



“Be kind and compassionate to one another.”  
— Ephesians 4:32

## **DEVOTION:**

Kindness is one of the simplest virtues—and one of the hardest to practice consistently. It asks us to pause when we want to react, to soften when we want to harden, and to see people not as obstacles but as souls carrying their own unseen burdens. Kindness doesn’t always look dramatic. Often, it shows up in small choices: a patient response, a listening ear, a forgiving heart.

Jesus modeled kindness not just in words, but in presence. He noticed the overlooked, touched the untouchable, and spoke gently to the broken. His kindness didn’t ignore truth, but it wrapped truth in love.

When we choose kindness, we become a reflection of God’s grace to the world around us. Even when it goes unnoticed, kindness plants seeds that can grow in ways we may never see.

### **Prayer:**

Lord, soften my heart today. Help me to choose kindness in my words, my thoughts, and my actions—especially when it feels undeserved. Teach me to see others the way You see them, and let my life reflect Your gentle love. Amen.

### **Practice for Today:**

Do one intentional act of kindness—quietly, without expecting recognition.