

Try a Little Kindness



Strategies for Stressful Times

“For once you were full of darkness, but now you have light from the Lord. So live as people of light!” **Ephesians 5:8 (NLT)**

Reasons to be Kind

- ① God _____ kindness
- ② Kindness _____ God's Character
- ③ God _____ kindness

“Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.” **Colossians 3:12 (NLT)**

““Love your enemies! Do good to them... Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked.” **Luke 6:35 (NLT)**

Reasons to be Kind

- ① Kindness _____ your soul
- ② Kindness invites a good _____
- ③ Kindness can have surprising _____

Your own soul is nourished when you are kind; it is destroyed when you are cruel. **Proverbs 11:17 (TLB)**

Be kind and honest and you will live a long life; others will respect you and treat you fairly. **Proverbs 21:21 (TEV)**

“Don't forget to be kind to strangers, for some who have done this have entertained angels without realizing it!” **Hebrews 13:2 (The Living Bible)**

Ways to show Kindness

- ☉ Be _____
- ☉ Be _____
- ☉ Be _____

"Each of you should look not only to your own interests, but also to the interests of others." **Philippians 2:4 (NIV)**

"Kind words bring life, but cruel words crush your spirit"
Proverbs 15:4 (GNT)

"When others are happy, be happy with them. If they are sad, share their sorrow" **Romans 12:15 (LB)**

Ways to show Kindness

- ☉ Be _____
- ☉ Be _____

"Wounds from a friend are better than kisses from an enemy!"
Proverbs 27:6 (LB)

"That's why whenever we can we should always be kind to everyone..." **Galatians 6:10 (The Living Bible)**

God's offer of Kindness

But when the time came for the kindness and love of God our Savior to appear, then he saved us—not because we were good enough to be saved but because of his kindness and pity—by washing away our sins and giving us the new joy of the indwelling Holy Spirit,"

Titus 3:4-5 (The Living Bible)