

The Me I Want to Be

Galatians 5:22-23 – Kindness

Galatians 5:22 The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,
²³ gentleness and self-control.

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123

SESAME STREET

K IS FOR KIND



A national survey on kindness and kids



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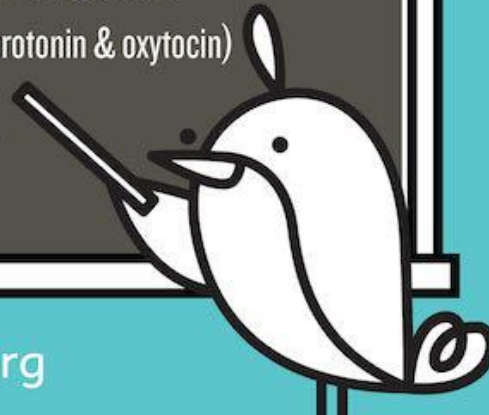
Proverbs 11:17 Those who are kind benefit themselves, but the cruel bring ruin on themselves.

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DID YOU KNOW? AN ACT OF KINDNESS CAN:

- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD CHEMICALS (serotonin & oxytocin)
- ✓ INSPIRE MORE KINDNESS!



randomactsofkindness.org

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Colossians 3:12 ... clothe yourselves with compassion, kindness, humility, gentleness and patience.

Matthew 12:25 “Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand.”

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Steadfast Love // Lovingkindness // Covenant Loyalty

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“Christianity has been especially advanced through the loving service rendered to strangers. It is a scandal that they care not only for their own poor but for ours as well, while those who belong to us look in vain for help that we should render them.” - emperor Julian

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“More people have been brought into the church by the kindness of real Christian love than by all the theological arguments in the world.” - William Barclay

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Romans 2:4 Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin? (NLT)

Ephesians 4:32 Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

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before you speak

THINK

T = is it true?

H = is it helpful?

I = is it inspiring?

N = is it necessary?

K = is it kind?