

University Heights Church  
of Christ  
445 Columbia Ave.,  
Lexington, KY 40508  
(859) 255-6257  
www.uheightschurch.com

**WORSHIP SERVICES**

**Sunday**

Bible Study: 9:45 AM

Worship: 10:45 AM; 6:00 PM

**Wednesday**

Bible Study: 7:30 PM (This is  
immediately followed by a  
short worship period)

**First Friday of Each Month**

Singing: 7:30 PM

**LEADERSHIP**

**Elders**

David Collins

John Thompson

Troy Antle

**Evangelist**

Adam Litmer

**Deacons**

Richard Brundige

Matt Thompson

Adam Litmer

Bill Morelan

Jim Parsons

Pat Seabolt

Adam Daniels

Jamie Powell

**NOTES**

Juanita Henderson is in Baptist Health as of this writing. Her room number is 566 (South Tower). Let's continue to remember her in our prayers.

Robin Curtis (Jackie's mother) is scheduled for sinus surgery on July 6 at Saint Joseph East.

**IN NEED OF PRAYERS**

The Osborne family, Jim Parsons, Rachel Thompson, John Thompson, Jill Harrison Larry Billator, Karen Spivey, Sandra Russell, Jeff Howerton (also his aunt), Janet Brundige, Rhonda Boyd (and her sister, Dorothy), Paul Atkisson, Julia-Ann Dixon, Ed Allison, Dwight Antle, Keia Burton, Robert Brundige, Valerie and Barry Boyd, Janett's mother, Sandy Driver, Erlene Young, Larry Sells, Evelyn Damron, Jean Gartland, John Blessing, William Roberts, Paul Lyda, Pete Soro, Mattie Johnson, Elijah Epling, Sandra Queen, Linda Moore, Virginia Gordon, Glenn Lake, Annie Allen

# University Heights Messenger

Volume 10--Number 26

---

June 24, 2018

---

**Kindness**

John Thompson

A commodity lacking in the world today is kindness. While it is impossible to prove that there is less kindness practiced now than previously, one must admit that we could use much more of it. A universal recognition of the need for more kindness is evident by the speed with which certain phrases have caught on and developed lives of their own. For example, in 1988 George W. Bush used the expression "a kinder and gentler nation" during his presidential campaign. Not long after, the phrase was seen throughout the world in advertisements and company slogans. It quickly became part of everyday speech. It caught on because kindness was more the exception than the rule.

Another expression, "random acts of kindness", has become so popular that it now refers to a social movement. It originated with the phrase "practice random kindness and senseless acts of beauty" written by Anne Herbert on a placemat in Sausalito, California in 1982. The phrase, or some variation of it, soon began to appear on bumper stickers. In 1993 Herbert's book with the same title was published. In it she recounted stories of people who had either provided or received such kindness. This was her attempt to steer people away from what has been described as random violence and acts of senseless cruelty.

An internet search of "random acts of kindness" shows how far the phrase has come. For instance, the website [randomactsofkindness.org](http://randomactsofkindness.org) offers several options: one can become inspired by accessing the latest kindness ideas, quotes, videos and more; educators can download free K-8 kindness lesson plans and projects; one can take on a more direct role by becoming a Raktivist (a Random Acts of Kindness activist); and, of course one can sign

up for the Kind blog. Too numerous to list are additional internet resources for those interested in learning more about kindness, how to employ it in their own lives, and how to encourage it in the lives of others.

The very definition of random acts of kindness exposes the belief that kindness is rare. “A random act of kindness is a non-premeditated, inconsistent action designed to offer kindness towards the outside world.” Non-premeditated means that kindness happens as the result of a spur-of-the-moment thought rather than as the result of careful planning and intention. One acts kindly when the thought just pops into one’s head, or when it seems like a good idea at the time. Inconsistent means that given the same or similar set of circumstances, there is no guarantee that one will act kindly the next time. Either way, non-premeditated or inconsistent, the implication is that kindness is not the norm, and when it happens it is such an unusual event that it ought to be publicized and honored.

Anne Herbert, were she still living, and all of her followers might be shocked to learn that she neither invented kindness nor began a movement to heighten people’s awareness of it. Those honors belong to God. God is a kind and loving God. His kindness and love are so great and work so well together to the eternal benefit of mankind that they are frequently designated by one word in the Bible. The Psalmist said in Psalm 63:3, *Because Your lovingkindness is better than life, My lips shall praise You.* Just as God is love, so God is kind. Consequently, His kindness is as eternal as His love. It is not just kindness, but loving kindness, kindness permeated with love; a kindness not given for God’s benefit, but for man’s benefit.

Since man was created in the image of God, humans have a built-in capacity for kindness. God intended kindness to be man’s way of life. There was no hint of unkindness between Adam and Eve in the garden until the serpent deceived Eve into sinning. Ever since, virtually everyone has believed, to some degree, the lie that unkindness has its proper place in human behavior. I don’t believe there is anything about which humans are more ambivalent than they are about kindness. On the one hand we desperately long for more of it in the world, yet we do not want to give up the “right” to be just as unkind as we think we need to be at certain times. We fully subscribe to the principle of doing unto others what we want done to us yet seek revenge with great zeal.

Kindness can indeed be abundant and universally practiced, not by going to a web site and signing up for access to a kindness blog, but by becoming well-schooled by the lessons on kindness contained in God’s Word. The Law of Moses was so much more than a law of “eye for eye and tooth for tooth.” It was a law of fairness and kindness. Those who extended kindness expected kindness in return. Those in positions of authority were to be kind to those subject to them. In 1 Samuel 20 David fled from an enraged King Saul. The friendship he and Jonathan is sorely tested at this time. David feared for his life from Saul, and Jonathan feared for his life should David become more powerful. He says to David, *But if my father intends to harm you, may the LORD deal with Jonathan, be it ever so severely, if I do not let you know and send you away in peace. May the LORD be with you as he has been with my father, But show me kindness as long as I live, so that I may not be killed, unfailing kindness like the LORD’s and do not ever cut off your kindness from my family—not even when the LORD has cut off every one of David’s enemies from the face of the earth.* Kindness that is unfailing is constant and reliable, dependable, steadfast, steady, and sure, just like the Lord’s. It is neither unpremeditated or inconsistent.

Kindness is to permeate every action and thought of God’s people from loving your neighbor as yourself (Mark 12:31), to loving your enemies and doing good to those who persecute you (Matthew 5:34-38); from looking to the interests of others and considering others better than yourself (Philippians 2:3-4), to living quietly minding your own affairs (1 Thessalonians 4:11). The last half of Ephesians 4 is a treatise on all of the evil things one lets go of by putting on a new life in Christ, things like falsehood, anger, violence, theft, corrupting talk, bitterness, wrath, clamor, slander, and malice. The last verse of chapter 4 summarizes that new life by stating *Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.* (Ephesians 4:32) The world can use random acts of kindness, but what it really needs are more Christians who are kind like the Lord is kind.



