

Acts of Kindness – on World Kindness Day and Every Day

I woke up one morning this week and heard on the television that the day was “World Kindness Day.” World Kindness Day is a “global observance dedicated to promoting and celebrating acts of kindness,” and is celebrated on November 13th each year.

This day serves as a reminder of the positive impact that kindness can have on individuals, communities, and the world at large. It encourages people to perform intentional acts of kindness and to foster a culture of compassion and generosity. On the television screen, a reporter was positioned in front of a local school, introducing an initiative to highlight acts of kindness towards individuals who may be marginalized or underappreciated. The principal was interviewed, and he emphasized the importance of showing compassion for others. What a noble cause. Directing students’ attention to this cause focused the students on how they can make a difference in the lives of others. It was a one-day effort, marking a break from the typical school day routine.



In our everyday lives, we typically perform acts of kindness toward people we know. It makes you feel good about doing good deeds, and it shows people in our circle of friends that we care about them. Oftentimes, it is as much about our own feeling of gratification as it is a help to the person being served. The school initiative went a step further by helping people outside their circle of friends, to people in need. *Whatever you did for one of the least of these brothers and sisters of mine, you did for me (Matthew 25:40).*



Jesus Christ wanted kindness to be part of our everyday character. The Bible tells us, as followers of Jesus, to “*Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience (Colossians 3:12).*”

An act of service is an act of love. We are sharing *God’s love* through us. *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you (Ephesians 4:32).* This focuses on serving God as the motivation for our actions, rather than our own self-righteousness. We hear the familiar verse from 1 Corinthians at every wedding: “Love is patient, love is kind ...” (1 Corinthians 13:4). This verse extends beyond a marital relationship to encompass all relationships and all people.

I am glad there is a World Kindness Day. As a follower of Jesus, I wish people would do acts of kindness *each* day to express Jesus’ love. It is God’s Will for us to do what He created us to be. My daughter and her husband have sweatshirts that say, “Kind People are My Kind of People.” That broadens the perspective beyond a single day and into the character of a person.

It is not about us. It is all about Him -- how Jesus can help others through us.

Question: What acts of kindness can you do today to help others? (Then, repeat the question every day of your life.)

Prayer: Lord, help me to share your love with others at every opportunity. Let our expression of faith be more than mere words, but through our actions. Amen.