

## Great Joy! The Power of Kindness

### 1. Kindness \_\_\_\_\_

**Colossians 3:12** *Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness...*

**Psalms 41:1** *Oh, the joys of those who are kind to the poor!  
The LORD rescues them when they are in trouble.*

### 2. Kindness is \_\_\_\_\_

**Titus 3:4-5** *But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.*

### 3. Kindness is great \_\_\_\_\_

**Ruth 2:10** *Ruth fell at his feet and thanked him warmly. "What have I done to deserve such kindness?" she asked. "I am only a foreigner."*

**1 Corinthians 13:4** *Love is patient, love is kind.*

### 4. Kindness is \_\_\_\_\_

**1 Kings 2:7** *"Be kind to the sons of Barzillai of Gilead. Make them permanent guests at your table, for they took care of me when I fled from your brother Absalom.*

**2 Samuel 9:1** *One day David asked, "Is anyone in Saul's family still alive—anyone to whom I can show kindness for Jonathan's sake?"*

**Romans 2:4** *Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?*

## Getting started

(1) I will make a kindness commitment:

- a. I will use my words to only build others up
- b. I will serve when it is not convenient for me
- c. I will try new ways of showing kindness

(2) I will count my kindness acts for the next 7 days

(3) I will start today

- Compliment the cashier. Something simple like "What a pretty shirt!" works quite well. Be authentic though.
- Let someone who looks rushed cut in front of you in line.
- Hold the door open for someone.
- Go through the kid's toys they've outgrown, clothes you no longer wear and books you no longer read and make a donation.
- Send a care package to a soldier. Too often they are forgotten during the holidays.
- Bring treats to work or school one day.
- Tape a few extra quarters to the front of a vending machine.
- Write a thank-you note and not just for gifts. Remember to thank your stylist for a great haircut, the neighbor who shared their extra garden produce, your child's Scout leader they look up to.
- Round up. Many stores ask you if you'd like to round your purchase up to the next dollar as a donation to a cause. Will you really miss that .37 cents?
- Donate a bag or two of groceries to your local food pantry.
- Donate pet food, cat litter, pet toys or time to your local animal shelter. Even better, adopt a pet.
- Send anonymous flowers to the receptionist at work. It's a very under-thanked position.
- Stop by your local senior center and play a game or read a book with someone there. Too many have no family close by.
- While driving, make room for the car that wants to enter your lane.
- Give a genuine compliment to a family member, friend or colleague.
- Do the same for your boss — they probably never get compliments!
- Be there for a friend having a tough time. Don't try to fix it; just listen.
- Leave your mail carrier a thank-you note.
- Overtip your delivery person.