



INTENTIONAL KINDNESS 30 CREATIVE WAYS

*Think of the kindness you wish others would show you;
do the same for them.* (Luke 6:31)

The kindness of Christ radiates through us when we are patiently present, as we notice and respond to others' needs, when we ask thoughtful questions, and each time we extend genuine forgiveness.

1. Notice or ask for a cashier's name, then thank by name.
2. Tuck an encouraging note into a favorite book and share it with someone who is struggling.
3. Share in someone's good news! Celebrating others is remarkably kind.
4. Listen attentively without an agenda and ask thoughtful questions.
5. Give a genuine compliment.

No act of kindness, no matter how small, is ever wasted. (Aesop)

6. Pray for someone sitting in a medical waiting room.
7. Resist sarcasm. Instead, respond with authentic kindness.
8. Record a book or article for someone who is too sick to read. The Voice Memo app on your cell phone makes it easy.
9. Give to a great non-profit. Include a short note explaining what they're doing well.
10. Write a letter offering forgiveness to someone who has wronged you, even if you don't send it.

It takes courage to be kind. (Maya Angelou)

11. Write a short prayer and send it to a friend or loved one.
12. Accept help with grace and gratitude.
13. Color a picture and mail it to a child. Include a page for them to color and send back to you.
14. Pray for your mail carrier, trash collector, or delivery driver.
15. Text a favorite verse or encouraging quote to a loved one.

A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles. (Washington Irving)

16. Be patient and kind when you are on a difficult phone call with the insurance company or medical billing.
17. Offer a word of encouragement to a young mom who is having a difficult time, or an older person struggling with pain or mobility.
18. Leave a little note of gratitude and a generous tip for a great server. You'll make their day!
19. Walk through your neighborhood and greet each person you encounter.
20. Offer a second chance. We all appreciate a do-over.

One of the most beautiful acts of kindness is answering unkind words and actions with extraordinary grace.

21. Invite someone to the table—someone who is new, lonely, or who seems uncomfortable, overwhelmed, or a little lost.
22. Be patient and polite behind the wheel. Instead of giving in to *road rage*, let's learn to *journey joyfully*.
23. Offer a hug to someone who is hurting.
24. Be present, even if you don't know what to say or do.
25. Treat a friend to matching coffee mugs and commit to praying for each other over coffee every morning.

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

26. Speaking honestly in a conflict is kindness, too; it's often how we discover that we share common ground.
27. When negative reactions arise, take a deep breath, and ask God to calm you, before you speak.
28. Send care packages, no matter how small. They are love in a box.
29. Leave kind messages on social media posts.
30. Keep bottled water in the fridge. Offer one to a delivery driver on a hot day.

Our kindness is an echo of Christ's. Every smile we share, each sacrifice we make, every word of encouragement we offer, and each time we willingly forgive, we become a living testament to the extraordinary and unrivaled kindness of God. Today, let's be ridiculously, uncommonly kind and let the loving-kindness of Jesus shine bright.