does not ask them, but to give up our own will in each detail of life is something far harder. And this is what He does ask. To hold ourselves ever in readiness for His bidding—to count no token of it too slight—such is His call to each. Thus only shall we be ready for further service if He sees fit to lead us on to it.”  - H. Bowman

“Never look down on anybody unless you’re helping them up.” - Rev. Jesse Jackson

“F or each one of us, whether on a bed of pain, in feebleness and uncertainty of purpose such as comes with ill-health or overstrained nerves, or whatever else may be our immediate condition, nothing is more urgent, nothing more behooves us than to ask, ’What wouldst Thou have me to do?’ For, whatever our state, however helpless and incapable, however little service to God or to our neighbor seems within our power, there is no doubt at all as to His willing us to do something. Not necessarily any great thing; it may be only some little message of sympathy and comfort to carry to one even more lonely than we are; it may be some tiny pleasure to a little child, or a kindly word or glance to one whose own fault has cut him off from general kindness and pity; it may be even only in humble patience to stand and wait till He makes His will plain, abstaining the while from murmur and fretfulness; but, in some shape or other, be certain that your Master and Lord hears and will answer your question, ’What wouldst Thou have me to do?’ ”  - H. L. S. Lear

“A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.” - W. Irving

“Kindness is loving people more than they deserve.” - J. Joubert
We printed this article in 2.3, “Virtue,” but as it is closely connected with goodness, we are reprinting it here.

One of the most beautiful things about life is living in the will of God. When we live in the will of God, He perfects His desires in our lives, makes us into His likeness, and causes our lives to declare His glory and reflect His love.

God has carefully fashioned every aspect of His creation. When He made Eve, He had a specific design and plan for her life – a work she could perform with excellence by His strength. She was created to be a helpmeet to Adam – to help him in his work and to be a companion to him. Together they were to love God and serve Him with all of their hearts.

How sad God must have been when Eve, being tempted, sinned and drew Adam into sin with her. The influence that God had designed for her was sadly misused, even though He had given her this gift to use excellently toward His purposes.

“Who can find a virtuous woman? For her price is far above rubies…”

Virtue and worth are closely connected to each other. It seems as if you cannot possess one without obtaining the other. Worth bears a sense of value. It is the quality of a thing which makes it useful.

The word virtue contains an incredible amount of meaning. It means strength and power, the quality of influence, and moral goodness. Virtue is a voluntary obedience to the truth.

Virtue, in the Old Testament, is mentioned only three times. All three pertain to women: “A virtuous woman is a crown to her husband” (Proverbs 12:4); Proverbs 31 gives a definition of a virtuous woman by example; and there is an example of virtue in the life of Ruth in which Boaz praises her: “for all the city of my people doth know that thou art a virtuous woman.” (Ruth 3:11).

One of the greatest callings of God to us as women is the call to be virtuous, and to fulfill this calling with excellence. Excellence, value, and worth are an inseparable trio and will always be found together. (Excellence is a valuable quality that is developed into great worth and usefulness.) Excellence in character means purity of heart, virtue, and piety (reverence for God and a love of His character).

Excellence in character does not happen by accident. To be excellent requires a distinctive measure of dedication. A careless commitment and weak motivation toward a goal will not produce excellence. Your goals and standards must be high, and your life purpose must be in focus when you pursue excellence.

Strength and power are found in virtue, yet are generally unseen to the natural eye and exert influence in a quiet way. Yet this influence of strength of character is so powerful that it molds and changes lives. This is not a strength of our own nature, but rather the strength of God.

The way to have the strength of God in place of our own strength is to die to self, take up the cross, and follow in the example of Christ.
When we ask God to develop His character in us and to mold us into His likeness, the first thing He does is bring us to the end of our own strength. God knows that we cannot make ourselves like Him. We have a tendency to think we can, though. If He allowed this self-reliant attitude to remain in us, we would develop a self-righteous, proud spirit. This is the purpose of the refiner’s fire — to bring the realization to our hearts that our goodness is the goodness of God, that our holiness is the holiness of God, and that it is God within us that empowers us to live our lives for Him.

The Hebrew word for virtue, chayil, comes from the word chiyl, which is where we find the source of virtue. This word chiyl contains a blend of being wounded, bearing pain and fear, bringing forth hope, making trust, travailing and trembling, yet looking, trusting, and waiting patiently.

These characteristics describe the heart in the refining process. As God takes away the things on which we have relied for strength, as He prunes away (wounds) our “branches”, He is working to bring forth abundant fruit in our lives. Our response to His working is often fear; but He works with skilled hands! He will not ruin us or bring us to despair. We can trust Him that all things will work toward our good, because He is good. Suffering is the loving tool of God bringing us to trust Him, to look to Him (which is faith), and to wait patiently for Him to perform the faithful promises He has made to us in His Word.

“… for her price is far above rubies.”

The fact that rubies are used as an illustration is quite interesting. When we think of a ruby, we think of a red precious stone that is next to the diamond in hardness and value. The ruby as we know it today, however, is not what is meant in this passage of Scripture. The Hebrew word translated “rubies” is paniyn. Its translation is actually “pearl”, but also denotes “redness”.

The pearls we know of today are not red. They are found mostly in the Persian Gulf, along the shores of the Indian and south Pacific Oceans in the “pearl oysters”. However, the ancient pearl fisheries were mainly in the Persian gulf and the Red Sea. The Red Sea is where a large, delicate “wing shell” (pinna in Hebrew) would occasionally produce translucent pink pearls, which were greatly prized for their beauty and rarity. This special, costly pearl is what the rabbis and many commentators believe is meant by the word translated “rubies” as in Proverbs 31.

A pearl is formed by a secretion in the bodies of many kinds of shellfish, and consists of the same material and color as the interior layers of the shell in which it is found. When a piece of sand or other foreign object becomes lodged in a shellfish, it serves as an irritant and causes the shellfish to coat it and cover it as its method of defense. It is this process that makes a pearl.

Here, again, we see the heart in the refining process. God will often allow an “irritant” in our lives to produce within us excellence of character. He then gives us all the resources and strength we need and transforms it from an irritation to something priceless and beautiful. You cannot have a pearl without an irritation. God looks upon these pearls — the virtue suffering has perfected in our lives — as priceless.

“The heart of her husband doth safely trust in her, so that he shall have no need of spoil. She will do him good and not evil all the days of her life.”

The Bible often refers to the Church as the Bride of Christ. If we look at this verse of Proverbs 31 from this perspective, we will begin to see more of the beauty of its application to our lives.
The Church of today has lost much of its influence in society. The reason for this is the lack of dedication to pursuing excellence in virtue.

True moral goodness bases actions on the Word of God. The Bible determines whether an action is good or bad. In the end, this principle will bring consequences for sin and rewards for obedience to truth.

A great blessing God gives to those who attain virtue is the powerful influence of a life that is given to wholly walking with Him in obedience to the truth. You cannot have this powerful influence without the obedience.

God looks with tender love upon those who are willing to walk with Him through the refiner’s fire. He knows that a woman of such virtuous character will be faithful to the end. The church that gives all to follow His will brings such delight and joy to His heart. This is the bride that will do Him good all the days of her life.

Beloved of God, can I encourage you to fully realize that God is for you and with you in your hard times? When you gave your life to Him, He committed Himself to keep you to the end. If you could only understand how the heart of God the Father grieves over your pain and loss. He is with you as you hurt, loving your dedication to Him and your willingness to suffer that you might become more like Christ. Be assured that He has not forgotten you. His eye is watching you ever so closely, and He will not allow you to be overcome by any evil if you trust Him. He loves you with an everlasting love.

As a bridegroom rejoices over his bride, so the Lord rejoices over such a people.

“Remember these, O Jacob and Israel; for thou art my servant: I have formed thee; thou art My servant: O Israel, thou shalt not be forgotten of Me. I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee. Sing, O heavens; for the Lord hath done it... for the Lord hath redeemed Jacob, and glorified Himself in Israel.” - Isaiah 44:21-23.

“The remnant of Israel shall not do iniquity, nor speak lies; neither shall a deceitful tongue be found in their mouth: for they shall feed and lie down, and none shall make them afraid. Sing... shout... be glad and rejoice with all the heart... the Lord hath taken away thy judgments, He hath cast out thine enemy... the Lord thy God in the midst of thee is mighty; He will save, He will rejoice over thee with joy; He will rest in His love, He will joy over thee with singing.” - Zephaniah 3:13-17

Look around you, first in your own family, then among your friends and neighbors, and see whether there be not some one whose little burden you can lighten, whose little cares you may lessen... whose little wants and wishes you can [fulfill]. Giving up cheerfully our own occupations to attend to others, is one of the little kindesses and self-denials. Doing little things that nobody likes to do, but which must be done by some one, is another. It may seem to many, that if they avoid little unkindesses, they must necessarily be doing all that is right to their family and friends; but it is not enough to abstain from sharp words, sneering tones, petty contradiction, or daily little selfish cares; we must be active and earnest in kindness, not merely passive and inoffensive.” - Little Things, 1852

You will find, as you look back upon your life, that the moments that stand out are the moments when you have done things for others.” - Henry Drummond
Suppose the little cowslip  
Should hang its golden cup, 
And say, “I’m such a tiny flower  
I’d better not grow up;”

How many a weary traveler  
Would miss its fragrant smell  
How many a little child would grieve  
To lose it from the dell!

Suppose the glistening dewdrop  
Upon the grass should say,  
“What can a little dewdrop do?  
I’d better roll away,”  
The blade on which it rested.  
Before the day was done,  
Without a drop to moisten it,  
Would wither in the sun.

Suppose the little breezes.  
Upon a summer day,  
Should think themselves too small to cool  
The traveler on his way;  
Who would not miss the smallest  
And softest ones that blow,  
And think they made a great mistake  
If they were talking so?

How many deeds of kindness  
A little child may do,  
Although it has so little strength,  
And little wisdom too.  
It wants a loving spirit,  
Much more than strength to prove  
How many things a child may do  
For others by its love.
Out in the highways and byways of life,
Many are weary and sad;
Carry the sunshine where darkness is rife,
Making the sorrowing glad.

Tell the sweet story of Christ and His love,
Tell His pow'r to forgive;
Others will trust Him if only you prove
True, ev'ry moment you live.

Give as 'twas given to you in your need,
Love as the Master loved you;
Be to the helpless a helper indeed,
Unto your mission be true.

Make me a blessing,
Make me a blessing—
Out of my life may Jesus shine;
Make me a blessing, O Saviour, I pray,
Make me a blessing to someone today.

Send down Thy likeness from above,
And let this my adorning be:
Clothe me with wisdom, patience, love,
With lowliness and purity.

- Joachim Lange

The teacher asked the pupils to tell the meaning of loving-kindness. A little boy jumped up and said, “Well, if I was hungry and someone gave me a piece of bread, that would be kindness. But if they put a little jelly on it, that would be loving-kindness.”

- Submitted by CH

A wake, my soul, to joyful lays,
And sing thy great Redeemer's praise;
He justly claims a song from me,
His loving-kindness O how free!

He saw me ruined in the fall,
Yet loved me, notwithstanding all;
He saved me from my lost estate;
His loving-kindness O how great!

Though numerous hosts of mighty foes,
Though earth and hell my way oppose,
He safely leads my soul along,
His loving-kindness O how strong!

When trouble, like a gloomy cloud,
Has gathered thick, and thundered loud,
He near my soul has always stood,
His loving-kindness O how good!

Often I feel my sinful heart
Prone from my Jesus to depart;
But though I have him oft forgot,
His loving-kindness changes not.

Soon shall I pass the gloomy vale,
Soon all my mortal powers must fail;
O! may my last expiring breath
His loving-kindness sing in death.

Then let me mount and soar away,
To the bright worlds of endless day,
And sing with rapture and surprise,
His loving-kindness in the skies.
Kindness & Goodness

Kindness –
In even little things,
Never put yourself first.
Do to others as you’d be done to,
Not as they’ve done to you.
Every word filled with kindness,
Sharing, giving, caring,
Showing the love of God.

Goodness –
Our Lord is good to us,
Overwhelming us with mercy;
Do good to others then,
Never repaying evil for evil.
Every day, find good to do;
Show His virtues,
Share His love.

Do you see someone discouraged,
Needing a bit of cheer today?
Then go on, share the Lord,
Giving them hope along the way.
Kindness has God-given power
To uplift one’s burden and care.
Tis a candle in their dark night,
Dispersing love’s light here and there.

Kindness loans strength to the weary,
Rekindling that flame flick’ring low.
It beams sunshine to the dreary
And on the face an afterglow.
Kindness is casting out God’s bread,
For it shall come back to us one day.
Someday we may need to be fed
And in kindness, someone will pray.

You cannot do a kindness too soon,
because you never know how soon
it will be too late!”

Kind words can be short and easy
to speak, but their echoes are truly endless.

A good deed is never lost; he who
sows courtesy reaps friendship,
and he who plants kindness gathers love.

Kindness is the oil that takes the
friction out of life.

“~ Charles H. Spurgeon

“A good character is the best tombstone. Those who loved you and were helped by you will remember you when forget-me-nots have withered. Carve your name on hearts, not on marble.”

~ Henry van Dyke

“All 4 quotes submitted by CH

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Next Issue's Theme: (Lord-willing) Fruit of the Spirit: Faith