



## Spread kindness and make a difference.

Does this fill you with fear? I hope not. I am sure that you like it when someone is kind enough to help you. If you are out shopping and the item you want is out of your reach, then someone gets it for you, I expect you feel relieved and very grateful, hopefully you will say thank you. If you are a student at school and you are struggling with some work, you will feel very relieved when one of your fellow students helps you with the work and increases your understanding.

Kindness takes many forms, from smaller things like opening a door for someone, helping someone carry something heavy, to bigger things like getting extra help from the emergency services when required. It could be keeping someone company till a friend or family member arrives.

Kindness could be just saying hello to someone you pass in the street, you may be the first person they have spoken to that day. Kindness is usually free to give, takes a small amount of your time, but makes a big difference to the person who receives it.

While Jesus was on earth, he showed God's kindness in the way that he acted and spoke. He always made time for people. He went and spoke to people, who society at the time, had decided should be kept out of the way. Jesus helped as many people as he could. Jesus set us an example of how to live a kind life to others. This is sometimes referred to as shining God's light to those around us.

As Christians we are challenged by God to show kindness and light to all those around us and follow the example that Jesus set. To remind us of that, we gather at Stanground Baptist Church each week to learn more and to pray for God's light to shine through us. You are welcome to join us for our services, for our other activities. Please see our website for details

[www.stangroundbaptistchurch.org.uk](http://www.stangroundbaptistchurch.org.uk)

A special blessing for all who read this.

May the light of God's love shine in your life this week, so that you have more than enough to share with others.

