Kindness

How can you help other people more?
Do you notice when other people need help?

We show kindness when we put other people before ourselves. We can all make a difference to the people around us, by being kind with our actions, words and thoughts.

'Anxiety weighs down the heart, but a kind word cheers it up.' Proverbs 12v25

If you would like to, take a challenge from the jar. Read it but keep it a secret, you could reflect or pray about it. See if you can complete that challenge and help others. Keep the slip of paper as a reminder of how you can help others.