



She opens
HER ARMS
TO THE POOR
AND EXTENDS HER
HANDS TO
THE NEEDY.

PROVERBS 31:20

CHAPTER 3

She is Kind



SCRIPTURE FOCUS: LUKE 10:25-37, MATT. 25:31-45

Kindness—a timeless virtue that never goes out of style. It can warm a heart, mend a fence, and put a smile on the face of the grumpiest soul. It's contagious in that it has the power to cause a ripple effect of positivity and compassion. Kindness has the power to brighten someone's day, lift their spirits, and perhaps, even change their outlook on life.

There's something undeniably satisfying about lending a helping hand to someone in need. Maybe it's the warm fuzzy feeling you get inside, or perhaps it's the fact that you get to be a part of their story even if only just for a moment. But it's not always easy to reach out and help. Sometimes, kindness calls us to sacrifice. Other days, it requires us to step out of our comfort zone to be of help in unfamiliar ways. In any case, there's always an opportunity to make a difference in somebody's life.

The virtue of kindness is exemplified throughout the Bible, from the Good Samaritan to the widow who gave the little she had. In a

self-centered world with a focus on "me," kindness is a beacon of light. As Christians, we're called to let our light shine as we embody the love and compassion of Christ. By giving hope and joy to others around us, we honor and glorify God.

The Bible says,

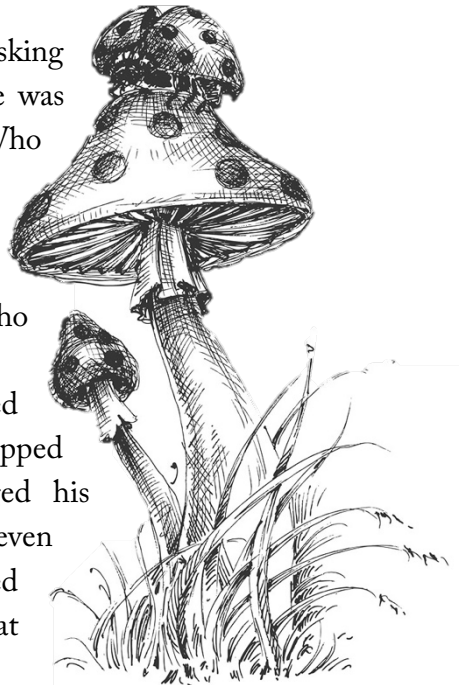
*"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
(Matthew 5:16)*

SHE IS A GOOD SAMARITAN

The story of the Good Samaritan is a powerful illustration of Christ's love and compassion for humanity. It challenges us to examine our own attitudes towards others and asks us to consider what it means to be a neighbor.

It starts off with an expert in the law asking Jesus a question. The Bible tells us that he was hoping to justify himself when he asked, "Who is my neighbor?" Instead of defining who his neighbor was, Jesus responded with a story about a man who was left for dead on the side of the road and the unexpected person who came to his rescue.

The Samaritan, a member of a despised and rejected group, was the only one who stopped to help the wounded man. He bandaged his wounds, poured oil and wine on him, and even paid for his care. In doing so, he demonstrated the kind of compassion and generosity that



Jesus Himself embodied throughout his life and ministry.

The parable teaches us that being a good neighbor is not just a duty. It's a demonstration of love and compassion to others. It reminds us to go the extra mile to show kindness and love. To be generous with both our time and our money, and to reach out to those who are different from us, in the same way we would reach out to family and friends.

As Jesus begins to explain the parable, we see His redemptive work and character unfolding in the details of the story.

Below is a list of scriptures describing the redemptive work of Christ. Under each verse, identify which part of the parable from Luke 10:25-37 represents the character and kindness of Christ:

Luke 19:10, "The Son of man is come to seek and to save that which was lost."

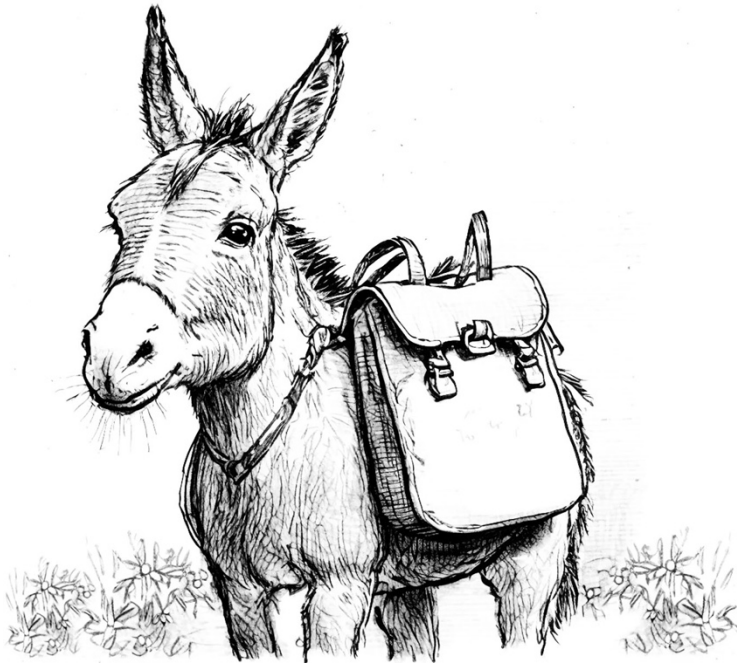
Isaiah 53:3, "He was despised and rejected by men."

Psalm 147:3 "He heals the broken-hearted and binds up their wounds."

Ephesians 5:18, "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

1 Corinthians 6:20, "You were bought at a price. Therefore honor God with your bodies."

Revelation 22:12, "Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done."



The parable challenges us to live beyond ourselves as we consider the needs of those around us, while it calls us to imitate the life and example of Jesus, who loved us and gave himself up for us.

SHE IS HOSPITABLE

When I look at the words of Proverbs 31:20, I see a two-fold message of kindness:

1. She opens her arms to the poor.
2. She extends her hands to the needy.

In the first part of the verse, we see a woman with open arms, and I have no doubt that they're open because she is welcoming. Throughout scripture, the Bible tells us to be hospitable, to share with others, and to welcome people into our homes.

1 Peter 4:8-9 points out the importance of hospitality when he says,

"Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling."

If we are the body of Christ, our arms need to be open, and our hands need to be reaching. And so, while she's welcoming people into her home and into her heart, she's also making an effort to extend her hand beyond her circle of family and friends. What a beautiful picture of kindness and generosity! This woman doesn't just talk about helping others, she actually takes action to make a difference in their lives.



There's a popular quote that says, "You may be the only Bible some people read." It's true in a sense, and so, it's important that we examine ourselves to see what message we're sending out. Are we reaching out to others as Christ reached out to us? Are we extending grace to those who are difficult, undeserving, unkind...? Or are we so caught up in our own worlds that we don't notice others?

You may be thinking, "But I don't have much to give. How can I make a difference?" The truth is that we all have something to give. It may be our time, our talents, or even a kind word or a listening ear.

When we open our arms to the poor and stretch out our hands to the needy, we're showing others that they're not alone in their struggles. And by spreading the goodness of God we're showing others that they're valued and loved.

What does 1 Peter 4:10 say? Write the verse here:

SHE REACHES OUT

So, how can you open your arms and stretch out your hands? Of course, there are obvious ways we can help, like volunteering at a soup kitchen or donating to a charity, but I want to remind you that small acts of kindness make a big difference too.

The year after my father died, the neighbors gave a gift to my mom on Valentine's Day. It wasn't much really, just five homemade chocolates wrapped in a pretty, red box. What they didn't know is how desperately Mom needed their kindness that day. They didn't know that she had been crying in the kitchen while she baked her bread, or that every year before his death, my dad bought mom a heart-shaped box of chocolates for Valentine's Day. They didn't know how much this small act of kindness would mean to this

woman who was feeling the sting of being alone. All they did was stretch out their hands to the needy, and God did the rest.

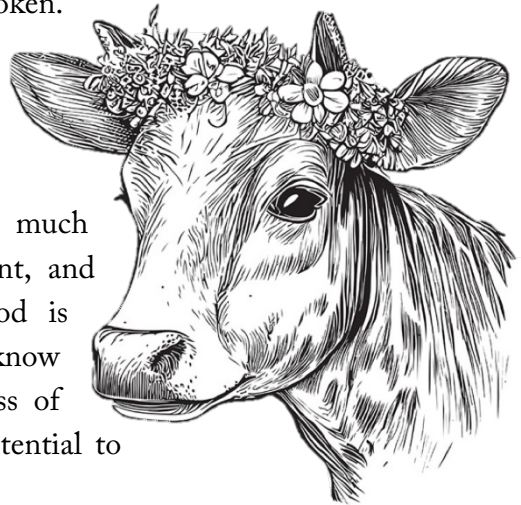
Small acts of kindness can go a long way in brightening someone's day. Whether it's a simple smile or some garden flowers on a cloudy day, acts of kindness make a difference in the world. And so, I want to encourage you to do something that stretches you outside of your comfort zone and helps you connect with others in your community. Do something every week or every day that makes a difference in someone's life. Keep your eyes open to God's leading and your heart open to receive those in need. If you're looking for ideas, I have a few here, but of course there are countless others you might think of on your own:

1. Donate clothing or other items to a local thrift store or charity.
2. Invite a neighbor or friend who may be struggling to make ends meet over for a home-cooked meal.
3. Offer to drive someone to a doctor's appointment or other important appointment.
4. Write a letter or make a phone call to someone who may be feeling lonely or isolated.
5. Pay for the person behind you in a drive-through line-up
6. Offer to babysit for a single parent who may need a break.
7. Donate blood to a local blood bank or organize a blood drive in your community.
8. Offer to walk a neighbor's dog or pet-sit for someone who is going out of town.
9. Donate non-perishable food items to a local food bank or shelter.

10. Offer to help a neighbor with household chores or errands, especially if they are elderly or disabled.
11. Volunteer at a local community center or organization that helps those in need.
12. Host a fundraiser or donate to a charity that supports a cause you care about.
13. Deliver a meal to a family or individual who may be going through a difficult time.

People are hurting. People are broken.
People are lonely. One small act of kindness can greatly affect another. It's not the size of the gift that matters; it's simply the gift.

Perhaps you don't know how much your neighbor needs encouragement, and maybe you don't know what God is calling you to do. I don't. But I do know that any act of kindness, regardless of how small it might be, has the potential to speak volumes in the life of another.



"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you? '

The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' (Matthew 25:34-40)

Can you think of a time when someone's small act of kindness had an impact on you?

The P31 Challenge

Can you think of a situation where you found it challenging to be kind to a difficult person? Is there anything you could have done differently?

Reflect on how you can incorporate small acts of kindness into your interactions with others throughout the week. Write down any ideas you might have.
