15.0.15 When the World Squeezes You… Galatians 5.22- 23 Notes

INTRODUCTION

What comes out when you are squeezed? Matthew 18.1 – 4

Another story about Jesus can help us understand **How to develop the posture of kindness?**

**Fruits in Focus**:

 is often referred to as long-suffering.

 is a mild temper, calm spirit, unruffled disposition.

**Goodness** is love in action.

**Squeezed into service.** John 8.1 – 11

In the face of their attacks Jesus demonstrates that:

**Kindness to raise others up**.

**Kindness for those who can’t.**

**Kindness to remove condemnation**. John 10.10

When the world squeezes you, what will be squeezed out?