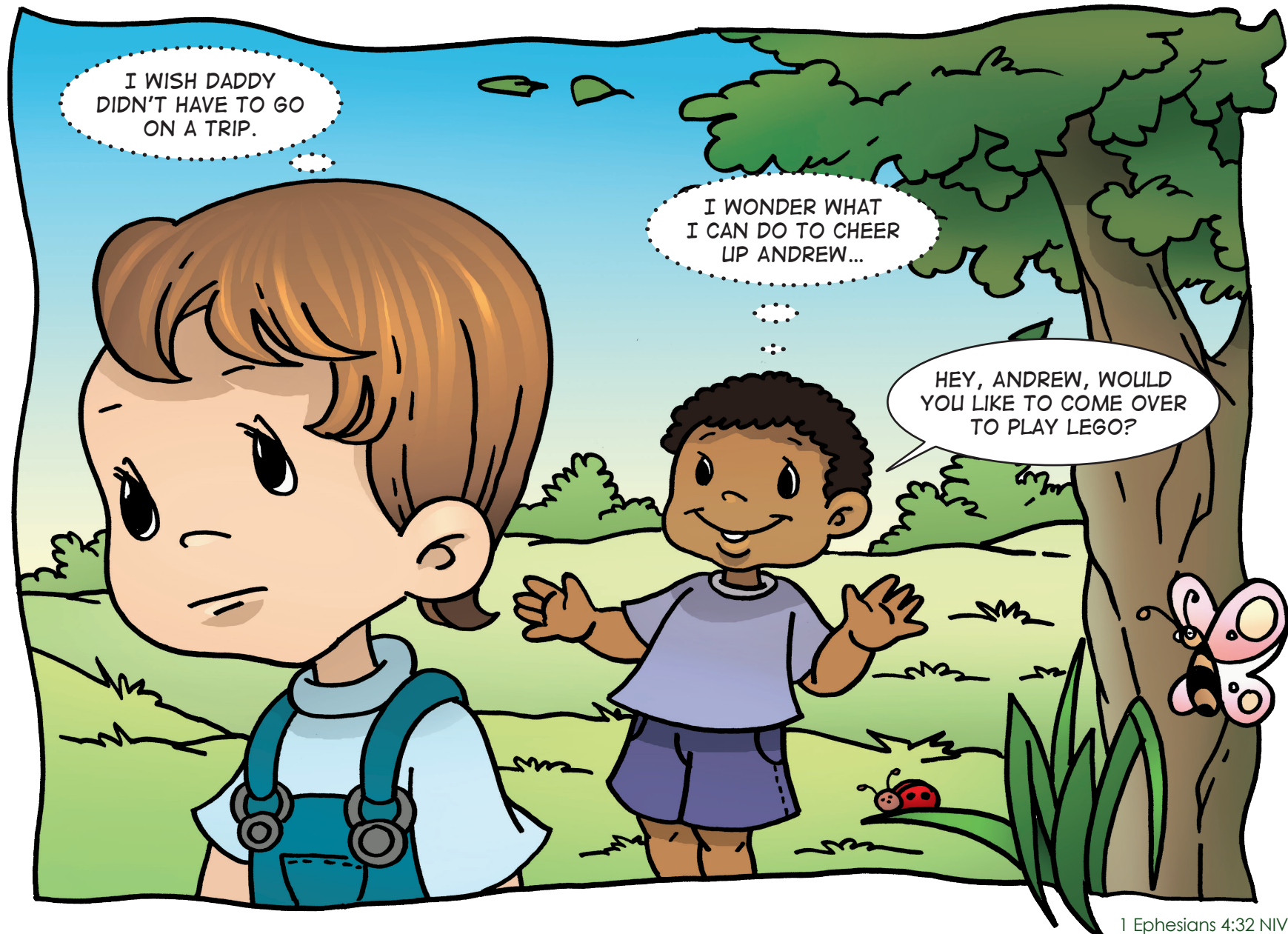


BE KIND AND COMPASSIONATE

The Bible tells us to “be kind and compassionate to one another”¹ as Jesus is with His children. Being kind and compassionate does not mean that you have to make a big demonstration of caring for someone else. Sometimes the best way to show kindness is in the little ways.

For example, if you see a friend is feeling sad or having a rough day, you can show compassion by looking for a way to cheer up your friend. Saying a kind or encouraging word can help to make someone feel better. Or inviting your friend to do something fun with you so that they do not dwell on the sadness they feel. This is being compassionate.



Another way you can show kindness is by remembering to do the things that you are meant to do. Listening to your parents and teachers and following through on their instructions shows respect and kindness.

Sometimes those instructions are not what you would like to do at the time, but remember that you are building good habits that will help you throughout your life. You are also being kind when you pay attention to the instruction you are given.

When you are kind and compassionate to others, you are reflecting Jesus. You are following in Jesus' footsteps when you show kindness and compassion to others, just as He would show you.

"All people will know that you are my followers if you love each other" (John 13:35 ICB).

