

20 acts of kindness

1. Smile at someone you don't know.
2. Call or text someone who may be lonely.
3. Write a handwritten note of encouragement.
4. Let another driver merge into traffic.
5. Hold the door open for someone.
6. Offer a sincere compliment.
7. Pray for someone—and let them know you did.
8. Thank someone whose work often goes unnoticed (custodian, cashier, server, receptionist, mail carrier).
9. Leave a generous tip if you're able.
10. Listen without interrupting when someone shares their story.
11. Forgive a small offense instead of holding a grudge.
12. Pick up litter in your neighborhood or church parking lot.
13. Bring coffee or a snack to a coworker or neighbor.
14. Send an encouraging email or message to someone going through a difficult time.
15. Invite someone to join you for lunch, coffee, or church.
16. Volunteer for a task before someone has to ask.
17. Donate food or clothing to a local ministry or food pantry.
18. Speak kindly about someone when they are not present.
19. Give your full attention by putting away your phone during a conversation.
20. End your day by thanking God for three people you encountered and asking God to bless them.