

A Prayerful Reflection—the Fruit of the Holy Spirit is Kindness

Lord speak to us
that we may hear your word.

After being ship-wrecked:

After we had reached safety, we then learned that the island was called Malta. **The natives showed us unusual kindness.** Since it had begun to rain and was cold, they kindled a fire and welcomed all of us around it.

Acts 28:1-2

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Something to think about:

- When has someone shown you unusual kindness like the natives on Malta? How did this make you feel?
- When have you been kind to someone, how did this make you feel?
- Are you only kind to people who are kind to you?

Dear Lord,

Thank you Lord for the times we can remember when people have been kind to us and how that has made us feel. Help us to see those opportunities when we can show kindness to others, especially to those who do not always show kindness to us.

Amen

The Lord, the Holy Spirit is among us
and will help us every day.