

## Week 19: The Importance of Being a Kind Person

***“Every single time you help someone stand up, you are helping humanity rise” - Steve Maraboli***

So, I firmly believe that you can read the title of this devotion and have a pretty good guess what the main theme of it is. It should be a no brainer now at this point in your life that you should treat everyone with respect and truly be a positive impact on everyone’s life that you have access to. However, I think we can get into a groove of just accepting that we should be a kind person to everyone instead of exploring exactly *why we should be a kind person*. Why should I offer to help the old man walk up the steps? Why should we give strangers directions to destinations? Why should we share our food with those who are hungry? Let’s take a look at what God has to say about these simple acts of kindness.

I believe that one of the most important scriptures surrounding kindness is in Matthew 7:12, where Jesus conveys what we know as the Golden Rule. This verse states, *“So in everything, do to others what you would have them do to you, for this sums up the Laws and the Prophets”*. To fully understand how powerful this verse is, I believe that it is extra important to understand some historical context. In ancient days, many cultures had what was known as the ‘Silver Rule’ in modern language. This rule basically stated ‘refrain from doing to others what you would want others to refrain from doing to you’. Now, at the onset, this seems like some variation of the ‘Golden Rule’, but it almost feels backwards. It begs you not to do bad.

Then Jesus introduced the Golden Rule, which encourages you to initiate good in the lives of those who surround you. That is the contrast between the two. So not only did Jesus encourage

us to treat others in a positive manner, but he made it a command that sets the tone for the entirety of the New Testament.

In this verse, Jesus left no loopholes. He did not say ‘Well, you can leave out group X, Y, and Z’. He wants us to show compassion to all people – not just those who look like us or act like us. I believe that this verse was a turning point that aimed to take the Christian religion from a place of what people saw as a ‘do’s & don’ts culture’ to a series of acts of love and kindness.

I have found in my personal experience that it is extremely difficult to show compassion and empathy to people in certain circumstances. However, every time that I have put my pride and my ego aside and truly tried to relate to those who lash out against me, I have realized one thing:

*we are all imperfect creations of the Lord, and we should show the same compassion that Christ showered us with.*

So here is my message for this week. It gets hard sometimes to understand people. It is difficult to relate to people when they do certain things. However, show compassion and treat others the way that you want to be treated – just like the Lord commanded us to do in Matthew chapter seven.

**HAVE A BLESSED WEEK – TY**