



THE POWER OF KINDNESS

LEADER:

Kindness is based on personal stories. It's not a place or a thing. Kindness can exist only when one person chooses to act with heart toward another. It is a gentle and quiet quality and yet it is the "stuff" that glues humankind together.

READER 1:

You can always, always give something, even if it is only kindness. (Anne Frank)

SONG: Servant Song (YouTube)

Will you let me be your servant,
Let me be as Christ to you;
Pray that I may have the grace to
Let you be my servant too.

We are pilgrims on a journey,
We are travelers on the road;
We are here to help each other
Walk the mile and bear the load.

I will hold the Christ-light for you
In the night-time of your fear;
I will hold my hand out to you,
Speak the peace you long to hear.

I will weep when you are weeping;
When you laugh I'll laugh with you.
I will share your joy and sorrow
Till we've seen the journey through.

When we sing to God in heaven
We shall find such harmony,
Born of all we've known together
Of Christ's love and agony.

READER 2: Jeremiah 9:23-24

Thus says Yahweh,
Let the sage boast no more of his wisdom,
nor the valiant of his valor,
nor the rich man of his riches,
But if anyone wants to boast, let him boast of this:
of understanding and knowing me.
For I am Yahweh, I rule with kindness,
justice, and integrity on earth;
yes, these are what please me.
I, Yahweh who speaks.

ALL:

Dear God, if I cannot be brilliant, let me be kind. If I cannot change the world, let me inspire just one other to do so. If I cannot give away riches, let me be loving. Let me be known for kindness, for it is the greatest glory. Amen

READER 3: Unexpected Discoveries About Kindness

Genuine kindness is offered with a good heart. It is the kernel that lies at the heart of other human values, such as compassion, forgiveness, love, friendship, hope and generosity. The smallest gesture can have the most profound power. However, sometimes to receive kindness means taking a risk....the risk of making ourselves vulnerable, letting go of control or putting our trust in a complete stranger. When we nurture our capacity for kindness, we gladden our hearts and take more notice of those around us. But the true magic of kindness is that it has the power to transform the giver more than the receiver.

REFLECT:

When have you been the benefactor of an act of kindness? How did it make you feel?

How has your kindness transformed your life?

READER 4: Kindness Is Contagious

Kindness is a form of magic. Even the smallest act of kindness can have immense power. A kind gesture can transform a negative into a positive, a warm smile can lead to friendship or create a sense of belonging, a listening ear can offer hope where there is despair. The message that we “should be kind to our enemies” encourages others to be literally disarming. It reminds us that everyone is part of the same world. When you are kind to each other, a kind of alchemy takes place. The energy changes. The giver and the receiver feel good about themselves. The recipient of the kindness has a desire to be kind to others also.....and so the magic spreads and the energy continues.

REFLECT:

How do other people/friends inspire you in your acts of kindness?

READER 5: The Ripple Effect

The internet is alive with good heart and powerful intentions as people around the world find ways to “practice random acts of kindness and senseless acts of beauty.”

This wonderful phrase is attributed to Anne Herbert, an American, who is said to have written it on a tablemat in a restaurant. Others copied it, bestselling writer Jack Kornfield included her story in his writing, and since then it has spread, literally, around the world, inspiring generous actions and good-hearted gestures in its wake.

REFLECT:

How can “random acts of kindness” change the world we live in for the good?

DISCUSS/SHARE TOGETHER:

PETITIONS – using quotes from others

RESPONSE: Open my heart to kindness

May we come to realize that; “Kindness is the language the deaf can hear and the blind can see.” (Franklin D. Roosevelt)and “A warm smile is the language of kindness.” (William Arthur Ward)

Help us daily to; “Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.” (Princess Diana)

Let us be compassionate people knowing that; “Wherever there is a human being, there is an opportunity for a kindness.” (Lucius Seneca)

Grant us the grace to understand; “Love and kindness are never wasted. They make a difference. They bless the one who receives them, and they bless you, the giver.” (Barbara de Angelis)

Give us a generous spirit to reach out to others; “Because that is what kindness is. It is not doing something for others because they can’t, but because you can.”
(Andrew Iskander)

May we brighten the world around knowing; “How beautiful a day can be when kindness touches it.” (George Elliston)

Let us remember; “Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.” (Henry James)

SONG: We Are Called – David Hass (YouTube)

Come! Live in the light.
Shine with the joy and the love of the Lord.
We are called to be light for the kingdom,
To live in the freedom of the city of God!

REFRAIN:

We are called to act with justice,
We are called to love tenderly,
We are called to serve one another;
to walk humbly with God!

Sing! Sing a new song.
Sing of the great day when all will be one.
God will reign, and we’ll walk with each other
As sisters and brothers united in love!

REFRAIN:

Edited material on Kindness taken from an article in: Breathe Magazine, Issue 7.