**Kindness by Allison Hatchman**

**Kindness is the sincere and voluntary use of one's time, talent, and resources to better the lives of others, one's own life, and the world through genuine acts of love, compassion, generosity, and service. Moreover, kindness involves choice.**

We all know we should be kind to one another and for the most part we are but sometimes we are not as conscious of our decisions as we should be. In this teaching I don’t want to focus on just being kind but to being consciously kind through not just words but actions.

**1 John 3:18. “My little children, let us not love in word, neither in tongue; but in deed and in truth.”**

In other words do not just show love and kindness with words but in the things we do and the way we live.

**Example:** Jesus not only spoke about love, He provided powerful actions to match His teachings. John 13 offers a clear example in which Jesus washed the feet of His disciples to teach them to serve one another in humility. His death on the cross offered the most powerful evidence of love "in deed and in truth." He endured suffering, ridicule, and death from those who should have recognized Him as the Messiah. Yet His actions also included His resurrection, offering love in action that changed the course of history.

Everything we do is a choice. It takes less energy to be kind than it does to be unkind… I don’t know about you guys but I feel Gods presence more when I and being kind through actions…have you ever done a good deed and just felt like it was Gods was in it? Because he is….

[**Matthew 5:16**](https://www.biblegateway.com/passage/?search=Matthew+5%3A16&version=ESV)

**In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.**

I wanted to add that scripture because it explains the importance of kindness someone said not to long ago in this group that you my be the only opportunity that someone has to see God and his love. That’s is because we show God’s love through our actions.

Think about it if you’re trying to teach someone about God who doesn’t know what is the best way to show his love….through the way that person see’s us and how we treat others…

At my old job I had a boss who was ridiculously mean to everyone and anyone. unfortunately, I had to work with her the closest. I would come in each day in a good mood and she would always find a way to bring me down. Eventually It got to a point where I couldn’t take the constant stress and God got me out of there but you don’t want to be the reason someone has a bad day not to mention someone who isn’t as strong in their faith may be more likely to turn from God in bad situations. As Christians we want to lead people to God not turn them away.

When is it the hardest to be kind?

For me it’s when I have been hurt or betrayed, or even sometimes when I am not in a good mood…

This goes back to what I said before everything we do is a choice even our attitude is a choice.

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

If you’re holding a grudge over something or have not forgiven someone then think about it… Are you going to most likely be as kind as you should to that person….NO.

**ALSO**

**LUKE 6:27-30**

**“But I tell you who hear: love you enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you. To him ho strikes you on the cheek, offer the other; and from him who takes away your cloak, don’t withhold your coat also. Give to everyone who asks you and don’t ask him who takes away your goods to give them back again.”**

**A quote I saw: Do kind things for people not because of who they are or what they can do in return but because of who you are.**

The Good News: We get what we put out into the world.

**Proverbs 11:17 "A man who is kind benefits himself, but a cruel man hurts himself."**

**Proverbs 21:21 "Whoever pursues righteousness and kindness will find life, righteousness, and honor."**

Has anyone ever been kind to a complete stranger?

 Here is something I read that I though was pretty cool….

**Hewbrews 13: 1-2**

**Let Brotherly love continue. Don’t forget to show hospitality to strangers, for in doing so, some have entertained Angels without knowing it.**

**Story:**

**After that I saw this quote…**

**Quote: Kindness is something that the blind can see and def can hear.**