

## Reflecting on God's Kindness

The Bible is full of stories of in which Jesus acts with kindness.; where we find Jesus touching lives and making differences Jesus seems to wrap people in a blanket of kindness as he speaks of love, joy and healing.

In Matthew 8:1-4 we hear how one day as Jesus makes his way down a mountainside, a leprous man comes and kneels before Him. He asks to be made clean and Jesus touches him. And just like that; he is made clean!

Jesus touches the untouchable. In one touch, the man is not just healed but Jesus gives him a new status in life. Through the kindness of Jesus, he is no longer an outcast but can give and feel the touch of family and friends again. We don't know how long it had been since he had felt that touch but maybe these past few months have taught us a little of what being able to hug them might mean to him.

On another occasion (Luke19:1-10) Jesus calls Zacchaeus the tax collector down from the tree to speak with him and then invites himself to stay at his house! Zacchaeus could hardly believe it and he wasn't the only one; tax collectors were despised by all of Jewish society and the outcasts in temples and synagogues.

What I like about this story is that because of the kindness of Jesus, he accepts Zacchaeus as he is and maybe because of this unconditional acceptance, Zacchaeus acts kindly himself, "I will give half my possessions to the poor", he says. "If I have taken too much from anyone, I will give back four times as much." It is amazing what can happen when we feel God's blanket of kindness surround us.

These two stories demonstrate the power of kindness and its influence on two people's lives. Jesus shows that if we step outside of our lives and create acts of kindness to, we can make the world a better place.

Desmond Tutu was a great advocate for kindness, He said, "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

Even small things like a wave to a neighbour from the window can lift their spirits and give them a brighter day.

Can you recall a time somebody was kind to you? How did it make you feel?

Now think of a time you were kind to another person. Call to mind their reaction and how you responded.

Move into your heart and notice the feelings there. If you feel able talk to God about those feelings.

