

The logo for 'The Kindness Project' is centered on a white circle. The word 'THE' is at the top in a small, dark blue, sans-serif font. The word 'Kindness' is in the middle in a large, dark blue, cursive script font. The word 'PROJECT' is at the bottom in a small, dark blue, sans-serif font. The background is a solid olive green with white wavy lines on the left and right sides.

THE
Kindness
PROJECT

Ready, Set, Change

SIX KINDS OF KINDNESS

- Passive
- Permissive
- Proximate
- Promotional
- Plentiful
- Powerful

PASSIVE
forgiveness

“I withhold hostility.”

Genesis 19:19 | **Your servant has found favor in your eyes, and you have shown great kindness to me in sparing my life. But I can't flee to the mountains; this disaster will overtake me, and I'll die.**

1 Samuel 20:14 | **But show me unfailing kindness like the Lord's kindness as long as I live, so that I may not be killed...**



PERMISSIVE

hospitality

“I welcome you in.”

Ruth 1:7-8 | With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah.

Then Naomi said to her two daughters-in-law, “Go back, each of you, to your mother’s home. May the Lord show you kindness, as you have shown kindness to your dead husbands and to me.

1 Samuel 15:6 | **Then he said to the Kenites,
“Go away, leave the Amalekites so that I do not
destroy you along with them; for you showed
kindness to all the Israelites when they came up
out of Egypt.” So the Kenites moved away from
the Amalekites.**

PROXIMATE

blessing

“I value everyone attached to you.”

2 Samuel 9:3-7 | The king asked, “Is there no one still alive from the house of Saul to whom I can show God’s kindness?” Ziba answered the king, “There is still a son of Jonathan; he is lame in both feet.”

“Where is he?” the king asked. Ziba answered, “He is at the house of Makir son of Ammiel in Lo Debar.” So King David had him brought from Lo Debar, from the house of Makir son of Ammiel.

When Mephibosheth son of Jonathan, the son of Saul, came to David, he bowed down to pay him honor. David said, “Mephibosheth!”

“At your service,” he replied. “Don’t be afraid,” David said to him, “for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.”

PROMOTIONAL

advocate

“I advocate for your wellbeing.”

Genesis 40:14 | **But when all goes well with you, remember me and show me kindness; mention me to Pharaoh and get me out of this prison.**

PLENTIFUL
generosity

“I share out of my abundance with you.”

Ruth 2:19-20 | Her mother-in-law asked her, **“Where did you glean today? Where did you work? Blessed be the man who took notice of you!”** Then Ruth told her mother-in-law about the one at whose place she had been working. **“The name of the man I worked with today is Boaz,”** she said.

“The Lord bless him!” Naomi said to her daughter-in-law. **“He has not stopped showing his kindness to the living and the dead.”** She added, **“That man is our close relative; he is one of our guardian-redeemers.”**

POWERFUL

healing

“I pray for God’s power to be at work in you.”

Acts 3:1-8 | One day Peter and John were going up to the temple at the time of prayer—at three in the afternoon. Now a man who was lame from birth was being carried to the temple gate called Beautiful, where he was put every day to beg from those going into the temple courts. When he saw Peter and John about to enter, he asked them for money. Peter looked straight at him, as did John. Then Peter said, “Look at us!” So the man gave them his attention, expecting to get something from them.

Then Peter said, “Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk.” Taking him by the right hand, he helped him up, and instantly the man’s feet and ankles became strong. He jumped to his feet and began to walk. Then he went with them into the temple courts, walking and jumping, and praising God.

Acts 4:9 | **If we are being called to account today for an act of kindness shown to a man who was lame and are being asked how he was healed, then know this, you and all the people of Israel: It is by the name of Jesus Christ of Nazareth, whom you crucified but whom God raised from the dead, that this man stand before you healed.**

Central

30 DAYS OF
Kindness
HOPE + LIFE TO ALL

GRAB YOUR TRACKER

CENTRALHOLLAND.ORG/KINDNESS

11/1 SUN		
Central 30 DAYS OF <i>Kindness</i> HOPE + LIFE TO ALL Person _____ Accountability Partner _____		NAME OF TARGET: _____ Day 1 - Eliminate Negativity Offer Understanding Today, listen to your person. Show empathy towards anything that frustrated them. Say things like "I'm sorry you had a rough day", or "I bet that frustrated you" if they are unwilling to share with you, simply say: "I was thinking about you today, I appreciate you". Provide no corrective dialogue. Reflection _____ _____ ☐ CHECK IF COMPLETED
11/2 MON	11/3 TUE	
NAME OF TARGET: _____ Day 2 - Practice Positivity Communicate Praise Compliment something your person did or said recently. Anything praiseworthy, anything honorable, anything that presents itself as an opportunity to show you noticed and you care. Reflection _____ _____ ☐ CHECK IF COMPLETED	NAME OF TARGET: _____ Day 3 - Do an Act of Kindness! Share the Load Identify a task, chore, or activity that your person dislikes doing. What is key is to help with a cheerful attitude and no expectation. Offer to pick up something from the store, clean something they have been putting off, simply offer your assistance. Do an act of kindness, and don't use it as a point in your column. Reflection _____ _____ ☐ CHECK IF COMPLETED	

*Quests based on content found in David Furbush's book The 30-Day Kindness Challenge