



DAY 32: KINDNESS

Proverbs 31:26 (KJV)

She openeth her mouth with wisdom;
and in her tongue is the law of kindness.

DAY 32 MORNING PRAYER:

Psalm 67

May God be gracious to us and bless us and make his face shine on us.

¹ May God be gracious to us and bless us
and make his face shine on us—

² so that your ways may be known on earth,
your salvation among all nations.

May God be gracious to us and bless us and make his face shine on us.

³ May the peoples praise you, God;
may all the peoples praise you.

⁴ May the nations be glad and sing for joy,
for you rule the peoples with equity
and guide the nations of the earth.

May God be gracious to us and bless us and make his face shine on us.

⁵ May the peoples praise you, God;
may all the peoples praise you.

⁶ The land yields its harvest;
God, our God, blesses us.

May God be gracious to us and bless us and make his face shine on us.

⁷ May God bless us still,
so that all the ends of the earth will fear him.

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever.**

Amen.

May God be gracious to us and bless us and make his face shine on us.

MEDITATION

KINDNESS IS WHAT YOU ARE SEEKING IN OTHERS AND WHAT OTHERS WANT YOU TO BE FOR THEM, HEART OF MY LONGING.

When it comes down to it, when considering relationships there is one thing that is an initial reaction to which you respond as to whether you will continue in a relationship with the other. It is a base need. It is the need for kindness. Kindness is not an idea. It is an experience of the other which is either there or it is not. Kindness makes room for the other in one's life, spending the time and the investment of self to be there with the other; it looks to make sure that one is not doing something to outright offend the other, and if it does offend, kindness moves one to ask for forgiveness; and kindness anticipates the needs of the other, looking for ways, if one can, to meet those needs. Kindness looks for the opportunity to speak well of the other, helping others to see how amazing is the one of who you are speaking. Kindness is always looking for the best interest of the other. Kindness looks for the good in the other and highlights that good. Kindness is not something you should lightly dismiss when you do not receive it in a relationship. Pay attention to its presence or its absence.

I give you all you need, My friend, to be kind. No matter what the person is like before you, you can always respond with their best interest in mind, which is kindness. It brings Me great delight when I meet a soul that is kind, for that soul is being like Us, the Trinity. We are kind. We are always making room for the other in our time and consideration. We are always anticipating your need and have many ways that we can help meet that need. There is not one conversation which the Father, Jesus, and I have had about you that does not speak of the good that we see in you and how we are ready to help you to grow in goodness. Because we are this way, we invite you into our way, supplying all that you need to be the kindest person someone will meet. How's that for a reputation?

When another person is devoid or short of kindness it is natural for us to move away from being in relationship with the other. We might not denounce them, but we find ourselves keeping distance. Why? Because kindness is a basic need of a righteous relationship.

JOURNAL EXERCISE:

Who is an extremely kind person who you know? What about them tems you that they are kind?

When you read the meditation, what made you stop and think differently or more deeply about kindness?

Write a prayer to the Holy Spirit asking for the grace to grow in kindness. Is there anyone for which you need to ask for the grace to be more kind to?

Spiritual Exercise

Throughout the day make it your constant aim to pray the Declaration for the Day.

Try to memorize the scripture for today.

With whom can you share today's experience with the Holy Spirit?

DECLARATION FOR DAY 32:

Throughout the day come back to this prayer and pray it from your heart.

Every day I am growing to be more kind
like the Holy Spirit.



DAY 32 EVENING PRAYER:

Proverbs 31:26 (KJV)

She openeth her mouth with wisdom; and in her tongue is the law of kindness.

Prayer to the Holy Spirit

Holy Spirit,
You are the Third Person of the Blessed Trinity.
You are the Spirit of truth, love and holiness,
proceeding from the Father and the Son,
and equal to Them in all things.

I adore You and love You with all my heart.
Teach me to know and to seek God,
by whom and for whom I was created.
Fill my heart with a holy fear and a great love for Him.
Give me compunction and patience,
and do not let me fall into sin.

REVIEW OF DAY:

What sticks out to you from today's encounter with the Holy Spirit?

How do you think today's encounter with the Holy Spirit will affect your life?

With whom did you share today's encounter? How did they respond?

Prayer of Cardinal Mercier to the Holy Spirit

O Holy Spirit
Beloved of my soul
I adore you.
Enlighten Me
Guide Me,
strengthen Me and Console me.
Tell me what I ought to do
and command me to do it.
I promise to submit to everything
that you ask of me
and to accept all
that you allow to happen to me.
Just show me what is your will.

Further Thoughts:

