

The Healing Power of Kindness

"She opens her mouth with skillful and godly wisdom and in her tongue is the law of kindness—giving counsel and instruction." Proverbs 31:26 Amplified



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Proverbs 16:24 reads, *"Pleasant words, as a honey comb, sweet to the soul and healing to the bones."* Growing up as an abused child, all I heard were words that were bitter, angry, and destructive to my mind and brought sickness to my body. Then I put my trust in Christ as my Savior in 1976, and my whole life started to change. As I would daily read the Bible, God started to reveal, scripture after scripture, about kindness. His Words to me were pleasant and sweet to my mind. They brought healing to my spirit, soul and body.

As I experienced the healing power of God's kindness and pleasant words, I wanted to speak pleasant, kind words to my husband and family. I was amazed to see God's amazing grace heal and restore my marriage and all my relationships. Ephesians 4:32 (NAS) reads, *"And be kind to one another, tenderhearted, forgiving each other just as God in Christ also has forgiven you."* Again I saw the healing power of kindness.

When I was a sinner, God's enemy, deserving His judgement, Jesus Christ died for me. His kindness and tenderhearted mercy forgave me. So I went back to Scotland to forgive my mother who had beaten and abused me for many years. She had been my enemy. I gave her the same kindness and tenderheartedness that Christ gave me. Through the healing power of kindness, my mother put her trust in Christ as her Savior, and our relationship was restored.

Colossians 3:12-14 (NIV) reads, *"Therefore, as God's chosen people, holy and dearly loved, clothe yourself with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."* Again, I saw the healing power of kindness. God had chosen me, and as a new believer with a lot of sin in my life. He called me holy and dearly loved. Through His Word He was instructing me how to love, as He loved me. He gave me the power of the Holy Spirit to obey Him. All I did was what He did for me—daily extending compassion, kindness, humility, gentleness, and patience. As Christ forgave me, I want to be quick to forgive all grievances done to me. I praise Jesus for the healing power of His kindness.

People, listen to me, the healing power of His kindness is available to all believers. To the non-believer, surrender your life to Jesus and experience His kindness to forgive you. To the believer, be kind one to another, as Christ has been kind to you.

— Janice McBride

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