

THE LAW OF  
KINDNESS



# THE LAW OF KINDNESS

SERVING WITH HEART  
AND HANDS

*with Study Questions*

Mary Beeke

“...the law of kindness.”

—Proverbs 31:26

“...give to drink unto one of these  
little ones a cup of cold water...”

—Matthew 10:42



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# Dedication



To my precious parents,  
**Henry and Lena Kamp,**  
thank you for laying a foundation  
of steady service to others and consistent,  
genuine kindness in my childhood home.

To my loving husband,  
**Joel Beeke,**  
thank you for your constant stream of support  
and for your Christ-like kindness to me  
and to our children.

To my dear children,  
**Calvin, Esther, and Lydia,**  
my heart rejoices to see your kindness,  
your patience, and your graciousness.



*I thank and praise God for each of you.  
I love you. You are more than I deserve.*

## A Cup of Cold Water



*And whosoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you, he shall in no wise lose his reward.*

—Matthew 10:42

Well, I can do as much as that. I can do a kind act toward the Lord's servant. The Lord knows I love them all, and would count it an honor to wash their feet. For the sake of their Master I love the disciples.

How gracious of the Lord to mention so insignificant an action—"to give to drink a cup of cold water only"! This I can do, however poor; this I may do, however lowly; this I will do cheerfully. This, which seems so little, the Lord notices— notices when done to the least of His followers. Evidently it is not the cost, nor the skill, nor the quantity, that He looks at, but the motive: that which we do to a disciple, because he is a disciple, his Lord observes, and recompenses. He does not reward us for the merit of what we do, but according to the riches of His grace.

I give a cup of cold water, and He makes me to drink of living water. I give to one of His little ones, and He treats me as one of them. Jesus finds an apology for His liberality in that which His grace has led me to do, and He says, "He shall in no wise lose his reward."

—Charles H. Spurgeon



# Introduction



I can remember it as if it were yesterday, though it was more than thirty-five years ago. It was recess time. A small crowd of junior high students had gathered on the knoll beyond the school. My friends and I were curious. At the center of the group stood one of their classmates, his hands behind his back. They had tied his wrists together so tightly that one hand was sheet white, the other beet red. The bell ended recess. They left him standing in the field.

I was shocked and dismayed, but I was too paralyzed to do anything. I was, after all, four years younger. I left him standing there, too, and I wondered what would happen to him. But I have replayed this scene in my mind countless times. The two things that stand out starkly were the color of his hands and the resigned, almost serene, look on his face. In the replay, though, I am not just standing there. I am kicking and punching the captors and yelling at them with tears and outrage, “Why are you being so mean? Why can’t you just be nice?”

This experience and many others, both positive and negative, have instilled in me a deep desire to promote “just plain kindness” in my own life, and beyond, in whatever way I can. There are countless times I have violated this principle, and I apologize to anyone to whom I have been unkind. I have agonized over whether or not I ought even

to write a book such as this. Who am I to presume to be an authority on kindness? I am no authority, but I have to write this book. It's burning inside of me. So at the outset I want to make clear that I am writing as a sinner, one who tries to be kind but still falls short. I love kindness, but I am still striving to live up to all I have written. And I'm sure I will be doing that for the rest of my life. That being said, it is my fervent prayer and desire that God will bless this book to foster more kindness among our fellow human beings in this world.

I have been surrounded by very kind people my entire life. This is a tremendous blessing. It is also a responsibility. When I was a child, my mother, usually with a cheerful smile on her face, cared for us, brought meals to sick friends, chatted with anybody anywhere, volunteered for various causes, and showed hospitality in our home. She is still doing these things and more today. Now she is also "the blanket lady," buying blankets by the dozen at garage sales and estate sales, washing them, and distributing them around the world through whatever organization can use them.

I remember my father, in his quiet and solemn way, serving in church and school, donating blood, never allowing us to speak ill of anyone, treating every person with respect (even if they were "different"), and donating money to a variety of worthy causes. He has always seen the positive side of others, and he expects the best of them, even when they have a track record that shows evidence to the contrary. He's still serving today, and by now he has donated fourteen gallons of blood.

Then there is my husband. He's the best husband in the world. Joe overflows with kindness and love. Joe has

never said one unkind word to me. He exudes kindness to me and to our children. When I'm irritable or frustrated, he is the stabilizing factor in our home. In his ministry as a pastor, his kindness is a consistent thread woven through his words and actions. I have never met anyone who has endured the variety of afflictions that he has in his life and remained kind throughout. This kindness and love pervades his thought patterns and affects both his public and private life. Because of his pastoral and personal experiences, I've asked him to write the part of this book relating to kindness in marriage from the perspective of a husband.

I am not the same person today as when I set out to write this book. I have needed to dissect my beliefs in order to explain them on paper. In doing so, some of my attitudes have changed. My attitudes must be guided by the same principles professed in this book. Necessity dictated that I return to the Bible each time because God designed and created us, and it is through His eyes and mind that we must interpret the world that He has created.

This is a Christian book. But it is also a book for and about non-Christians. (I use this term "non-Christian" for lack of a better—no ill intended.) It is impossible to get at the heart of kindness any other way than through God, for He is the essence of true kindness. There is only one God. He is the God of heaven and earth. He is the God of justice; He punishes sin. But He is also the God of mercy and kindness; He forgives and cleanses all who come to Him truly repenting of their sin and believing on Jesus. The kindness of Jesus is reflected in His followers because He writes the "law of kindness" on their hearts (Prov. 31:26).

Showing kindness and love to others is at the very center of the life of a Christian.

The exclusivity of Christianity may be very offensive to some of you. I cannot have a dialogue with each of you; I only ask, if you do not espouse Christianity, that you at least read the Bible. As you read, try to ascertain the reasons you don't believe. Try to determine the personality of Jesus Christ. May I suggest that you begin with John 8:1-11 and Luke 10: 25-37? Any person who really knows Jesus cannot help but love Him.

Try God out. With an open mind and an open heart pray, "God, if Thou art real, please show me." With all the love of my heart, I hope and pray you will experience the loving power of God in your life. Jesus was the most compassionate man who ever walked the face of the earth; you will see that from the way He treated those who were down and out. He is the only possible source of true joy and peace for your life. If you ever get in a really tight spot in your life, remember God; He is the best source of help available.

Believing in God is not optional. It's a matter of *when* we believe (see Rom. 14:11-12). If we don't believe now, we will believe on the Day of Judgment. But then we will experience the reality of God in His anger, and it will be too late to experience His kindness and mercy. It is kind of Jesus to warn you now, before it is too late. If you were traveling on an expressway and came to a roadblock, you might be irritated. But if you were told the bridge ahead had just collapsed, your irritation would turn to heartfelt gratitude. It is precisely this emotion that many new Christians feel when they realize they have been snatched from the jaws of hell by the kindness and mercy of Jesus

Christ. Roger Roberts states, “Though kindness does not preclude judgment yet kindness is always presented as God’s preference over judgment. His desire is that none perish, but all come to repentance, and Isaiah 28:21 notes that judgment is His ‘strange work,’ that which is a work of necessity (necessitated by His perfect justice), whereas kindness is His delightful attitude and forgiveness and grace His delightful work”<sup>1</sup> (see Micah 7:18).

I care about each one of you. I would like every person to be kind. This world would be a better place. But kindness alone will not save your soul. Only Jesus Christ can do that. It is my sincere hope and prayer that God will bring this great kindness to you. Meanwhile, let’s be kind—all of us, no matter who, no matter what.

This book is divided into three parts. The first is called “Kindness Examined,” and in its three chapters we will define kindness, explain where kindness comes from, and then examine specific motives for kindness. The second section, “Kindness Learned,” deals with the development of kindness in the areas of marriage and parenting. The section continues with the teacher’s role in promoting kindness. Bullying is specifically addressed. Chapter nine is a letter to children and teens on the subject of kindness and unkindness. “Kindness in Action,” the third part, addresses kind and unkind thoughts and words. Next, kindness to those who are less privileged is covered. The concluding chapter is entitled, “Your kind of kindness.”

Kindness can be described better with examples than with definitions; therefore, I have tried to provide stories throughout this book to express what kindness is. I have changed the names of some of the individuals in the stories.

All the negative examples, stories of unkindness, have the identities changed out of kindness to spare the guilty and the mistaken. Some of the names are changed in the positive stories. All changed names appear in quotation marks. Some state only the first name with or without an initial, and some are identified fully. Names from news stories remain the same. Some examples are hypothetical situations that happen in everyday life.

I would like to thank several individuals who have contributed in various ways to this book. My heartfelt gratitude goes to Martha Fisher for her invaluable editing, to Kate DeVries for her proofreading, to Gary and Linda den Hollander for their typesetting, and to Amy Zevenbergen for producing the cover. My apologies to all those who have asked me to lend a hand and to whom I have had to answer, “I’m sorry, I’m too busy. I have a project I’m working on at home.” I hope to be available soon—I can’t wait to get out there and practice what I’m preaching! I have mentioned the example and instruction of my parents. My heart is full of gratitude for all they have done. I hope I can repay them by raising their grandchildren by the same principles. Thanks to the sea of kind people in our own church and those we have met everywhere we go, especially those who have prayed for my husband’s ministry and our family. They have warmed our hearts and given inspiration to pass their kindness on.

A truckload of gratitude is due to my precious children, Calvin, Esther, and Lydia. I thank them for the ideas they have contributed to this book by way of dinnertime discussions, and thanks to Esther for suggesting the title. Our children have unwittingly spurred me on in the area

of kindness. Our own families know us best. So I thank them for their forbearance, love, support, and kindness in spite of all my shortcomings and inconsistencies. They have been truly kind to me. I thank the Lord for this and for the kindness I see them pass on to others. It touches my heart to the core.

Words fail to express my gratitude to my dear husband, Joe, for his steadfast love and tenacious support of me. He has encouraged me to continue writing about this subject that I love so much, in spite of times when I felt completely unworthy to do so. He has overlooked dust and clutter and has offered to take the family out to eat more times than he probably should have, so I could have time to write. I am deeply grateful to God for this man who lives by the law of kindness.

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1. Roger Roberts, *Holiness: Every Christian's Calling* (Nashville: Broadman Press, 1985), 68.





PART I  
Kindness Examined



## CHAPTER 1

# What is Kindness?



Kindness happens.

Heidi was attempting to exit the mall. Her two toddlers were tired, hungry, crying, and trying to escape from the stroller. The automatic door opener didn't work, and the wind whipped the door shut. A middle-aged mom, with no children in tow, held the door as Heidi and her children passed through.

Coby van Rossum worked in Nigeria as a nurse, midwife, and health instructor from 1964 to 1987. At the age of 60, she was required by her mission board to retire. But she had no desire to stop working. Instead, she focused her energy on helping the disabled individuals with whom she had been working, and Project Elim was born. Today, Elim serves over a thousand individuals in a community-based rehabilitation program. Field workers visit the villages to find physically and mentally handicapped persons. They decide on a treatment plan, which may include surgery, physical therapy, or occupational therapy. They may equip the individual with a wheelchair, special shoes, or another appliance. Family members accompany the disabled person during his or her time away from home. Finally, he or she is trained for an occupation that can be performed at home,

in the community, or at Elim itself. Elim has a staff of fifty and raises funds through a restaurant, a shop, a bakery, and a guesthouse. In 1999, Elim added an AIDS program. Many previously rejected disabled people are now contributing citizens of their community.<sup>1</sup>

Unkindness happens.

On August 28, 2001, a 28-year-old woman stood on the edge of a 160-foot-high bridge in Seattle, Washington. As people drove by in cars, trucks, and buses, some yelled at her to jump. She did. After bobbing to the surface, she was taken to a hospital in serious condition.<sup>2</sup>

On April 26, 2002, in Erfurt, Germany, Robert Steinhäuser opened fire in the school from which he had been expelled, killing thirteen teachers, a secretary, two students, and a policeman.<sup>3</sup>

Kindness happens in the face of unkindness.

On September 11, 2001, four passenger airplanes were turned into weapons of mass destruction as American Airlines Flight 11 and United Airlines Flight 175 were flown into the World Trade Center towers, American Airlines Flight 77 was flown into the Pentagon, and United Airlines Flight 93 crashed in Pennsylvania. The death toll was 3021.<sup>4</sup> As Americans reacted with grief, shock, and horror, they also moved to action. Volunteers from near and far converged on New York City, helping in any way possible. They rescued the living and they carried out the dead. They gave water to rescue workers and rescue dogs. They prayed to God and comforted mourning strangers. They donated blood. They donated millions of dollars to disaster relief organizations. People from around the world sent their condolences.

Kindness happens every day in small ways and in large

ways all over the world. So does unkindness. Only God sees all, and only He knows the balance between the two.

What is kindness? How is it manifested? Why be kind? Why do some people exude kindness and others lack even a shadow of it? What motivates kindness? Can it be learned or is it an intrinsic character trait? How much is learned from example and instruction? Is there an ideal age to learn to be kind? How much should we be concerned with it? Is it an essential or an extra? Why can't everybody just be nice?

These questions and more need to be answered. Their answers are manifold. Let's begin by defining kindness, and then continue by looking at how it is manifested, the varying degrees of kindness, and its importance.

### Definition

What is kindness? Webster's Dictionary defines it as "the state, quality, or habit of being kind; kind act or treatment; kind feeling; affection; good will."<sup>5</sup> Synonyms of kindness are compassion, gentleness, benevolence, thoughtfulness, mercy, consideration, and helpfulness. Unkindness is defined as "not being sympathetic to or considerate of others; harsh, severe, cruel, rigorous, etc."<sup>6</sup> Dissecting these definitions, we see that kindness consists of two parts: first, the feelings of compassion and motives of our hearts, and second, the resulting behavior that is intended for the improvement of another person's situation. Thus, kindness includes what is on the inside and is invisible to others, and what is exhibited and is visible to others. Scripture refers to the first as kindness and the second as goodness. Jerry Bridges explains that "kindness is the sincere desire for the happiness of others; goodness is the activity calculated

to advance that happiness.”<sup>7</sup> For our purposes, I will use *kindness* and *acts of kindness* interchangeably, with the context making the meaning clear.

William J. Bennett describes compassion as “a virtue that takes seriously the reality of other persons, their inner lives, their emotions, as well as their external circumstances. It is an active disposition toward fellowship and sharing, toward supportive companionship in distress or in woe.”<sup>8</sup> Kindness flows from the heart and is focused on the needs of another. Betty Huizenga says that kindness is “showing personal care and concern in meeting the needs of others.” She emphasizes that this is an attitude and a conscious decision that requires a person to put forth effort to act upon this attitude.<sup>9</sup>

### Manifestation of kindness

Kindness manifests itself in words, actions, and nonverbal behavior. A cheerful mother serving supper to her family and asking them about their day is a picture of kindness. She asks, “How did your math test go? Did you play with Joshua? Did your sales rep stop by today?” Her actions are kind: squeezing a shoulder, serving Marie’s favorite meal because it’s her birthday, and noticing when Steve needs a napkin. Her nonverbal gestures are kind: smiling, attentively listening to whoever is speaking, and using a pleasant tone of voice.

Attending a youth camp is something that teens usually would rather not do alone. They like the emotional support of a companion. Karen felt that way, too, but she had no companion. She decided to brave it alone. On the bus ride down, she was a quiet island in a sea of noise. She took

her bags to her cabin and headed to the opening activities. On the way she met Mandy, who was also walking alone. Mandy introduced herself and asked Karen to join her for the games. Just a few words in a particular situation put Karen at ease and dissolved her worries. Proverbs 25:11 reminds us that “a word fitly spoken is like apples of gold in pictures of silver.”

Kind actions can also be wordless. Chris told me of a Saturday morning breakfast of waffles with a friend who had stayed overnight. Instead of using a knife and fork, the visitor simply picked up the waffle and ate it with his hands, syrup dripping from all sides. Chris’ mom is very proper and very clean, but more than that, she is kind. When she observed the visitor, she proceeded to eat her waffle in the same manner. Her teenage sons were flabbergasted, but their visitor felt very much at home.

A story of silent kindness appears in the Bible. Shem and Japheth walked backwards as they covered the nakedness of their father, Noah, in contrast to Ham, who didn’t look away and didn’t cover his father, but instead told his brothers what he had seen. To protect someone’s dignity during a moment of shame is kindness.

There is an infinite number of ways to demonstrate kindness to our fellow human beings. We have many opportunities every day. If we have the law of kindness in our hearts and other sinful factors or emotions are not overshadowing this principle, then our behavior will be flavored with kindness.

### Varying degrees

Kindness is a broad concept. People exhibit kindness in

varying degrees, from small, almost imperceptible acts to life-encompassing acts. A truly kind person shows kindness habitually, in addition to performing purposeful acts of kindness. He or she shows care and concern for others and their needs and interests. A kind person does not play favorites but instead respects every individual as a created being. He or she is not sarcastic and will not take joy in the calamity of another.

However, the kind person is not wishy-washy. He is honest even when it causes pain, and he stands firmly on biblical principles even when it is unpopular. The Christian loves the Lord above all, and God's law reflects God Himself. Therefore, kindness subjects itself to God's law, maintaining standards of right and wrong. In essence, morality and kindness go hand in hand. The deepest motive of kindness stems from humility and gratitude to God for His wonderful gift of salvation. This person says, "God showed me unparalleled kindness by forgiving my sins; I will be kind to others in return, whether they are kind or unkind to me."

Even among those whom we would label as truly kind, there is incredible diversity. A little grandma in a prairie town who saw fifteen people in an average week and Corrie ten Boom were both kind, but the scope of each life was vastly different. A truly kind person might be very busy with life's duties but infuses kindness along the way wherever he or she goes, perhaps by allowing a fellow driver into his or her lane or by smiling at an awkward teen fumbling for her money in the checkout lane. There are millions of individuals who dedicate a few hours every week to a favorite charity, from leading a boy scout troop, to



counseling at a crisis pregnancy center, to teaching Sunday school, to serving meals in a homeless shelter. There are untold numbers of individuals, many of them retirees, who spend most of their waking hours volunteering in hospitals, building homes for Habitat for Humanity, or sitting by the beds of the dying in a hospice home. There are also those who make it their life's work to care for others and show kindness, whether it be the "angel of mercy" nurse in the local hospital, the helpful janitor at school, or the Red Cross worker in war-torn Afghanistan.

There is a distinction between kindness as a character trait and isolated acts of kindness, though the line between the two is nebulous. The first is pervasive, with a direct link between kind motives and kind actions. The latter is more sporadic, and kind deeds may or may not be linked to kind motives. Even unkind people show kindness once in a while. "Madeline" has issues with each neighbor and is rude to all of them, but when her gardening friends stop by, she is full of warm congeniality.

Within each of us lies a kaleidoscope of experiences, memories, personal relationship skills, motives, character traits, moods, principles, and feelings. These can converge into a great variety of behaviors. Identical behaviors can stem from different motives in different individuals. Jake might be raking leaves with the church youth group because he empathizes with elderly folks who are unable to do their yard work, while Blake might be raking leaves because his parents are compelling him to do so. The outcome is the same though the thought process is not.

Even in the same individual, the motive may be different from time to time. When I told "Nancy" how I

admired her for consistently helping a widow friend, she said, “Sometimes I do it because I care for her and love her because Christ loved me, but other times it’s just duty that drives me.”

It is possible that each ingredient, kind motives and kind actions, could occur independently. A person could have kindness in his or her heart, but no one would benefit from it unless it was acted upon. A totally introverted or isolated person could possibly be kind and not show it. It seems, though, that if kindness is in the heart, it will reveal itself even if the individual is not purposefully kind. “Hilda” is a bit like that. She is extremely shy, works very well in the family business, and never speaks unless spoken to. At times she seems to be preoccupied in her own little world. Yet when someone speaks to her with warmth, the sweetest smile comes out, and when she gives a gift it is one that is made with her hands and with love.

On the other hand, one could perform an act of kindness for a totally selfish reason. Of all the mission trips that have ever taken place, I wonder how many young people have gone solely because they were interested in a member of the opposite sex who had also signed up to go. Though the motive isn’t pure, the behavior is still beneficial. I must admit I’ve done similar things myself. In fact, maybe we do more of this than we care to admit. Anyway, the Lord can use these experiences of ours in mysterious ways, like causing us to find Him along the way or allowing us to discover the joy of serving others.

There is the possibility that kindness lives in the inner recesses of a person’s heart but other character traits overshadow it. “James” is a very nice boy at home and in the

neighborhood, but at school he craves attention so strongly that he will be cruel to the younger children in order to be accepted by his peers.

The behavior of humanity is like the sea, constantly moving, mixing, and coming into contact with new people under different conditions. Our lives are fluid as well. The degree to which we are kind is determined by our experiences, our personality, and how we have been instructed by God and others.

### **How important is kindness?**

How much kindness do we need? Is it an essential or an extra in life? A variety of people would give a variety of answers to these questions. Yet most would agree on this: we want *others* to be kind to *us*. Jesus perceived this common thread in human thinking when He instructed, “And as ye would that men should do to you, do ye also to them likewise” (Luke 6:31). To follow the Golden Rule requires each of us to understand our own desires for kind treatment from others, as well as to be cognizant of our neighbor’s desire for the same. Then we must place as much value on our neighbor’s desire as we do on our own. But thoughts and understanding aren’t enough; action is required. Kindness results when we care about others, when we have empathy for them, when our desire is that their needs be met, when their pain becomes our pain and their burden ours, when we put our feelings into action by shouldering part of their load, and when their happiness is promoted by our behavior.

The Golden Rule is founded on the Ten Commandments. But which commandment teaches us to be kind?

All of them do. Jesus instructed us: “Love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets” (Matt. 22:40). W. Phillip Keller points out that “throughout the Scriptures the great theme of God’s unrelenting kindness throbs like a powerful heartbeat. ‘His merciful kindness is great toward us...’ (Ps. 117:2), is a refrain that never dies. It is repeated scores of times as a reminder that the mercy, compassion, and kindness of God flow to us freely, abundantly in refreshing rivers every day.”<sup>10</sup> When God’s mercy and kindness flow into us, we cannot help but pass it on to others. Consequently, God identifies kindness as a very important characteristic of a Christian. Colossians 3:12 reads, “Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering.”

The life of Jesus, whose example we are to follow, was a panorama of kindness. He healed the sick, forgave sinners, raised the dead, comforted the needy, and fed the hungry. And to whom did He direct His kindness? Not to the wealthy, the proud, and the socially esteemed, but to the poor, the sick, the rejected ones, the children, the insane, the prostitutes, the deformed, the injured, the dying, the sinners. And He told us that, when we help the needy, it is as if we are showing kindness to Christ Himself.

Jesus did not tolerate those who took advantage of the underprivileged. He became very angry with the money-changers who swindled from those going to the temple. They were defiling God’s house. He threw them out to

bring back God's honor to His house. He also disdained those who were proud of their own righteousness; the reason again was man's usurping of God's glory. His was righteous anger, and it was for the good of all.

Kindness is foundational in our lives. Its law must be written on our hearts. It is a characteristic that cannot be compartmentalized. "Today I will practice kindness from 4:00 to 5:00 p.m." does not work. Rather, it should color most of what we do. Like drops of food coloring in a glass of water, our actions must be tinted with kindness.

Is kindness important? We would all agree that it is. We can be more effective in what we do when we assimilate the principle of kindness. Family life flows more smoothly with kindness. School goes easier with kindness. The many hours spent at work are calmer when infused with kindness. And social relationships flourish when colored with kindness. This is a practical purpose for being kind, and it will serve us well. But on a more profound level, when we are kind because of God's working His kindness through us, we serve God and bring honor to Him.

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1. Cobie van Rossum, *News from Nigeria*, July 2002.

2. "Woman rescued after drivers prod her to jump from bridge," *Grand Rapids Press*, August 29, 2001, A6.

3. Jochen Wiesigal, "18 Killed in massacre at German school," *Grand Rapids Press*, April 26, 2002, A1-A2.

4. Sara Kugler, "Trade center death toll drops," *Grand Rapids Press*, October 12, 2002, A7.

5. David B. Guralnik, ed., *New World Dictionary of the American Language*, Second Edition (Cleveland, Ohio: William Collins Publishers, Inc., 1980), 776.

6. *Ibid.*, 1553.

7. Jerry Bridges, *The Practice of Godliness* (Colorado Springs: Navpress, 1983), 231.

8. William J. Bennett, ed., *The Book of Virtues* (New York: Simon & Schuster, 1993), 107.

9. Betty Huizenga, *Apples of Gold* (Colorado Springs: Cook Communications Ministries, 2000), 32–33.

10. W. Phillip Keller, *A Gardener Looks at the Fruits of the Spirit* (Milton Keynes, England: Word Publishing, 1986), 127–28.