

# Be Kind To One Another

The One Anothers February 22, 2026

From time to time we are taking a look together at the “one another” commands in Bible. It’s been a little while, but we’re back at it this morning.

There are about 60 “one another” commands, given to Christians so we can know how to properly relate to each other in the church and so we can be built up, *others* can be built up, and our church can thrive in the love of God.

This morning we’re looking at Ephesians 4:32. Actually, this one verse has *three* one another commands. But we want to take the first half:

## **Ephesians 4:32a - be kind and compassionate to one another.**

This is pretty straightforward, isn’t it? It’s a no-brainer. Even the *world* understands the importance of kindness from one person to another. That’s why you have wall decor that says “Be Kind.” That’s why we have that phrase, “Random acts of kindness.” That’s why in the 80’s and 90’s we were all trained to, “be kind, rewind.”

But here’s God *commanding* us to show kindness and compassion to one another in the Church.

Now, scholars flesh out this command for us. First, they explain that “be” really means “become.”<sup>1</sup> And Paul phrases it here in such a way that means, “Keep on becoming kind” to one another.<sup>2</sup>

No matter where we’re at on the kind spectrum, we can all grow and progress. Because the kindness Paul is talking about is not *just* making it a habit of holding a door for someone, thought that is a great way to be kind, but he’s really referring to the character of God, Himself. Romans 2 tells us God is *rich* in kindness. And when Jesus famously told us that His yoke is *easy*, it’s the same word that is used for *kind*, here.

Along with this good, easy, gracious kindness, Paul lumps in *compassionate*. Linguists explain this is a rare word. Hippocrates, the father of medicine, used this word to describe the healthy function of the intestines.<sup>3</sup> So, kindness and compassion is the normal, healthy behavior of the Body of Christ.

So, how can we put these things into practice? Well, first we consider the kindness of God. The way He reaches out to us. His goodness and patience and care for us. And from there, we would all do

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<sup>1</sup> The Expositors Bible Commentary, Volume 11

<sup>2</sup> Word Pictures In The New Testament

<sup>3</sup> EBC

well to have a mentality where we challenge ourselves with side quests of obedience. We came today to worship God and to hear from His word, but we can have some side quests along the way.

How can I put someone else first today? How can I show generosity toward someone at church today? How can I ask after someone or welcome someone new. If our mentality is, "Lord, I *want* to actively obey You today," He will *definitely* give us opportunities.

So, let's be kind and compassionate to one another, just as our Lord has been to us.