



100 DAYS OF
Kindness
A DEVOTIONAL

Julie Fisk | Kendra Roehl | Kristin Demery

100 Days of Kindness



100 DAYS OF
Kindness
A DEVOTIONAL

Julie Fisk | Kendra Roehl | Kristin Demery



*The nonfiction imprint of
Tyndale House Publishers, Inc.*

Visit Tyndale online at www.tyndale.com.

Visit Tyndale Momentum online at www.tyndalemomentum.com.

Visit the authors' website at www.theruthexperience.com.

TYNDALE, *Tyndale Momentum*, Tyndale's quill logo, and *The One Year* are registered trademarks of Tyndale House Publishers, Inc. The Tyndale Momentum logo, *One Year*, and The One Year logo are trademarks of Tyndale House Publishers, Inc. Tyndale Momentum is the nonfiction imprint of Tyndale House Publishers, Inc., Carol Stream, Illinois.

100 Days of Kindness

Copyright © 2019 by Julie Fisk, Kendra Roehl, Kristin Demery. All rights reserved.

100 Days of Kindness is adapted from *The One Year Daily Acts of Kindness Devotional* (Tyndale House Publishers, 2017), ISBN 978-1-4964-2161-6.

Cover illustration of floral wreath copyright © Ku_suriuri/Shutterstock. All rights reserved. Title hand-lettered by Eva Winters. Copyright © Tyndale House Publishers, Inc. All rights reserved.

Designed by Eva M. Winters

Unless otherwise indicated, all Scripture quotations are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked NIV are taken from the Holy Bible, *New International Version*,® NIV.® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Scripture quotations marked ESV are taken from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

For information about special discounts for bulk purchases, please contact Tyndale House Publishers at csresponse@tyndale.com, or call 1-800-323-9400.

ISBN 978-1-4964-4078-5

Printed in China

25	24	23	22	21	20	19
7	6	5	4	3	2	1



Introduction

One year as we approached the Christmas season, we found ourselves frustrated with our kids' attitudes. We were tired of seeing their mile-long wish lists written out months ahead of time, and we were drained by their complaints about not having the same toys and tech items their classmates owned. As mothers, we wanted to find a way to change their hearts from self-centered to others-centered by refocusing them on the love of God.

So we proposed an experiment: During the month of December, we would perform one kind act each day; then we would post about it on social media to encourage others to join in. Those simple acts of kindness transformed our families. What began as a parenting whim to reclaim Christmas evolved into a longer experiment in generosity.

When we started out, it was simply to push back against the materialism that seemed to be consuming our families; but the end result was more than we anticipated. After building upon this habit each day, we found that our own lives, and our thoughts toward others, had changed. Instead of being quick to judge the people we encountered, our hearts softened as we began to see the image of God reflected in the faces of those around us. We also saw our families—and, more specifically, our

children—grow. They’re now much more aware of the needs of those around them, and they’ve grown in their passion for specific issues affecting people around the world. All of us have a newfound desire to live lives marked by intentional giving, serving, and advocating for the least of these (Matthew 25:40).

Perhaps most important, we came to realize that *grace*—the idea on which we base our faith—hinges on *kindness*. Jesus’ command to love God and love others is impossible without kindness. Kindness teaches humility, is the antithesis of selfishness and pride, and leads to matchless grace.

As we intentionally practiced kindness and put our faith into action, we saw our relationships with God flourish, and we witnessed the love of God demonstrated in tangible ways.

If you’ve found yourself stagnant in your faith, wondering if there’s more to life than just the daily routine, or if you’ve been frustrated with your kids’ (or your own) selfish attitudes, this book will help you and your family see beyond your own four walls and into the community around you. We are delighted that you would consider joining us on this adventure. Over the next 100 days, it is our greatest hope and prayer that these daily reflections will be both an inspiration and a call to action on your own journey to find and give away the love of Jesus.

— Julie, Kendra, and Kristin



"O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God." MICAH 6:8



Why Be Kind?

*Do not be overcome by evil, but
overcome evil with good.*

ROMANS 12:21, NIV

Tim and I tumbled through the door of the coffee shop on a chilly winter morning. We were at the beginning of a yearlong commitment to daily acts of kindness, and I was determined to get off to a good start.

As we looked around the shop for someone to bless, we spotted a state trooper, in full uniform, sitting at a corner table with a mug cupped between work-worn hands, visiting quietly with a woman. “Let’s get him a gift card,” I suggested. Nodding, Tim strolled to the counter, purchased the gift card along with our drinks, and headed toward the trooper’s table.

Finding a seat nearby, with my heart thumping, I glanced over to see my usually unflappable husband’s smile falter a bit. Eventually, he made his way over to me. Excited to hear how the conversation had gone, I was instantly deflated when Tim told me how the trooper seemed dismissive of the gift, accepting it only after some insistence. The rejection stung.

That little setback could have thrown us off track as we began our

one-year experiment with kindness. It would have been easy to think, *Well, if that's the way it's going to be . . . forget it. I don't need the humiliation of a stranger's rejection.*

Though I've never been one to turn down a gift card, I know I've rejected other acts of kindness. I've deflected compliments and refused offers of help. As uncomfortable as we felt in our moment of rejection, it forced us to ask ourselves a question: *Why be kind?*

As I thought about it later, I was reminded of this truth: "Do not be overcome by evil, but overcome evil with good." Our willingness to be kind shouldn't depend on how someone else will respond; rather, it should be motivated simply from knowing that God wants us to be kind. He sees our hearts, and our kindness is pleasing to him.

— Kristin

— Today's Act of Kindness —

Think of a time when you didn't thank someone
for a kindness he or she extended to you.
If you can, reach out and thank this person now.



Snowblown

Don't forget to do good and to share with those in need. These are the sacrifices that please God.

HEBREWS 13:16

Bleary-eyed, I raised my head off the pillow as my husband attempted to move stealthily across our bedroom and out the door extra early one morning. The forecast had promised at least a foot of snow overnight, and he was getting up to snowblow a path out before we had to get to school-bus stops and jobs.

I got the kids up and moving, made coffee, and fed everyone breakfast, and after all that, I realized Aaron was still gone. I peered out the living room window and saw nothing but a freshly cleared, empty driveway. Turning my head, I spotted him—a snow-dusted figure slowly plowing his way down the sidewalks—headed toward our widowed neighbor's driveway.

This is not an uncommon sight during winter. When my husband heads out the door to take care of the snow, I'm never quite sure how long he will be gone. Once he gets started, more often than not he does a few extra sidewalks and driveways around our cul-de-sac, especially when he knows that someone has not been well or has a lot on their plate. In our snowy Minnesota climate, this is an easy way to bestow a tangible kindness on those around us.

Truth be told, it's a contagious kindness. Several people with snowblowers on our end of the neighborhood have started wandering beyond their own driveways and onto the sidewalks and driveways of neighbors nearby, ours included. It has become a give-and-take among neighbors—each of us keeping an eye out for one another on snowy days—and has deepened our sense of community.

And it all started because my husband simply took action. There were no elaborate plans, no discussions, no grand schemes behind it—he just started serving where he was and with what he had. These small sacrifices have served to pull our neighborhood closer together, and they are, undoubtedly, pleasing to God.

— Julie

— Today's Act of Kindness —

Serve someone else unexpectedly
with a sacrifice of your time.



Go Tell It

*Let us think of ways to motivate one another
to acts of love and good works.*

HEBREWS 10:24

A professor and mentor of mine once described the Victorian era's attitude toward acts of charity as one in which secrecy was paramount. Rather than seeking public approval, British citizens believed that hiding their good deeds increased the legitimacy of what they did—if people found out, the generosity didn't really "count."

The same entwining of secrecy and generosity is addressed in Matthew 6:2-4: "When you give to someone in need, don't do as the hypocrites do—blowing trumpets in the synagogues and streets to call attention to their acts of charity! . . . When you give to someone in need, don't let your left hand know what your right hand is doing. Give your gifts in private, and your Father, who sees everything, will reward you."

I struggle with this idea. There are many times when friends have posted about a charity or a cause they believe in, asking for donations or help, and I'm moved to do as they ask. Is it a bad thing to talk about organizations we believe in and have helped, and to want others to help as well? Yet, how is this any different from what the hypocritical do-gooders in Matthew did?

I think it's more a heart issue—one that's addressed in Hebrews,

where we are told to “motivate one another to acts of love and good works.” The folks parading their good deeds in the streets did it with false humility—“See what I did for these poor people!”—rather than out of a genuine concern for those in need. If our own selfish pride is at the heart of our motivation, we’re in trouble. But touting worthy causes out of a genuine belief that others need help and we can do something about it is never a bad idea.

Do you struggle to tell others about your good deeds? Recognize that there is a fine line between bragging on yourself and spurring others to do good works. Ask God to help you distinguish the difference so you can honor him as you go about his work.

— *Kristin*

— *Today's Act of Kindness* —

Post on social media or send an email to some friends about an organization you care deeply about, encouraging them to consider supporting this ministry.

