



This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The fifth one is 'kindness'. We don't always recognise it, but by being kind to other people we can really make a difference to how they think about themselves.

Prayer

Lord, help us to be kind to one another; mirroring the way in which you have been undeservingly kind to us in Jesus.

Amen

What wisdom
can you find
that is greater
than kindness?
Jean Jacques Rousseau

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The fifth one is 'kindness'. Kindness might take the form of something simple, like holding a door open or smiling at someone. It might be more profound or costly, like giving up time or money for the good of someone else.

Prayer

**Lord, help us to be kind to one another;
mirroring the way in which you have been
undeservingly kind to us in Jesus.**

Amen



This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The fifth one is 'kindness'. In the life and ministry of Jesus of Nazareth we have the supreme example of kindness; healing the sick, helping the blind to see, speaking truth to people, dying for the world.

Prayer

Lord, help us to be kind to one another; mirroring the way in which you have been undeservingly kind to us in Jesus.

Amen