

ARK



Acts of Random Kindness

"What would happen if kindness became normal?" Kindness is more than just a good idea, it's transformational. See a want? See a need? Every **Act of Random Kindness** has the capacity to change someone's life and your own in the process.

Jesus said "*Even as the Son of Man came not to be served, but to serve...*" Matthew 20:28. Pine Street Baptist Church wants to move outside of the walls of the church and make an impact by serving the community as a body of believers in action. We believe in sharing the love of Christ and the grace of God through acts of kindness. We are a church that believes in being the hands & feet of Christ on Earth.

The concept of doing kind works is not new. It's as old as, well, creation. God tells us in Ephesians 2:10 that "*we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.*" We were made to do good works, so although "ARK" is a catchy phrase to describe our kind acts, as Christians it might not make sense to call them "random." Instead of just committing *random* acts of kindness, we should commit *Godly* acts of kindness. What, you may ask, is the difference? The difference is that random implies that we perform random acts of kindness out of the goodness of our own hearts. Godly acts of kindness are committed out of the kindness of God's own heart.

Christians shouldn't do good works because of our own innate goodness or for our own glory. In doing good works we are sowing the seeds of righteousness. As God admonished Israel through the prophet Hosea (10:12) "*Sow with a view to righteousness, Reap in accordance with **kindness**; Break up your fallow ground, For it is time to seek the LORD Until He comes to rain righteousness on you.*" Christians "sow" good works for the sake of the glory of God and His kingdom. So, even if an act of kindness is completely spontaneous and random, our intent makes all the difference in the world.

The variety and number of good works you can perform are limited only by your imagination and commitment to obey God's command to love (or show) kindness as Micah states in Micah 6:8 "*He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love **kindness**, And to walk humbly with your God?*"

The Spiritual Life Committee challenges you this Thanksgiving season to do as many acts of kindness as you possibly can. You have one week to complete the challenge. Next Sunday, take a paper animal from the table downstairs next to the kitchen and write your act of kindness on it. If you don't feel comfortable sharing what you did, please just write your name or initials on it. Please pick an animal for each act you completed and put it in our ARK. We will create a banner of all our kind acts and use them to decorate for our various Thanksgiving dinners.

So, jump in and experience the power of Kindness! Anytime. Anywhere. Anyway. YOU decide what kindness looks like. Be creative and be you! No act is too small (or too big).

Let's do what we can, right now, today! You *can* be the change you want to see. Let's do what we can, together.

Here are some ideas to help you perform an
Act of Random [or not so random;)]Kindness
(ARK)

1. PRAY!! (for family, friends, military service people . . .)
2. Tweet or Facebook compliment to three people right now.
3. While you're out, compliment a parent on how well-behaved their child is.
4. Don't write the angry internet comment you're thinking of writing.
5. When everyone around you is gossiping about someone, be the one to cut in with something nice.
6. Cook a meal or do a load of laundry for a friend who just had a baby or is going through a difficult time.
7. If you walk by a car with an expired parking meter, put a quarter in it.
8. Put your phone away.
9. Hang out with the person who just moved to town.
10. Offer a homeless person your leftovers bag from the restaurant.
11. Each time you get a new piece of clothing, donate an old one.
12. Don't interrupt when someone else is speaking. (Surprisingly few people master this.)
13. Email or write an old teacher who made a difference in your life.
14. Compliment someone to their boss.
15. Leave a nice server the biggest tip you can afford.
16. Smile at someone on the street, just because.
17. Let someone into your lane. They're probably in a rush just like you.
18. Forgive someone, and never bring up the issue again.
19. Talk to the shy person who's sitting by themselves at a party.
20. Leave your newspaper or magazine behind for someone else to read at the coffee shop, the doctor's office, or on a plane.
21. Cut someone some slack.
22. Help a mother with her baby stroller.
23. Become a Big Brother or Big Sister.
24. Let the person behind you at the supermarket checkout with one or two items go ahead of you.
25. Write someone a letter. Like a real letter, on paper. And mail it!
26. Give away stuff for free on Craigslist.

27. Give someone a book you think they'd like.
28. Be the person who puts a tip in the tip jar at the coffee shop. (Fewer people tip than you'd think!)
29. When you go somewhere to get or do something, ask the people around you if you can pick up anything they need.
30. Give someone a hug.
31. Call your grandparents. Call them!
32. Donate your old eyeglasses so someone else can use them.
33. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
34. Write something nice on that person's updates who posts on Facebook constantly. They're probably lonely.
35. Sincerely compliment your boss, who probably doesn't often get feedback from his/her reports.
36. Let them have the parking space.
37. Relay an overheard compliment.
38. Volunteer to read to kids at an after-school program.
39. Try to make sure every person in a group conversation feels included.
40. Stop to talk to a homeless person.
41. Answer that email you've been avoiding.
42. Pay the toll for the person behind you.
43. Play board games with senior citizens at a nursing home. Sixty percent of them will never have a visitor during their stay.
44. Give someone a tissue who's crying in the public, and offer to talk about it, but only if they want to.
45. Listen intently.
46. Babysit for an overworked mom for free.
47. Compliment someone in front of others.
48. Hold the elevator.
49. Text, call or email that person you're afraid to talk to because you don't want to "bother them." They're probably thinking the same thing about others!
50. Remind yourself that everyone is fighting their own struggles.
51. Leave some extra quarters in the laundry room.
- 52.. Write someone you love a list of things you love about them.

53. Empathize.
54. Say thank you to a custodian.
55. Talk to someone at work or church whom you haven't talked to before or don't talk to very often.
56. Frame your friend's favorite lyric or quote and give it to them with a nice note.
57. Send dessert to another table.
58. Text someone just to say good morning or good night.
59. Help your elderly neighbor take out the trash or mow their lawn.
60. Give up your seat to someone (anyone!) on the bus or subway.
61. Tell your siblings how much you appreciate them.
62. Bring a security guard a hot cup of coffee.
63. Purchase some extra dog or cat food and drop it off at an animal shelter.
64. If you're a good photographer, take photos of your friends and make them into a digital album.
65. Smile when you feel like scowling.
66. Wash someone's car.
67. Dog or cat sit for free.
68. Make two lunches and give one away.
69. Say yes at the store when the cashier asks if you want to donate \$1 to whichever cause.
70. Be encouraging!
71. Help someone struggling with heavy bags.
72. Take all your change to Coinstar and donate your collection to charity.
73. Give your friend a hug, touch their arm, or pat them on the back. So many of us are starved for human touch!
74. Give someone the benefit of the doubt.
75. Be kind to the customer service rep on the phone. It's not their fault.
76. Do the dishes even if it's not your turn.
77. Give someone the rest of your pack of gum.
78. Be patient.
79. Clean someone's windshield.
80. Every night before you go to bed, think of three things you're grateful for.
81. Make plans with that person you've been putting off seeing.
82. Call your mom.
83. Offer to return a shopping cart to the store for someone loading groceries in their car.
84. Befriend the lonely person
85. Introduce yourself to your neighbors

86. Compliment a stranger
87. Donate your talents
88. Send paper thank you notes
89. Hold your tongue - Pause before speaking or writing when you are mad, agitated or doubtful
90. Be thoughtful- Did your co-worker have a bad day today? Bring her a coffee tomorrow morning.
91. Hold the door open for someone
92. Give freely- Go through your things and give freely to those in need
93. Have a shirt that your friend always compliments you on? Why not give it to her?
94. Offer to get groceries for your friend or relative who has a broken leg or other mobility problem
95. Make extra copies of photos and send them to the people who are in the images
96. Give warm clothes, shoes, and boots to the homeless
97. Help someone whose car has broken down
98. Reach out to a person who has made a difference in your life
99. Send a care package to a soldier
100. Listen when no one else wants to
101. Be patient
102. Try to find goodness in the person you don't like
103. Let it go (You know what "it" is!!)
104. Be someone's cheerleader
105. Already sweeping leaves or shoveling the snow off your sidewalk? - Do your neighbors sidewalk too.
106. Do nice things and don't tell anyone about it
107. Give chocolate generously and *often*;))
108. Bake a cake for the birthday person
109. Don't complain
110. Be the eternal optimist of the group
111. Recognize the good in others
112. Look for the best in the situation
113. Share - Even if you don't really want to
114. Do the task no one else wants to do
115. Create a happy book - Gather all your good memories and thoughts into 1 spot
116. Keep a pen on hand - Lend it to people when needed
117. Don't leave others waiting for you - Be on time
118. Be understanding - Assume the best in others. If someone is running late or has called in sick don't assume they're trying to get out of something.
119. Go to your friends art opening
120. Spread the word - If you know someone who takes pictures, paints interiors, is a super nanny, a wonderful accountant, etc. Let others know. People who work for themselves *need* word of mouth referrals more than anyone else.
121. Be inviting - Ask people to do something with you
121. Participate - The people who organize events always worry that no one will take part. That ugly sweater contest or bake-off *needs* you!
122. Respond timely - Even if you have to say, "Hey, just wanted to let you know I got your email and I'll get right back to you." People like to know they're not being ignored.
123. Don't leave people hanging - If you're not into something someone suggests just tell them so (especially in a professional or work-related situation - don't act like they're a date that you want

to stand-up/avoid- not professional or cool, at all. Be kind.)

124. Lend your expertise - Know intellectual property law? Help out a friend who really needs that assist.

125. Give CD's to your friends that have your favorite songs on them

126. Don't let your friends (or co-workers or acquaintances) be alone on the holidays

127. Listen to someone's life story - Yes, the *whole* thing

128. Be friendly on public transportation

129. Keep your bad attitude to yourself

130. Decorate for the holidays

131. Be happy for others

132. Be super enthusiastic when people have good news!

133. Don't butt-in or give advice when you're not asked for it - Have confidence in others; trust that they are fully capable of being in charge of their own lives.

134. Mind your own business

135. Selflessly help (and promote) others

136. Give a glowing recommendation

137. Tell the person who is looking for a job when you hear about an opening

138. Know that someone was Valedictorian, Homecoming Queen, or Prom King in high school? Tell others because they can't tell people themselves (without it sounding like they're bragging)

139. Call your in-laws

140. Help people out who might be feeling awkward

141. Generously give your knowledge

142. Have you discovered something that has changed your life? - Share what you know and inspire others to change their lives too

143. Buy a small gift for someone. Just because.

144. Spend a few minutes on Free Rice, a United Nations Food Program that will donate rice to hungry people when you interact with the web site. By the way, this is made possible through corporate sponsors.

145. Invite someone to dinner – especially at the holidays, when it is difficult for some people to be alone.

146. Get an email address for your kids or grand kids and send them memories, achievements, awards, etc. Give them the address at 18.

147. Follow up.

148. Be kind to yourself - Make peace with your past mistakes. Use that knowledge to help others who might be going through the same thing.

149. When you hear that negative, discouraging voice in your head, remember to *leave yourself alone* — you deserve kindness too!

150. Spread the goodness - Let others know you are on a mission to spread kindness and they will be inspired to do the same.

Bible Verses about KINDNESS

Ephesians 4:32 - Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

Hebrews 6:10 - For God is not unjust so as to forget your work and the love which you have shown toward His name, in having ministered and in still ministering to the saints.

Romans 2:4 - Or do you think lightly of the riches of His kindness and tolerance and patience, not knowing that the kindness of God leads you to repentance?

Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Luke 6:35 - "But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for He Himself is kind to ungrateful and evil men.

Colossians 3:12 – So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;

Proverbs 3:3 - Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.

Micah 6:8 - He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God?

Romans 8:28 - And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

Hebrews 13:2 - Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it.

Ephesians 2:8-10 - For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, so that no one may boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Romans 12:10 - Be devoted to one another in brotherly love; give preference to one another in honor;

Proverbs 16:24 - Kind words are like honey— sweet to the soul and healthy for the body.