

# KINDNESS 善良



## KINDNESS in Buddhism

Kindness is a general term for an attitude towards others characterized by care, friendliness, gentleness and love. The Buddha very often admonished us to not just be kind or think in a kindly manner but to 'become kind', meaning that we should express it through our actions. Genuine kindness is devoid of selfishness or the desire to dominate or hurt another. It can express itself as generosity, helpfulness, patience when others are slow or inept, speaking in a pleasant manner, making strangers feel at home and going an extra distance for someone. In short, kindness is love expressing itself through speech and action. See Generosity and Hospitality.

## Kindness in Christianity

Divine Kindness God's kindness is presupposed or taught throughout Scripture. It is manifest in what is called "common grace." God is kind to all he has made ( Psalm 145:9 ), even when his creatures are ungrateful and wicked ( Luke 6:35 ; cf. Matt 5:45 ). His kindness is intended to lead to repentance, not to rejection of him ( Rom 2:4 ). In the second place, it is the believer who can truly celebrate God's kindness, even in areas of experience not directly related to salvation from the guilt and

punishment of sin. God's kindness is seen in his deliverance of the believer from affliction, fear, and trouble. Third, God's kindness is manifest in the full salvation that comes through Christ ( 1 Peter 2:3 ). Indeed, our salvation derives from the kindness of God ( Eph 2:7-8 ), and it is through continuing in his kindness that we are saved ( Rom 11:22 ).

What is true of God in general is also specifically attributed to Christ, who is gentle ( Matt.11:29-30 ). In this connection, Jesus' kind yoke might better be understood to speak of the fact that it is gently and considerately laid upon his disciple rather than that it is easy to accomplish. Human Kindness The Scriptures also teach that divine kindness is to be reflected in the human experience. Indeed, expressing kindness to other human beings is more important than performing ritual sacrifice to God ( Hosea 6:6 ; Matt 9:13 ; 12:7 ). Thus, we are to love kindness ( Mic6:8 ) and to be children of the Most High, exhibiting his kindness and mercy ( Luke 6:35-36 ). Even more direct is the simple injunction to be kind ( Eph 4:32 ). Kindness often finds a place in the lists of Christian virtues ( 1 Col 13:4 ; Col 3:12 ). Paul can take the injunction a step further and claim to exemplify kindness in his own life to a degree that commends his ministry as authentic ( 2 Cor 6:6 ). Yet human imitation of God's kindness does not come naturally. In fact, ultimately no one is kind ( Psalm14:3 ; Rom 3:12 ). It is only as the fruit of God's Spirit that kindness can be a consistent part of the believer's experience ( Gal 5:22 ). "Kindness" in the Old Testament is (with one exception) the translation of "kindness," "favor," "mercy," etc., used chiefly of man but also of God (Genesis 20:13; 40:14; 1 Samuel 15:6; 20:14,15; 2 Samuel 9:3; Nehemiah 9:17; Psalms 141:5; Isaiah 54:8,10, etc.); Tobit, "good," is once so translated (2 Samuel 2:6). In the New Testament chrestomathes, "usefulness," "beneficence," is rendered "kindness" 4 t in the King James Version (2 Corinthians 6:6; Ephesians

2:7; Colossians 3:12; Titus 3:4, and in Galatians 5:22 the Revised Version (British and American)); see GENTLENESS; GOODNESS. Philanthropia, "love of mankind," is translated "kindness" (Acts 28:2), and philadelphia, "love of the brotherhood" (2 Peter 1:7, the English Revised Version "love of the brethren," the American Revised Version margin "Gr, love of the brethren"). For "kindness" (Psalms 31:21) the Revised Version (British and American) has "lovingkindness," and the American Standard Revised Version in other places where the reference is to God; for "shew," "shewed kindness" (Joshua 2:12) "deal," "dealt kindly"; for "The desire of man is his kindness" (Proverbs 19:22) the American Standard Revised Version has "That which make a man to be desired is his kindness," the English Revised Version "The desire of man is (the measure of) his kindness," like the American Standard Revised Version in m; for "merciful kindness" (Psalms 117:2) the American Standard Revised Version has "lovingkindness," the English Revised Version "mercy "; both have "lovingkindness" (Psalms 119:76); for "of great kindness" (Nehemiah 9:17; Joel 2:13; Jonah 4:2) the American Standard Revised Version has "abundant in lovingkindness," the English Revised Version "plenteous in mercy"; the Revised Version (British and American) has "kindness" for "mercy" (Genesis 39).

## Kindness in Confucianism

### Confucius Quotes about Kindness

The Confucius perfect virtues are 1) gravity 2) generosity of soul 3) sincerity 4) earnestness 5) **kindness**.

Act with kindness but do not expect gratitude.

Forget injuries, never forget kindnesses.

There is one word which may serve as a rule of practice for all one's life – reciprocity and Kindness.

Fix your mind on truth, hold firm to virtue, rely on loving kindness, and find your recreation in the Arts.

Recompense injury with justice, and recompense kindness with kindness.

Is there any one maxim which ought to be acted upon throughout one's whole life? Surely the maxim of loving kindness is such: Do not unto others what you would not they should do unto you.

Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you.

Even if people do not know what real kindness is, they nonetheless have it within them.

There are those men who say to repay evil with kindness. But I say, how then are we to repay kindness? Repay kindness with kindness, but repay evil with justice.

The young should be dutiful at home, modest abroad, careful and true, overflowing in kindness for all, but in brotherhood with love. And if they have strength to spare they should spend it on the arts.