

Kindness

Welcome to this time of Quiet Reflection. Take your time reading to yourself (or out loud) some or all of these bible passages, and then pausing for a few minutes after any that you wish to reflect on.

The Taizé chants between readings can be sung in your head as often as you like, or out loud, or listened to from these links, pausing as you wish:

Bless the Lord my soul - <https://www.youtube.com/watch?v=t4Svh-9ohg4>

Nothing can trouble - https://www.youtube.com/watch?v=aRsxU_3-fpk

O Lord hear my prayer - <https://www.youtube.com/watch?v=2nCy2j07ECM>

Beginning

*Bless the Lord, my soul,
and bless God's holy name.*

*Bless, the Lord, my soul,
who leads me into life.*

Joshua 2

Rahab said “Now then, since I have dealt kindly with you, swear to me by the Lord that you in turn will deal kindly with my family”

Psalm 145

The Lord is faithful in all his words,
and gracious in all his deeds.
The Lord upholds all who are falling,
and raises up all who are bowed down.
The Lord is just in all his ways,
and kind in all his doings.

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Proverbs 14

The poor are disliked even by their neighbours,
but the rich have many friends.

Those who despise their neighbours are sinners,
but happy are those who are kind to the poor.

Hosea 10

It was I who taught Ephraim to walk,
I took them up in my arms;
but they did not know that I healed them.

I led them with cords of human kindness,
with bands of love.

I was to them like those
who lift infants to their cheeks.

I bent down to them and fed them.

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Zechariah 7

The word of the Lord came to Zechariah,
saying: Thus says the Lord of hosts: Render
true judgements, show kindness and mercy to
one another; do not oppress the widow, the
orphan, the alien, or the poor; and do not
devise evil in your hearts against one another.

Wisdom of Solomon 1

For wisdom is a kindly spirit,

Wisdom of Solomon 12

Through such works you have taught your
people

that the righteous must be kind.

Wisdom of Solomon 15



But you, our God, are kind and true,
patient, and ruling all things in mercy.
For even if we sin we are yours, knowing your power.

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Ecclesiasticus 34

One who returns a kindness offers choice flour,
and one who gives alms sacrifices a thank-offering.

Ecclesiasticus 40

Kindness is like a garden of blessings,
and almsgiving endures for ever.

Luke 6.30-40

'If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.



*Nothing can trouble,
nothing can frighten.
Those who seek God
shall never go wanting.
Nothing can trouble,*

*nothing can frighten.
God alone fills us.*

Acts of the Apostles 28.2

The natives showed us unusual kindness. Since it had begun to rain and was cold, they kindled a fire and welcomed all of us round it.

1 Corinthians 4.8-18

To the present hour we are hungry and thirsty, we are poorly clothed and beaten and homeless, and we grow weary from the work of our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly. We have become like the rubbish of the world, the dregs of all things, to this very day.

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1 Corinthians 13

Love is patient; love is kind; love is not envious or boastful or arrogant or rude.

Galatians 5

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.

Ephesians 4

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you

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Passage to be read slowly – imagine being one of the characters....

From the Book of Ruth

Noami started to return to Moab with her daughters-in-law Ruth and Orpah, when she said to them ‘Go back each of you to your mother’s house. The Lord grant that you may find security, each of you in the house of your husband.’ Then she kissed them, and they wept aloud.

Orpah kissed her mother-in-law, but Ruth clung to her. So the two of them went on until they came to Bethlehem. When they came to Bethlehem, the whole town was stirred because of them. They came to Bethlehem at the beginning of the barley harvest.

Now Naomi had a kinsman on her husband's side, a prominent rich man whose name was Boaz. And Ruth said to Naomi, 'Let me go to the field and glean among the ears of grain, behind someone in whose sight I may find favour.' She said to her, 'Go, my daughter.' So she went. She came and gleaned in the field behind the reapers.

As it happened, she came to the part of the field belonging to Boaz. Just then Boaz came from Bethlehem. He said to the reapers, 'The Lord be with you.' They answered, 'The Lord bless you.'

Then Boaz said to his servant who was in charge of the reapers, 'To whom does this young woman belong?' He answered, 'She is the Moabite who came back with Naomi from the country of Moab. She said, "Please let me glean and gather among the sheaves behind the reapers." So she came, and she has been on her feet from early this morning until now, without resting even for a moment.'

Then Boaz said to Ruth, 'Now listen, my daughter, do not go to glean in another field or leave this one. If you get thirsty, go to the vessels and drink from what the young men have drawn.'

Then she fell prostrate, with her face to the ground, and said to him, 'Why have I found favour in your sight, that you should take notice of me, when I am a foreigner?'

But Boaz answered her, 'All that you have done for your mother-in-law since the death of your husband has been fully told me. May the Lord reward you for your deeds, and may you have a full reward from the Lord, the God of Israel, under whose wings you have come for refuge!'

Then she said, 'May I continue to find favour in your sight, my Lord, for you have comforted me and spoken kindly to your servant, even though I am not one of your servants.'

Boaz instructed his young men, 'Let her glean even among the standing sheaves, and do not reproach her. You must also pull out some handfuls for her from the bundles, and leave them for her to glean, and do not rebuke her.'

So she gleaned in the field until evening and returned to the town, and her mother-in-law saw how much she had gleaned. Then she took out and

gave her what was left over after she herself had been satisfied. Her mother-in-law said to her, 'Where did you glean today? Blessed be the man who took notice of you.'

So she told her mother-in-law with whom she had worked, and said, 'The name of the man with whom I worked today is Boaz.' Then Naomi said to her daughter-in-law, 'Blessed be he by the Lord, whose kindness has not forsaken the living or the dead!'

Boaz took Ruth and she became his wife.

Time for Silent Prayer

O Lord hear my prayer.

O Lord hear my prayer.

When I call, answer me.

O Lord hear my prayer.

O Lord hear my prayer.

Come and listen to me.

O Lord hear my prayer.

O Lord hear my prayer.

When I call, answer me.

O Lord hear my prayer.

O Lord hear my prayer.

Come and listen to me.

Ending Prayer

Heavenly Father,
give us patient faith in times of darkness,
and strength to meet any troubles in the days to come.
May we may ever draw closer to you,
and find strength within the shelter of your love.
Amen.