



This week try the practice of Kindness. Let's follow Christ's example of noticing people even as we go through our busy days. Try one of these ways to show kindness or come up with your own!

- Smile and say hello to a stranger walking on the street.
- Buy a cup of coffee for the person in line behind you at the coffee shop.
- Leave a sweet note for someone you love.
- Bring a meal to someone who is ill.

Read Scriptures on practicing kindness and on God's kindness to us. You might want to journal how you practiced kindness each day or what you learned from the verses.

day one

Scriptures: God's kindness: Ephesians 2:4-7 Practicing kindness: Ephesians 4:32

Journal:

day two

Scripture: God's kindness: Titus 3:4-7 Practicing kindness: Proverbs 11:17

Journal:

day three

Scripture: God's kindness: Jeremiah 9:23-24 Practicing kindness: Proverbs 21:21

Journal:

day four

Scripture: God's kindness: Luke 6:35 Practicing kindness: Galatians 5:22-23

Journal:

day five

Scripture: God's kindness: Romans 2:4 Practicing kindness: Colossians 3:12-14

Journal: