



Kindness – A Thankful Virtue

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Scripture Meditation

“Be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.”

Galatians 5:13

30 Day Gratitude Journal

Write about the kindest thing someone did for you.

30 Day Gratitude Challenge

Send someone a care package.

Prayer Concentration:

Pray a prayer for restaurant and cafeteria workers.

Prayer of Gratitude

Lord we thank You for the gift of kindness. As we awake this day, let us do so by displaying Your kindness in everyone we see. Let our smiles reflect the kindness of Your presence. Let our speech reflect the kindness of Your praise. Let our Attitude reflect the kindness of Your thoughts. In Jesus Name we pray, **amen.**

Observation

Throughout my life, I have learned about the virtue of being kind from my parents. They used to say repeatedly, “If you can do one thing in life, you can be kind.” These words are always present in my thoughts, and I am extremely thankful and grateful that being kind is a daily practice in my life.

Kindness is a way that we show the love of God. Since we are created in God’s image, being kind is just showing the love that lives in your heart and spreading it to touch the heart of someone else. God is the source. We are to take on God’s character of kindness. ***Ephesians 1:8 (NLT)***

Kindness matters!! There is so much power in it. Carrying out acts of kindness, with no expectation of reward, blesses the one who receives it, and the one who gives it. Kindness brings out the best in us.

Kindness costs nothing, but it means everything. The more kind we are, the more we do to create the world we want. Treating others as you would like to be treated is the Golden Rule that we learned as children. ***Matthew 7:12 (NLT)*** If we sow seeds of kindness and love, we will make the world a better place.

In this world, you can be anything. All God asks of us is to **BE KIND!!**

Questions to Ponder

1. Name an act of kindness shown toward you that changed the way you see people.

2. Name a time when you displayed kindness and it changed your life as well as the life of the recipient.
