Kindness Multiplied

Authentic, Gospel-infused kindness demands that we link our well-being to the well-being of others, even the most distant-to-us and different-than-us others.
(Adam Phillips and Barbara Taylor)

11 KIND THINGS TO SAY

1. *I'm here for you.*
2. *You are in my thoughts and prayers.*
3. *I'm so sorry!* (Validating someone's pain is a gift.)
4. *Count me in.* (Be specific about how you can help.)
5. *You're not alone* — or *We're in this together.*
6. *What day works for a visit? What can I bring?*
7. *I love you.*
8. *Don't feel guilty about canceling at the last minute. There's no judgment here, ever.*
9. *I'm here if/when you need to talk.*
10. *If you want company when you get the test results, I'll wait with you.*
11. *What do you wish others understood about your illness?*

12 KIND ACTS OF SERVICE

1. Hold the door for someone whose hands are full.
2. Smile at the next person who makes eye contact.
3. Send a thinking-of-you note.
4. Pray for the last person who texted you.
5. Bring your neighbor's trash cans up from the street.
6. Pay for the person behind you in the checkout line.
7. Leave a generous tip.
8. Use people's names when you talk to them.
9. Return a grocery cart as you walk into a store.
10. Give a bottle of water to your mail carrier, delivery driver, or the flagman of a road construction crew.
11. Write an encouraging review for your favorite book, small business, or nonprofit.
12. Surprise your neighbor with a home-baked treat.

"If I can put one touch of rosy sunset into the life of any man or woman, I shall feel that I have worked with God."
(G.K. Chesterton)

Kindness is selfless, compassionate, and merciful — a choice and a continual, intentional practice.
(Olivia Forton)

START A KINDNESS JOURNAL

A Kindness Journal can inspire us to look for ways to be intentionally kind. What is the kindest thing someone has done for you? How did it make you feel? Starting with those questions in mind, begin to list:

- acts of kindness you remember receiving.
- acts of kindness you did and how they made you feel.
- an act of kindness you observed.
- an act of kindness you'd like to do.
- a time when you weren't kind and what you might change in that same situation today.
- a time you felt the Holy Spirit's nudge to be kind but didn't act.
- inspiring kindness quotes.
- kind thoughts about others. (Start a journal page for friends and loved ones. As the Spirit prompts, write your kind thoughts in a #PenToPaper note, send them in a text, or type them in an email.)
- your thoughts about the differences between random and intentional acts of kindness.
- life-changing acts of kindness you have seen (or noticed) in our world.
- the acts of kindness you have received.

INSPIRING KINDNESS QUOTES

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32)

Kindness is acting in a way that benefits others – often requiring sacrifice on our part. (Libby Farmen)

... kindness is costly ... It is to be actively gracious despite ingratitude. It is to offer goodness despite the possibility of being taken advantage of. It is to offer hospitality to the inhospitable ... Kindness is self-giving, and ... it is costly. (Rusty Foerger)

Kindness gives birth to kindness. (Sophocles)

Kindness matters in every step of our faith. (Julie Pfeifer)

In kindness [God] takes us firmly by the hand and leads us into a radical life-change. (Romans 2:4 MSG)