

## FOLLOWING JESUS WITH ACTS OF KINDNESS

Mon	Tue	Wed	Thur	Fri
			2/3 alms-giving to someone	3/3 forgive someone, and never bring up the issue again
6/3 pray for someone you don't like	7/3 call & say words of appreciation to your family members	8/3 simple gift to someone	9/3 send a card to someone needs encouragement	10/3 cook someone a meal
13/3 bake someone cakes/biscuits	14/3 give up your seat in the bus or underground	15/3 let someone go first	16/3 have a conversation with someone in a different age group	17/3 compliment someone at work/school
20/3 be kind to a server (at McDonald, Costa etc)	21/3 Start a piggy bank for a good cause	22/3 Be polite on the road	23/3 Offer a homeless person food	24/3 donate used, but good conditioned clothes.
27/3 Don't interrupt when someone else is speaking today	28/3 Help a mother with her baby buggy.	29/3 Listen intently	30/3 Be patient	31/3 think of three things you're grateful for
3/4 Remind yourself 3 things you are good at	4/4 alms-giving to someone	5/4 forgive someone, and never bring up the issue again	6/4 pray for someone you don't like	7/4 call & say words of appreciation to your family members
10/4 simple gift to someone	11/4 send a card to someone needs encouragement	12/4 give up your seat in the bus or underground	13/4 Offer a homeless person food	