

BREAKING THE FAST

GOD IS KIND

READ

He has done it to show the riches of his grace for all time to come. His grace can't be compared with anything else. He has shown it by being kind to us.

EPHESIANS 2:7

Have you ever received a trophy, medal, or other award for something you did? Maybe it was for a sport or game. Perhaps you won a math or science contest at school. Or maybe you like playing games on your phone because of the prizes and badges you get when you level up.



Usually when we receive an award, it is because we did something to deserve it. But God's kindness to us does not depend on what we have or haven't done. What's so amazing about His kindness is that it's freely given, not earned or deserved. In fact, the Bible teaches us that God shows His loving-kindness to those who don't deserve it! Because God loves us, He gives of Himself, not for what He can gain, but for what we gain.

How can we respond to this great kindness? Gratitude! God is kind to us in a lot of ways. He has forgiven us. He has healed us. He has blessed us in many ways. He has given us eternal life. He has sent His angels to protect us. He makes us feel better when we feel bad. There's so much more! He even promises us eternity with Him. Because God shows us so much kindness, we can also be kind to others, so they will come to know God and who He is through us.

I CAN BE KIND BECAUSE GOD IS KIND TO ME.

REFLECT

God is kind to us all the time, even when we don't deserve His kindness. How will this truth change the way you relate with God? With others?

Write the names of three people whom you want to extend God's kindness to, even when you don't feel like it. Pray for them. Pray for God's grace upon you to show His kindness to them.

PRAY

Dear God, thank You for Your loving kindness to me. I know that I don't deserve any of the kindness You have shown me. All I can say is thank You for all the blessings that I have received, all because of Your kindness. I pray that I will always grow deeper into knowing how kind You are to me, so that I will always have a grateful heart. Help me to show kindness to others, no matter what. In Jesus' name, amen.