

live:kind

Kindness activities you can do without ever leaving home

Sometimes you might find it difficult to get out of the house. Here are some ways you can be kind without ever stepping outside.

1. Pray for each church member by name, working your way through the membership list.
2. When you pray for a person, write out a short prayer for them and email it to them or post it to their home. This can be more encouraging than just hearing 'I'm praying for you.'
3. Order inspiring books online and have them delivered to people who need some encouragement.
4. Play the game at www.freerice.com and help to feed the world's hungriest people.
5. Visit an ADRA website and pay for a specific gift for a family in a developing country.
6. Find inspiring short videos online (see www.gratitude.com; www.ignitermedia.com) and share them through your social media.
7. Offer to help your children's Sabbath School department, Pathfinders, or Messy Church by cutting out and preparing craft projects.
8. Send encouraging cards and notes to your friends and fellow church members.
9. Call someone who needs to talk and listen with care and concern to their needs. Try to do one small thing to make their life easier.
10. Make small hand-made gifts to give to others with Bible verses or encouraging messages.
11. Keep a basket of bottled water and packets of snacks by your front door. Offer them to workmen and delivery people who visit your home.
12. Plant flower seeds and grow colourful plants to give away.
13. Sort out things that you no longer need and donate them to a charity shop.
14. Coordinate a prayer line for your church, so that if someone has a need you can communicate quickly with others who will pray.

15. Look through friends' posts on social media and see if anyone needs prayers or an encouraging message.
16. Post positive and encouraging messages and scriptures on your church's What's App group or Facebook page.
17. Sponsor a healthier toilet in a needy part of the world through www.toilettwinning.org.
18. Visit a crowdfunding website like www.gofundme.com or www.justgiving.com Look for a good cause or for a person you would like to help and make a small donation. Every little helps.
19. Visit <http://projecthopeexchange.com/give-hope/> and record a 30 second message of hope to encourage someone else.
20. Remember a time when someone was kind to you. Share that story with someone else or send them to kholford@ted.adventist.org to be share through the Kindness Project.
21. Put together a tiny care package and post it to someone. You probably have little things around the house that you could use. Wrap symbolic things, like a small candle, soap, packet of tissues, etc. and attach an encouraging Bible verse or message to each one. It doesn't have to be big or expensive to be encouraging and memorable.
22. Fast from complaining for forty days. Try to say only positive things. Every time you complain put some money in a jar to give to a charity.
23. Send an encouraging e-card to someone. Visit www.gratefulness.org and choose one to brighten up someone's day.
24. Feed the birds in your garden or from your window or balcony.
25. If you are not alone in your home, do something kind for each person in your home every day.
26. Each week put one non-perishable food item in a box. When it is full, give it to a food bank or ask someone to give it to a needy family.
27. Send real birthday cards with positive messages, scriptures or prayers inside.
28. Carefully unravel old sweaters so that someone, maybe you, can crochet or knit a beautiful new blanket.
29. When you make a will, plan to give something to someone who will be totally surprised and blessed by your thoughtfulness.
30. Order flowers online and have them sent to someone who might be sad, lonely or discouraged.
31. Make your favourite cake or bread, and invite someone to come and share it with you.