



God's lovingkindness

There is a special word in the Old Testament, *Hesed*, which describes God's *lovingkindness*. But it can also mean kindness between people.

For the month of June we'll be reflecting on how we practice *kindness* and putting our thoughts into action.

Here are some ideas to help you:

Week 1 (1 June). Pray for someone:



is there someone we could add to our prayers.

Someone we could ask God to bless?

Can our prayers include someone we find it difficult to love or are finding it hard to forgive?

How can we turn that prayer into an action,
or let the person know we have prayed for them?

Week 2 (8 June). Give a gift:



Can you make something for someone

- a meal, a cake, a card, a picture, other?;

Or make a donation? Or give in other ways?

Can you support a charity in some way?

Week 3 (15 June). Words of affirmation:



Can you praise, encourage, or thank someone? What kind words can you use to let someone know they are loved?

Week 4 (22 June). Quality time:



Can you spend time with someone on the phone, on zoom, on a socially distanced walk or visit?

In your household can you give your time to someone who is feeling neglected? Or can you be creative about giving your time to someone who lives alone?

Week 5 (29 June). Treat yourself!



We often forget to be nice to ourselves!

How can you be kinder to yourself?