

SEPTEMBER 2024

Check the
Insight for Living
website for the most
current broadcast
schedule.
insight.org



ON THE AIR



The Power of Kindness

Kindness is a universal language that transcends boundaries. Its significance is amplified not only in our personal lives but in our professional lives too. For that reason, we at Insight for Living prioritize productivity and efficiency *and* kindness. The impact of incorporating kindness into our daily interactions cannot be overstated.

By infusing the Spirit's fruit of kindness into our daily routines, we not only enhance the well-being of those around us but also contribute to a more positive work environment. Kindness manifests itself in simple gestures such as offering a listening ear to a colleague in need, recognizing and appreciating the efforts of others, or assisting a teammate facing a challenging task. Such acts bolster morale as well as cultivate unity and collaboration within the organization.

I have found that kindness often has a ripple effect. A single act can inspire others to follow suit, creating a culture of empathy and goodwill. We need to nurture a sense of community, and as we navigate the complexities of our professional lives, let us remember that kindness is not weakness but a strength that binds us together. ***That's why kindness is needed now more than ever in our lives!***

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

(Colossians 3:12)

Charissa Swindoll Gaither

Charissa Swindoll Gaither



“The impact of incorporating kindness into our daily interactions cannot be overstated.”

—Charissa Swindoll Gaither



INSIGHT FOR LIVING

insight.org

More inside

The Fruit of the Spirit Is Nuts!

A Story from My Journal



by Pastor Chuck Swindoll

As I write these words, I'm at 35,000 feet. It's 5:45 p.m. Saturday. It should be 4:15. The airliner was an hour and a half late. People are grumpy. Some are downright mad. Flight attendants are apologizing, promising extra booze to take off the edge. To complicate matters, a Japanese gentleman across the aisle has a rather severe nosebleed and they're trying to instruct the poor chap . . . but he doesn't speak a word of English!

So, now the meal is late. The lady on my left has a cold and makes an enormous sound when she sneezes (about every ninety seconds—I've timed her). It's something like a dying calf in a hailstorm or a bull moose with one leg in a trap. Oh, one more thing. The sports video just broke down and so did the nervous systems of half the men on board.

It's a flying zoo!

It all started with the delay. "Mechanical trouble," they said. "Inexcusable," responded a couple of passengers. Frankly, I'd rather they fix it before we leave than decide to do something about it at 35,000 feet. But we Americans don't like to wait. Delays are irritating. Aggravating. Nerve jangling. Faced with delay, we are consistently—and, I might add, obnoxiously—demanding. We want what we want when we want it.

Nobody finds a delay easy to accept.

In the midst of this kind of situation, Paul's description of the "fruit of the Spirit," seems, well, a little nuts. I can imagine overflowing with those virtues when everything is running smoothly, when the world isn't handing me a raw deal. But when nothing is going right, how can I be expected to live like that? Let me apply this to my onboard chaos:

- Love . . . this lady sneezing on me?
- Joy . . . when they took away our only means of entertainment?
- Peace . . . when everybody is in a panic?
- Patience . . . when we've been irreversibly delayed?
- Kindness . . . when we're all on edge and hungry?
- Goodness . . . when all we want to do is lash out?
- Faithfulness . . . when everything in us tells us to take our cue from the majority?
- Gentleness . . . when the flight attendant scowls at me?
- Self-control . . . when I've already lost it inside?

The Fruit of the Spirit

August 30 – September 27

I can't promise you that others will understand. In fact, when the expected response is the "deeds of the flesh," the fruit of the Spirit looks a little weird.

—Pastor Chuck Swindoll

Yes, the rubber of Christianity meets the road of proof at just such intersections in life, whether earthbound or airborne. As the expression goes, our faith gets "fleshed out" at times like these. The best test of my Christian character occurs not in the quietness of my study but in the everyday events of life. Anybody can walk in victory when surrounded by books, silence, a fresh cup of coffee, and warm waves of sunshine splashing through the window. But those late takeoffs, those grocery lines, those busy restaurants, those traffic jams! That's where the fruit of the Spirit faces the rude realities of life.

As we cultivate the fruit of the Spirit, we begin to gain the ability to accept delay or disappointment. The ability to smile back at setbacks and respond with a pleasant, understanding spirit. The ability to cool it while others around you curse it.

For a change, I refused to be hassled by today's delay. I asked God to keep me calm and cheerful, relaxed and refreshed. And you know what? He did. He really did. No pills. No booze. No hocus-pocus. Just relying on and relaxing in the power of the Spirit.

I can't promise you that others will understand. In fact, when the expected response is the "deeds of the flesh," the fruit of the Spirit looks a little weird. You see, I've got another problem now. Ever since takeoff I've been smiling at the flight attendants, hoping to encourage them. But just now I think I overheard one of them say, "Watch that guy wearing glasses. I think he's had too much to drink."

Content taken from Swindoll's Living Insights New Testament Commentary: Insights on Galatians, Ephesians by Charles R. Swindoll. Copyright © 2015, Charles R. Swindoll, Inc. Used by permission of Tyndale House Publishers. All rights reserved. For more information about how to purchase this book please visit insight.org/store.

WAYS TO LISTEN



insight.org/broadcasts



insight.org/connect/app



"Alexa, play
Chuck Swindoll sermons"



Insight for Living
on Spotify

STATION-FINDER



Scan this QR code to locate a local radio station playing Pastor Chuck's sermons.

insight.org/broadcasts/station-finder

CONNECT ON SOCIAL MEDIA



@insightforlivingministries



@insightforlivingministries



@pastorchuckswindoll

DOWNLOAD OUR APP



From Our *Insights by Topic* Library

Fruit of the Spirit

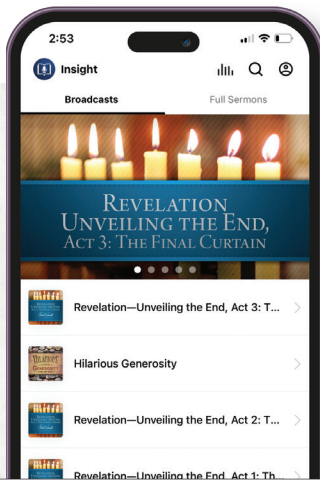
Keep Your Light Shining

How can we know if we're really making progress in our spiritual walk? After all, the Bible offers no prescribed checklist of duties to perform that prove we've "arrived" as mature believers. But a list provided by Paul in Galatians 5:22–23 does offer proof both to ourselves and to those around us that the Spirit of God who dwells within us controls our thoughts and actions.

And that's the catch. We can't produce such fruit on our own—even with the most sincere effort. We

can't fake this fruit either. Rather, the fruit of the Spirit is a supernatural result of yielding to the Holy Spirit. Once we're exhibiting the pure, holy fruit of the Spirit, the contrast is stark between those who are filled with the Spirit and those who obey the deeds of the flesh, as seen in Paul's other list in verses 19–21! When we exhibit the fruit of the Spirit, all the glory goes to God.

To find more encouraging articles like this one, go to **insight.org/topics**



The Insight for Living Mobile App



This one-stop-shop on your favorite mobile device offers a rich library of resources such as our:

1. Program Library
2. Full Sermon Library
3. Daily Devotionals
4. Bible-Reading Plans

Scan the QR code under the **DOWNLOAD OUR APP** section inside this newsletter.

[insight.org](https://www.insight.org)

Visit **Insight.org/broadcast** to access our current message series plus additional resources to deepen your time in God's Word and help you draw near the Savior. Furthermore, check out **insight.org/Sundays** for our archived videos of Chuck's Sunday sermons going back to 2018.

