

Teresa's Thoughts

Make Kindness A Way of Life - Eternally!

“And be ye kind one to another, tenderhearted, forgiving one another, even as GOD for CHRIST’s sake hath forgiven you.” (Ephesians 4:32)

What is kindness according to this verse? Tenderhearted: caring, seeing others’ needs, putting others before myself and reaching out with a helping hand. Forgiving: not holding a grudge, allowing one to start again and showing love to give hope. We are to do these things in a way that shows the kindness GOD has shown us because CHRIST died for our sins.

Who can be kind? I can! I alone have control over myself. Kindness can start with me. If this is not our attitude we probably are not as kind as we could be. If we do something kind because we have to, were we really kind at all?

Do we look for opportunities to show kindness? Are we always rushed and wishing we had time to help, but just not right now? Being available to show kindness is a wonderful gift we can share others.

Kindness cost us little but the returns on our efforts are great: we feel much better about ourselves; we set a positive example for others; we may someday receive kindness in return; we make others feel special; and we obey GOD!

It helps to plan ahead when we want to grow in a characteristic that will bring us closer to GOD. In preparation we can search for opportunities to do kindness, do kind acts without expecting anything in return and pray for less selfishness. Make a list of things you can do to begin showing more kindness. Some suggestions to get you started; give someone a ride to worship, invite a lonely person for lunch, play with a child, allow someone to go ahead of you in line, bake a pie for a shut-in, rub your husband’s tired shoulders, send a card to a widow or widower and on and on the list can go.

Let’s get started! Be kind just because you can! It pays eternal benefits!