

Chuck Swindoll writes:

AS GANDHI STEPPED ABOARD A TRAIN one day, one of his shoes slipped off and landed on the track. He was unable to retrieve it as the train was moving. To the amazement of his companions, Gandhi calmly took off his other shoe and threw it back along the track to land close to the first. Asked by a fellow passenger why he did so, Gandhi smiled. "The poor man who finds the shoe lying on the track," he replied, "will now have a pair he can use."

Here are a few texts that will remind us of God's view of kindness and compassion.

(Prov 25:21-22 NIV) If your enemy is hungry, give him food to eat. . . . In doing this, you will heap burning coals on his head.

(Eccl 11:1 NIV) Cast your bread upon the waters, for after many days you will find it again.

(Mat 7:12 NIV) So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

(1 Cor 13:4 NIV) Love is kind.

(Gal 6:10 NIV) Let us do good to all people.

(1 Pet 3:8-9 NIV) Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

**Other terms for kindness: Gentle, thoughtful, understanding, helpful, friendly, loving.**

## One Last Thought. . . .

*This was the fruit that God desired from His people. In the purity of their characters, in the holiness of their lives, in their mercy and loving-kindness and compassion, they were to show that "the law of the Lord is perfect, converting the soul." Ps. 19:7. {Ellen G. White, Christ Object Lessons , p. 285}*



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## Christian Values Your Kid Should Know



## Kindness and Compassion<sup>1</sup>

<sup>1</sup> Based on the book "10 Christian Values Every Kid Should Know," by Dr. Donna Habenicht. Review & Herald

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Eph 4:32 NIV*

The family plays the major role in helping children develop kindness and compassion. The early childhood years are the critical time for the family's input.

- 1. Communicate deep disapproval for hurting people or animals.**
- 2. Help children understand how other people feel.**
- 3. Set an example of how to be caring toward others.**
- 4. Promote a positive view of people.**
- 5. Give children many opportunities to help.**
- 6. Encourage children to think of themselves as helpful, caring people.**
- 7. Counteract children's natural inclinations to selfishness.**
- 8. Get your family involved in helping projects on a regular basis.**

## FAMILY ACTIVITIES

- 1. Join a volunteer group**
- 2. Make Good-cheer visits** to the elderly, sick, or shut-ins. Take flowers, books, tapes, food, or pictures your children have made.

**3. Make scrapbooks** for children's hospital wards and deliver them if possible.

**4. Make or buy toys** for hospital wards – deliver if possible.

**5. Make or buy toys** for a needy family. Deliver them. Get to know the family.

**6. Share toys** with other family in need.

**7. Sort and give away outgrown clothes.** Help pack boxes for relief organizations.

**8. Invite a needy family** for Thanksgiving or New Year's dinner.

**9. Take a loaf of homemade bread** or jam to the people on your block.

**10. Collect canned goods** at Halloween and give to a needy family – visit them.

**11. Help the elderly, the disabled or sick, or a single parent** in your neighborhood or church. Paint, rake leaves, shovel snow, mow grass, get the mail, get groceries, fix the roof, fix the fence, mend clothes. Accept no pay. . . . this is a love gift.

**12. Correspond with a missionary.** Send things they need.

**13. Sacrifice candy for a month** and save money for one of the above projects.

**14. Help an isolated child at school.**

**15. Stand up for a classmate** who is being ridiculed or teased. Make this child your family's special project.

**16. Help with a local soup kitchen.**

**17. Collect Food and clothes** for the homeless. Help distribute these items.

## ADDITIONAL MATERIALS

The Lion and the Mouse, by *Aesop*

Here is one of the oldest and best-loved stories of kindness paid and repaid. From it we learn that compassion lies within the power of both the mighty and the meek. Kindness is not a feeble virtue.

One day a great lion lay asleep in the sunshine. A little mouse ran across his paw and wakened him. The great lion was just going to eat him up when the little mouse cried, "Oh, please, let me go, sir. Some day I may help you."

The lion laughed at the thought that the little mouse could be of any use to him. But he was a good-natured lion, and he set the mouse free.

Not long after, the lion was caught in a net. He tugged and pulled with all his might, but the ropes were too strong. Then he roared loudly. The little mouse heard him, and ran to the spot.

"Be still, dear Lion, and I will set you free. I will gnaw the ropes.

With his sharp little teeth, the mouse cut the ropes, and the lion came out of the net.

"You laughed at me once," said the mouse. "You thought I was too little to do you a good turn. But see, you owe your life to a poor little mouse."

Bestowing compassion is like offering most other gifts. Often it's the thought that counts.

