

Text:

Ephesians 4:32

Thesis:

Leading my heart means making decisions to treat others with kindness, tenderheartedness and forgiveness. This action maximizes the potential for positive outcomes in the circumstances of life.

Discussion:**I) Kindness Manifested**

a) Self-Starting

1) Willingness

(i) 2 Corinthians 8:12

(ii) 2 Corinthians 9:7

(iii) Hebrews 13:18

(iv) Leading my heart to grow toward willingness.

2) Selflessness

(i) Romans 12:10

(ii) Galatians 6:10

b) Gentleness

1) World Realization

(i) Others do not wake in the morning with the idea that you are a target and they will do what they can to upset you.

(ii) Satan can use experiences where others have taken advantage of us to leave a stain of suspicion that causes us to react rather than respond.

(a) Matthew 26:14-16

(b) Matthew 26:20-25

(c) What if Jesus considered that everyone would betray Him as Judas did?

(d) Peter was quick with the sword (Matthew 26:51-52).

2) Helpfulness

(i) Jesus, on the other hand, chose to be a healer (Luke 22:51).

(ii) Romans 14:19

(iii) Will we choose to be the helper, the healer, the one who edifies or the one who tears down?

II) Tenderhearted and Protective

a) Walk a Mile in Another's Shoe

1) Good Samaritan

(i) Luke 10:30-37

(ii) Everyone of us has been the one who passed by at sometime.

(iii) Will we let the stain of another's unkindness hold us prisoner that we will not extend tenderness to one who is in need.

2) Second Mile

(i) Matthew 5:41-48

(a) If we only return good to where we have received good how are we different than the world?

(b) Titus 2:14

- b) Got your back
 - 1) Romans 14:13
 - 2) James 5:20
 - 3) 1 Peter 4:8

III) Forgiving

- a) Ourselves
 - 1) A soldier from Vietnam has nightmares because of the carnage he witnessed.
 - 2) Fighting back night raids to find that 12 to 14 year olds were used by the cowards to attack.
 - 3) Judas took the extreme measure to punish himself (Matthew 27:1-5).
 - 4) Matthew 26:69-75
 - (i) Peter went out and cried painfully.
 - (ii) Later Jesus showed him mercy as He made sure Peter knew that He was raised from the dead.
- b) Each Other
 - 1) Matthew 6:14-15
 - 2) Ephesians 4:32

Conclusion

1. I want Jesus to forgive my sins that I might stand blameless before the Father.
2. Challenge: Really forgive those dark hurting places and free myself.
3. Kindness is Contagious and is Manifested in Tenderness and Forgiveness.