



A CUP OF COLD WATER

Loving your neighbor begins with kindness.

Scripture is very clear: we are to love our neighbors (Mark 12:30-33). This is Part Two of the Great Commandment—the way we demonstrate our whole-hearted love for God. How do you and your family love those you come in contact with?

Begin with kindness. Intentional kindnesses, performed in Jesus' name, tell others they are valuable and loved. So how does that look in your neighborhood?

Choose one of these ideas that is the right size for you and your friends or family, and brainstorm for other actions you can do this week.

- Pay for the coffee for the car behind you in the drive-through.
- Leave an icy water bottle to give the garbage collector or mailman a break.
- Offer to walk the neighbor's dog.
- Pick up trash on your block or along a walking path.
- Bake cookies for your local fire station.
- Visit a nursing home nearby to read or sing to some of the residents.
- Offer to babysit while young parents go to dinner.
- Help translate or explain paperwork for someone whose native language is not English.
- Make eye contact with the grocery checker and thank him or her for speedy service.
- Buy extra school supplies and donate them to a schoolteacher to distribute to needy students.
- Distribute apples to homeless people you encounter.
- Sit by someone in the school cafeteria who needs a friend.
- Mow your neighbor's yard.

One of the fruits of the Spirit is kindness; when we share it with others, we plant the seeds of the gospel. Your displays of kindness can open further doors of opportunity to share the love of Jesus.