



AN ACT OF KINDNESS

40 days. 40 acts.



The Salvation Army
International Spiritual Life Development

*‘God has shown us his love
by sending his only Son
into the world so that we
could have life through him.’*

– 1 John 4:9 GWT

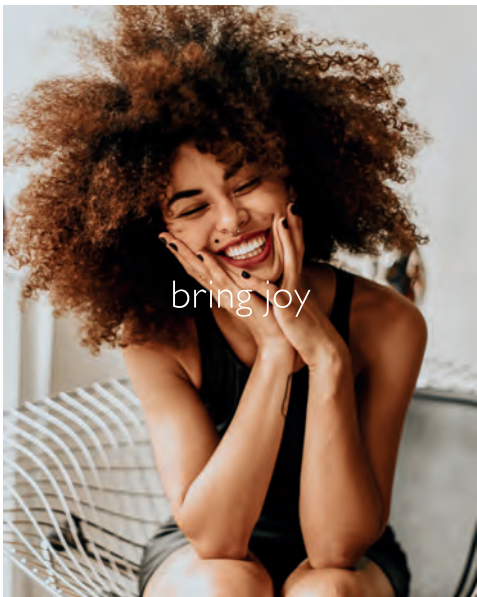
Lent is a period that begins on Ash Wednesday and ends on Holy Saturday. It is a significant season for the Christian. A time of preparation and reflection leading up to Easter, when we remember the life, death and resurrection of our Saviour, Jesus.

During the season of Lent, many people will give up something that they enjoy – perhaps chocolate, coffee, soda, watching TV, social media etc. As we honour this tradition of self-denial, this Lent, we are calling on Salvationists to take up a challenge. A challenge to engage in small but intentional acts of kindness, to sacrifice a little time, energy or money each day for others.

In the weeks leading up to Easter Sunday, every day we share scripture and invite you to consider, then intentionally and generously exercise, an act of kindness.

As we show kindness and generosity to others over this Lenten season, may we reflect on God’s outrageous love and his generosity to us.

Let us orient our hearts towards God and journey towards Christlikeness. Let us move towards generosity and reach out to our neighbours with love. One small, significant act of kindness at a time.



Day 1

Wednesday 14 February 2024 (Ash Wednesday)

'A cheerful look brings joy to the heart; good news makes for good health.' – Proverbs 15:30 NLT

Smile at everyone you meet today.

Day 2

Thursday 15 February 2024

'And we know that in all things God works for the good of those who love him, who have been called according to his purpose.' – Romans 8:28 NIV

Send an encouraging note or message to someone going through a tough time. Remind them of this promise from God's Word.



Day 3

Friday 16 February 2024

'Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.' – 1 Thessalonians 5:16-18 ESV

Write down three things you are grateful for today then share your list with someone else. Invite them to consider what they are grateful for too.



Day 4
Saturday 17 February 2024

'Whoever brings blessing will be enriched, and one who waters will himself be watered.' – Proverbs 11:25 *ESV*

Leave an (anonymous) uplifting surprise for someone, like a small gift or a note of appreciation.

Reflection Day
Sunday 18 February 2024

'God has shown us his love by sending his only Son into the world so that we could have life through him.' – 1 John 4:9 *GWT*

How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?

Reflect on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

A large grid of small dots for writing reflections, consisting of 20 rows and 30 columns of dots.



Day 5
Monday 19 February 2024

'Since God chose you to be the holy people he loves, you must clothe yourselves with tender-hearted mercy, kindness, humility, gentleness and patience.'
– Colossians 3:12 *NLT*

Intentionally practice patience and gentleness in all your interactions today.

Day 6
Tuesday 20 February 2024

'Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.'
– Colossians 3:23-24 *NIV*

Send a note of appreciation to a local essential or frontline worker (e.g. nurse, doctor, firefighter, police officer etc.)



Day 7
Wednesday 21 February 2024

'He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?' – Micah 6:8 *ESV*

Learn more about a social or global issue. Explore ways to raise awareness or contribute to a solution. Do what you can today.



Day 8

Thursday 22 February 2024

'Dear brothers and sisters, honour those who are your leaders in the Lord's work. They work hard among you and give you spiritual guidance. Show them great respect and wholehearted love because of their work. And live peacefully with each other.' – 1 Thessalonians 5:12-13 NLT

Show your corps leader/s that you appreciate them.

Day 9

Friday 23 February 2024

'Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain.'

– 1 Corinthians 15:58 ESV

Show appreciation to a mentor or teacher who has made a positive impact on your life. Be as specific as you can. You may want to write a letter or tell them in person.



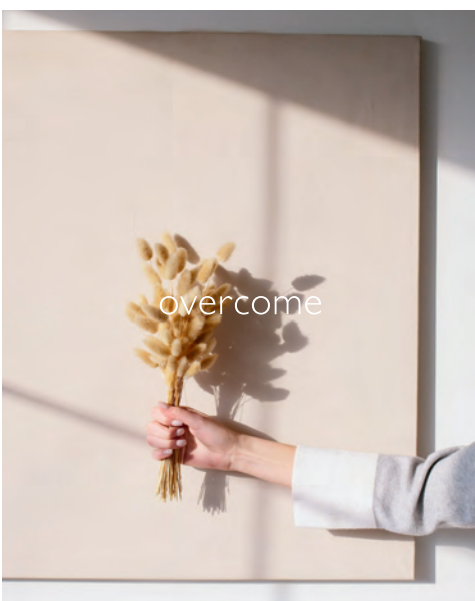
Day 10

Saturday 24 February 2024

'As holy people, whom God has chosen and loved, be sympathetic, kind, humble, gentle and patient. Put up with each other, and forgive each other if anyone has a complaint. Forgive as the Lord forgave you.'

– Colossians 3:12-13 GW

Extend a gesture of kindness to someone you may have had disagreements or conflicts with.



Reflection Day
Sunday 25 February 2024

'God has shown us his love by sending his only Son into the world so that we could have life through him.' – 1 John 4:9 *GWT*

How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?

Reflect on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

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Day 11
Monday 26 February 2024

'Dear brothers and sisters, don't ever forget that it is best to listen much, speak little and not become angry.'

– James 1:19 *TLB*

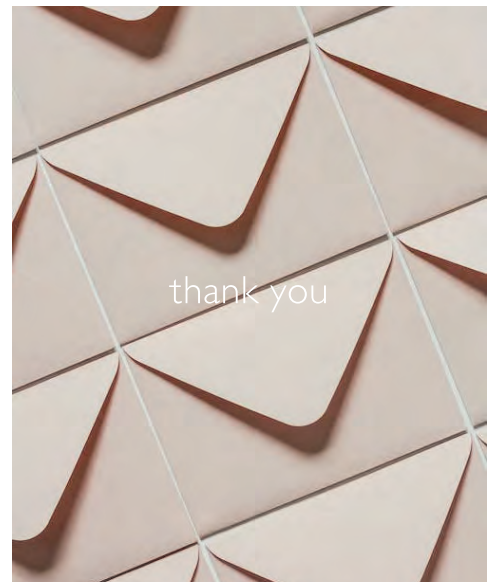
Listen attentively without interruption to someone who needs to talk.

Day 12
Tuesday 27 February 2024

'I thank my God for you every time I think of you.'

– Philippians 1:3 *GNT*

Write a thank you note to someone who has made a positive impact in your life.



Day 13
Wednesday 28 February 2024

'Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.' – Matthew 5:16 *ESV*

Offer to help a colleague or classmate with a task or project.



Day 14
Thursday 29 February 2024

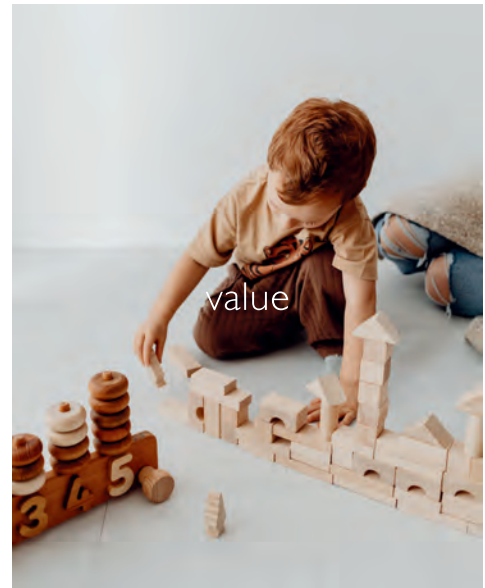
'Gracious words are like a honeycomb, sweetness to the soul and health to the body.' – Proverbs 16:24 *ESV*

Share a positive and uplifting message on social media.

Day 15
Friday 1 March 2024

'But when Jesus saw it, he was indignant and said to them, 'Let the children come to me, do not hinder them, for to such belongs the kingdom of God.'" – Mark 10:14 *ESV*

Encourage a child (in your church or blood family) with a word or written note letting them know they are loved and valued.



Day 16
Saturday 2 March 2024

'Let all bitterness and wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you'.
– Ephesians 4:31-32 *ESV*

Intentionally choose to be kind in your words and actions, especially in challenging situations.



Reflection Day
Sunday 3 March 2024

'God has shown us his love by sending his only Son into the world so that we could have life through him.' – 1 John 4:9 *GWT*

How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?

Reflect on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

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Day 17
Monday 4 March 2024

'Therefore encourage one another and build each other up, just as in fact you are doing.' – 1 Thessalonians 5:11 *NIV*

Offer words of affirmation and encouragement to those around you today.

Day 18
Tuesday 5 March 2024

'Do not withhold good from those to whom it is due when it is in your power to act.' – Proverbs 3:27 *NIV*

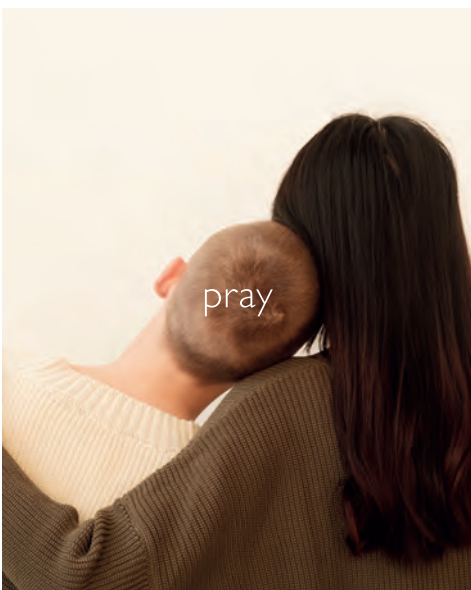
Share a book, an article, or a resource that has inspired you with someone who might benefit from it.

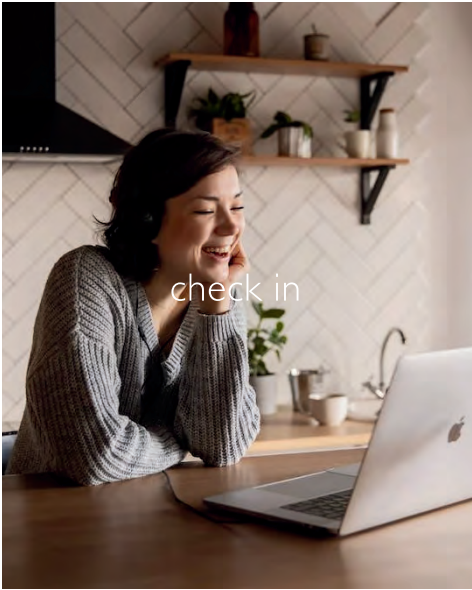


Day 19
Wednesday 6 March 2024

'Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.' – Philippians 4:6-7 *ESV*

Offer to pray for someone who is going through a challenging time.





Day 20
Thursday 7 March 2024

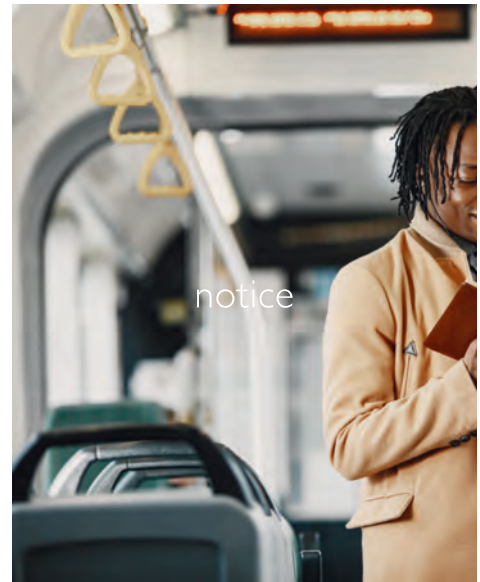
'A friend loves at all times, and a brother is born for adversity.' – Proverbs 17:17 NIV

Reach out to someone who you haven't spoken to in a while and check in on how they're doing.

Day 21
Friday 8 March 2024

'Let each of you look not only to his own interests, but also to the interests of others.' – Philippians 2:4 ESV

Notice those around you. Allow someone ahead of you in a queue or give up your seat for someone if you use public transport. Look for ways to make others feel valued.



Day 22
Saturday 9 March 2024

'Oh taste and see that the Lord is good! Blessed is the man who takes refuge in him!' – Psalm 34:8 ESV

Create a 'blessings jar' and encourage others to contribute notes of gratitude and blessings throughout the day.

Reflection Day
Sunday 10 March 2024

'God has shown us his love by sending his only Son into the world so that we could have life through him.' – 1 John 4:9 *GWT*

How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?

Reflect on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

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Day 23
Monday 11 March 2024

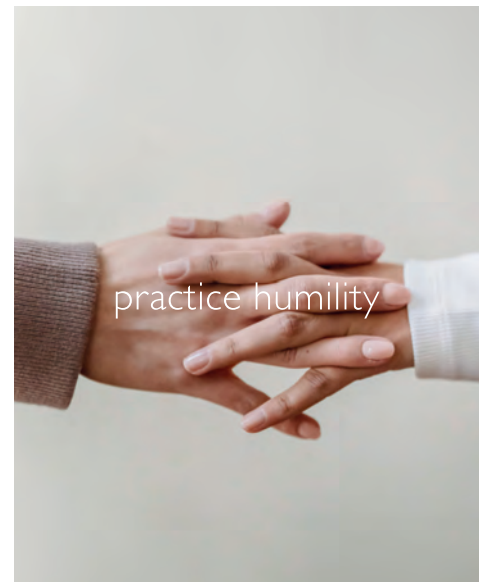
'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'
– Matthew 25:40 NIV

Visit or call someone who may be lonely or in need of companionship.

Day 24
Tuesday 12 March 2024

'Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.'
– Philippians 2:3 ESV

Practice humility by intentionally putting others' needs before your own



Day 25
Wednesday 13 March 2024

'This is the day that the Lord has made; let us rejoice and be glad in it.' – Psalm 118:24 ESV

Choose to be fully present and engaged in your interactions with others today. If necessary, put away devices or any other distractions.



Day 26
Thursday 14 March 2024

'So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.' – Colossians 2:6-7 NIV

Be intentional and sincere in saying 'thank you' to those who are serving you today. Start with the cashier at the supermarket, the driver on public transport, the barista in your coffee shop, or the cleaner at the office.

Day 27
Friday 15 March 2024

'Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the Lord.'
– Leviticus 19:32 NIV

Offer to help an elderly neighbour with household chores or errands.



Day 28
Saturday 16 March 2024

'The Lord God took the man and put him in the garden of Eden to work on it and keep it.' – Genesis 2:15 ESV

Practice environmental stewardship by participating in a community clean-up or by simply picking up the litter that you may see around you.



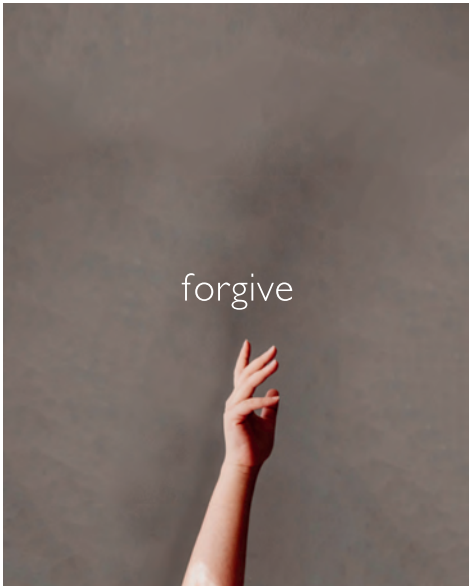
Reflection Day
Sunday 17 March 2024

'God has shown us his love by sending his only Son into the world so that we could have life through him.' – 1 John 4:9 *GWT*

How have the intentional acts of kindness you have engaged in during this past week influenced your relationships?

Reflect on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

A large grid of small dots for writing reflections.



Day 29
Monday 18 March 2024

'Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.'
– Ephesians 4:32 *ESV*

Practice forgiveness by letting go of a grudge or resentment.

Day 30
Tuesday 19 March 2024

'Don't forget to do good and to share what you have because God is pleased with these kinds of sacrifices.'
– Hebrews 13:16 *CEB*

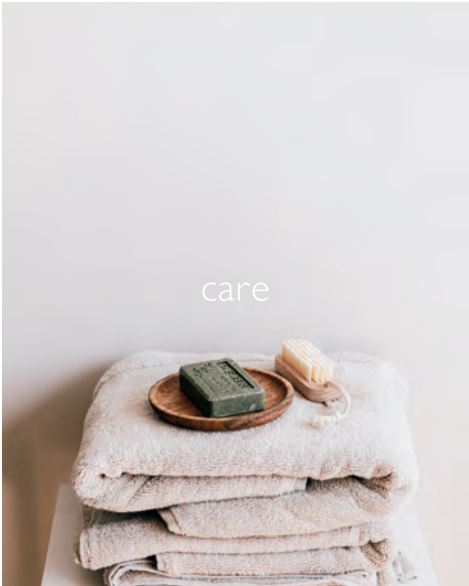
Cook for or share a basic meal with someone who may be going through a challenging time.



Day 31
Wednesday 20 March 2024

'So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.' – Galatians 6:9 *NLT*

Show appreciation for those who serve in your church by offering them a verse of Scripture as encouragement.



Day 32
Thursday 21 March 2024

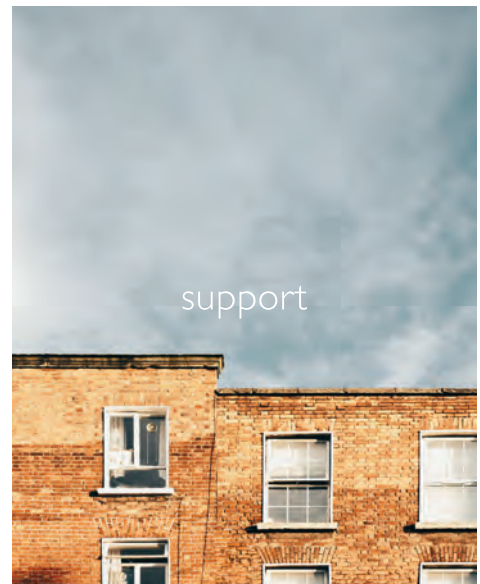
'Bear one another's burdens, and so fulfil the law of Christ.'
– Galatians 6:2 *ESV*

Send a care package to a friend or family member. Keep it simple, thoughtful and personal. Include something they love and a note of encouragement.

Day 33
Friday 22 March 2024

'First of all, I ask you to pray for everyone. Ask God to help and bless them all, and tell God how thankful you are for each of them. Pray for kings and others in power, so we may live quiet and peaceful lives as we worship and honour God.' – 1 Timothy 2:1-2 *CEV*

Contact your local government representative or councillor or village Chief and let them know how you are praying for them.



Day 34
Saturday 23 March 2024

'One generation after another will celebrate your great works; they will pass on the story of your powerful acts to their children.' – Psalm 145:4 *VOICE*

Make a point of connecting and affirming someone from a different generation.

Reflection Day
Sunday 24 March 2024

'God has shown us his love by sending his only Son into the world so that we could have life through him.' – 1 John 4:9 *GWT*

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Reflect on specific moments and consider how these actions may have contributed to your personal journey of spiritual growth.

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Day 35
Monday 25 March 2024

'Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with measure you will use it will be measured back to you.' – Luke 6:38 ESV

Donate goods or money to your local charity, Salvation Army centre or corps.

Day 36
Tuesday 26 March 2024

'Your word is a lamp to guide my feet and a light for my path.' – Psalm 119:105 NLT

Share your favourite passage of scripture with someone. Tell them what it means to you. If appropriate, invite them to share their favourite passage too.



Day 37
Wednesday 27 March 2024

'So if I, your Lord and teacher, have washed your feet, you must wash each other's feet. I've given you an example that you should follow.' – John 13:14-15 GWT

Offer to do the washing up or a household chore you would not normally do around the house.



Day 38

Thursday 28 March 2024 (Maundy Thursday)

'A new commandment I give to you, that you love one another. Just as I have loved you, you also should love one another. By this, everyone will know that you are my disciples, if you have love for one another.'

– John 13:34-35 *ESV*

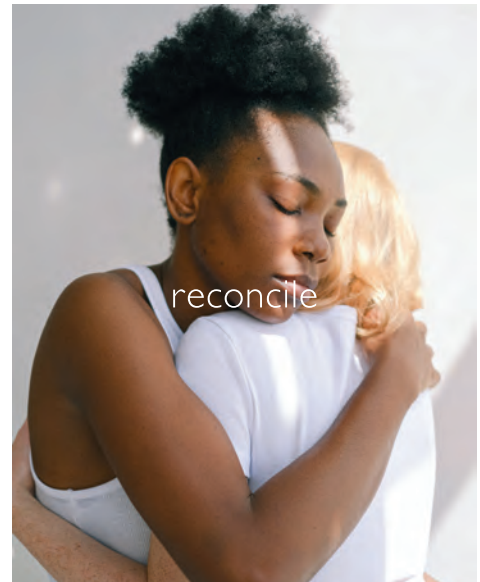
Tell someone dear to you that you love them. Consider how you may show love to those you find it less easy to love.

Day 39

Friday 29 March 2024 (Good Friday)

'Therefore, if you are offering a gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.' – Matthew 5:23-24 *NIV*

Practice forgiveness and reconcile with someone, if possible.



Day 40

Saturday 30 March 2024

'Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labour is not in vain.'

– I Corinthians 15:58 *ESV*

Reflect on the Lenten season, share your experience with others and express gratitude for the journey.

HE IS RISEN...
HE IS RISEN INDEED!



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