

# Kindness

The last six weekends we reflected on Humility, Diligence, Temperance, Chastity, Charity, Patience. This last weekend we will reflect on Kindness.

## Showing love

The dictionary defines kindness as **'the virtue of showing love'** and the qualities of having a sympathetic, affectionate, warmhearted and considerate nature. Any virtue can be considered as the power to accomplish good, often in the face of obstacles and at the cost of sacrifice. Kindness begins in the heart.

## Forgive one another

As St. Paul advises in Ephesians 4:31 "Let all bitterness and wrath and anger and clamour and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

## Singapore Kindness Movement

We aim to inspire graciousness one kind act at a time. By sparing a thought for the people around us, we hope to create a gracious society, and make life better for you and me.

<https://www.kindness.sg/>



Kindness is certainly part of the nature of God, as the biblical Book of Psalms refers to God's kindness more than 80 times. Kindness is not a duty or an ethic either; it is an expression of personal virtue that flows from and is rooted in love, which is at the heart of all virtue. Kindness begins in the heart. Kindness softens hearts, lifts spirits and moulds relationships. The value of our lives is best measured not by the material possessions we've acquired, but by the hearts we've touched, because who we are is far more important than what we have. Everything we do affects not only our own life, but touches other lives, too.

Our Singapore government started the Kindness Campaign to urge everyone to be considerate. On 1st September 2021, if we do not return our food tray at the hawker's centre, we will get a fine. Being a gracious society takes a change of mindset. As Christians we can pray for the virtue of kindness, and practice it daily when the opportunity arises for us to be kind to someone. Kindness is the honey that dulls the sting of unkindness when we receive it from another.

**Kindness is the honey that dulls the sting of unkindness when we receive it from another. A kind word can conquer anger, calm the spirit, and even start a friendship.**





### **A Gracious Singapore: one kind act at a time.**

Formed in 1997, the *Singapore Kindness Movement* aims to encourage Singaporeans to make a real commitment to gracious living through simple acts of kindness in their daily activities.

#### **Time and again, God looks out...**

- for the cause of the widows and orphans
- he cares deeply for the strangers in the land
- he emphasises love for family
- he requires mercy and compassion for even our enemies

Oftentimes, we want to choose to whom we show kindness. Left to our own, we would limit kind acts to friends and people in authority above us, people from whom we can attain something in return. But Christ calls us to lower our eyes and look at those who are below, who have nothing, can offer nothing, have no defender. He calls us to welcome the foreigner, the rejected in our land.

Friends are easy to love, but we are called to be a friend to the friendless. Kindness is selfless, compassionate, and merciful; its greatest power revealed in practice to our enemies and amongst the least of these. Love your neighbour; show kindness to EVERYONE.

A smile in the elevator, an arm of support for a girl with a disability, paying a meal for someone who could not afford, extra tutoring hours offered without extra pay, a door held open for another, we all have experienced acts of kindness. They warm the cockles of our hearts, bring smiles to our faces, and stick with us for years to come.

Annually, on November 13th, the World joins hands for *World Kindness Day*, a day highlighting random good deeds and positivity. But is this really what kindness is all about? Should kindness be reserved for one day a year? Is kindness just random acts? Who deserves our kindness? The Bible has much to say about kindness, and offers a perfect role model for us to follow - Jesus. But kindness is not a season or a feeling. It should not be reserved for one day out of the year. Rather, kindness is a lifestyle. It is a daily practice. It is a choice. *“The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness gentleness and self-control”* (Galatians 5:22-23). Growth takes time. A seed does not transform into a tree overnight, but with careful watering, tending, and patience, a seed will slowly grow day-by-day into a strong towering tree. It is the same with kindness. We must be faithful every day to bear the good fruit of kindness. Being kind should be our default mode, a habit of goodwill, a heart of continual service every day of the year.

