

Fruit of the Spirit 聖靈果子

Kindness 恩慈

As a fruit of the Spirit Kindness along with love is a more outward directed action towards others rather than a more internalised idea.

就好像其他聖靈果子，恩慈與愛是對外的行為，
而非一種內在的意念。

The meaning of Kindness in Galatians 5

The Greek origin is *chrēstotēs*.

It translates to a combination of moral goodness, integrity, and tender concern.

It signifies a disposition that is sweet, helpful, and accommodating.

《加拉太書》第5章中關於恩慈的定義

其希臘原文為 *chrēstotēs* 。

這個詞包含了道德上的良善、正直以及體貼的關懷。

它體現了一種甜蜜、樂於助人且為人設想的性格。

Active Usefulness: Unlike modern passive ideas of "being nice", *chrēstotēs* implies usefulness in action. It means actively working to improve the well-being of those around you through practical, merciful deeds.

主導性：與現代觀念中那種被動的「友善」不同，**chrēstotēs** 蘊含著主動幫助的意義。它指的是透過切實的仁慈善行，積極致力於改善身邊的人的福祉。

Kindness is patterned directly after God's character. Scripture notes that God's kindness leads people toward repentance.

恩慈就是神的個性。經文指出，神的恩慈引領人悔改。

‘Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God’s kindness is intended to lead you to repentance?’ (Romans 2:4)

「還是你藐視他豐富的恩慈、寬容、忍耐，
不曉得他的恩慈是領你悔改呢？」（羅馬書 2:4）

Supernatural, Not Natural: Because it is a fruit of the Spirit, it is a supernatural transformation produced by the Holy Spirit living within us, rather than simple human effort or standard politeness.

超自然，非自然：因為是「聖靈的果子」，所以這是藉住於我們心中的聖靈所帶來的超自然轉變，而非單純依靠人的努力或一般的禮貌。

Why Kindness Works: The Science 恩慈：科學解析

Treating kindness as a deliberate action triggers measurable changes in the brain and body.

將恩慈視為一種有意識的行動，會引發大腦和身體可測量的改變。

The "Helper's High": Acts of generosity trigger the release of dopamine, which boosts mood and internal motivation.

「助人者的愉悅感」：慷慨行為會觸發多巴胺的分泌，從而改善情緒並增強動力。

Bonding & Stress Relief: Kindness releases oxytocin (the social-bonding hormone), while actively reducing levels of cortisol (the stress hormone).

建立連結與紓解壓力：恩慈能促進分泌催產素（一種促進社交連結的荷爾蒙），同時有效降低皮質醇（一種壓力荷爾蒙）。

Physical Health: Research compiled by the Harvard Health indicates that compassion can lower blood pressure and decrease inflammation.

身體健康：哈佛健康的研究表明，同情之心有助於降低血壓並消炎。

Distinguishing Kindness from "Niceness" 「恩慈」與「友善」

Unlike "niceness," which can sometimes be conflict-avoidant or manipulative, true kindness requires genuine substance.

「友善」有時源自於迴避衝突或出於某種意圖，而真正的「恩慈」則是真誠的。

Niceness often aims to please others simply to receive approval in return.

「友善」旨在取悅他人，以此換取他人的認可。

Kindness focuses on doing the right thing for another's well-being, even in challenging situations. It takes courage to choose kindness over anger or retaliation.

「恩慈」則著重於為了他人的福祉而行正道，即便在困難的情況下亦如此。

在憤怒或報復的衝動面前選擇恩慈，需要勇氣。

It is not about being a "doormat"—it involves maintaining personal integrity while treating others with dignity.

這絕非意味著任人踐踏；真正的善意是在保持個人氣節的同時，
給予他人應有的尊嚴。

So let's think about kindness together

那麼，讓我們一起來思考「恩慈」

What does kindness look like 恩慈是怎樣的？

In our families? 在我們的家庭中？

In our work place? 在我們的職場上？

Out and about? 在日常生活中？