


# one kind thing

1. Give a compliment.
2. Invite others to join the one a day challenge.
3. Cash in your change after 40 days and donate.
4. Bake cookies for your neighbor.
5. Buy coffee for a stranger.
6. Donate your stuff.
7. Write a thank you note to a teacher or friend.
8. Sign up to serve at Feed My Starving Children.
9. Invite a friend to church.
10. Leave a nice note for your mailperson.
11. Send a sweet text to a friend/family member.
12. Shovel a neighbor's driveway.
13. Text a friend and tell them their best trait.
14. Put a surprise note in your child's lunch.
15. Listen intently.
16. Babysit for a single mom.
17. Donate blood.
18. Check in with someone you haven't seen lately.
19. Invite someone over for dinner.
20. Post something kind and uplifting on Facebook.
21. Buy food for a homeless person.
22. Bring in snacks to your office.
23. Encourage someone.
24. Go out to eat and leave a big tip.
25. Allow someone to help you and thank them.
26. Compliment a parent on their child's behavior.
27. When others are gossiping, say something nice.
28. Put money in an expired meter.
29. Email or write an old teacher to say thanks.
30. Hold open the door for people all day.
31. Put money in the tip jar when you buy coffee.
32. Give someone a hug.
33. Pick up litter.
34. Compliment your boss or co-worker.
35. Write a list of things you love about someone.
36. Tell your sibling(s) you appreciate them.
37. Smile at everyone.
38. Do the dishes.
39. Offer to return a shopping cart for someone.
40. Be patient.

I tell you, love your enemies. Help and give without expecting a return. You'll never—I promise—regret it. Live out this God-created identity the way our Father lives toward us, generously and graciously, even when we're at our worst. Our Father is kind; you be kind.

Luke 6:35-36 MSG




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As a church community, we're always looking for ways to share the love of Jesus. There's no better time to model the love God has for each of us than in the days leading up to Easter. We're encouraging our Restoration family and friends to think of one kind thing you can do for 40 days starting on Ash Wednesday, February 14. See if you can continue the streak by writing down the kind thing you do every day below. Need ideas? See the list on the back or go to

[Restorationcov.org/OneKindThing](http://Restorationcov.org/OneKindThing). Thanks for helping us spread kindness throughout our community starting with One Kind Thing.

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