**Each excerpt below is color-coded for your convenience:**

**inspiring excerpts, interesting excerpts, and funny excerpts!**

Kindness

Put away from you all bitterness and wrath and anger,

and be kind to one another.

*(Ephesians 4:31-32)*

Let your gentleness be evident to all.

*(Philippians 4:5)*

**Active kindness takes strength and clarity. Sometimes it requires speaking when it is difficult to speak. Sometimes it requires not speaking when you want to. Sometimes it means being brave enough to act, and at other times it means being brave enough not to act. *(Gary Zukov)***

**When I was young, I admired clever people. Now that I am old, I admire kind people. *(Abraham Joshua Heschel)***

**Always try to be a little kinder than necessary. *(James M. Barrie)***

**Ask yourself: Have you been kind today? Make kindness your daily modus operandi and change your world. *(Annie Lennox, singer)***

**Be kind, for everyone you meet is fighting a hard battle. *(Philo of Alexandria, Egyptian philosopher, 1stcentury)***

**One of the greatest victories you can gain over someone is to beat him at politeness. *(Josh Billings, humorist)***

**You can get much farther with a kind word and a gun than you can with a kind word alone. *(Al Capone, in Men's Journal)***

**Kindness consists in loving people more than they deserve. *(Joseph Joubert, French moralist)***

**You can't assume that kindness is an inherited trait. It is learned behavior. *(Katie Couric)***

**My religion is kindness. *(The Dalai Lama)***

**DeGeneres: Being"kind" to Bush: "Nobody should be friends with George W. Bush," not even kindness guru Ellen DeGeneres, said Sarah Jones in NYMag.com. The lesbian trailblazer was spotted recently laughing it up with Bush at a Dallas Cowboys game, bringing a storm of criticism from fellow gays and liberals. On her talk show, DeGeneres defended her decision to hang out with Dubya. "Be kind to everyone," she said. "Just because I don't agree with someone on everything doesn't mean that I'm not going to be friends with them." Sorry, but that's what we tell kids who won't "sit next to the class misfit at lunch," not how we should regard a president who "twiddled his thumbs" as hundreds died in New Orleans during Hurricane Katrina, fought against "basic human rights" for gay people, invaded Iraq on false pretenses, and authorized torture. Bush should be treated like a "pariah" not because he's conservative, said Mehdi Hasan in TheIntercept.com, but because he's a war criminal who caused hundreds of thousands of deaths. Sorry, but "sitting next to a person with whom you disagree" doesn't make you a sellout, said Dava Guerin in The Philadelphia Inquirer. In a deeply polarized country where hatred is rampant, it was heartwarming to see Ellen and her wife Portia Di Rossi "sharing a laugh" with George and Laura Bush. It's just as touching to witness George's warm friendship with Michelle Obama. Yet liberals insist Bush is "unfit for human warmth," said Phil Boas in The Arizona Republic. But if he's a war criminal, then so is Barack Obama, who authorized more than 500 drone strikes estimated to have killed hundreds of civilians. Ellen and Bush both deserve credit for signaling "an easing of the culture wars." It may be easy for Ellen to forgive Bush now that she's rich, famous, and married," said Laura Bradley in VanityFair.com. But lots of LGBTQ people do not enjoy that level of security and find it hard to forget that Bush fiercely opposed gay rights during the eight years of his presidency. He even supported a constitutional "marriage amendment" that would have forever banned same-sex marriages. That's no mere difference in "beliefs." When one person insists that another should not have the same basic rights, and uses the vast powers of the presidency to limit those rights, their differences can't be laughed away. *(The Week magazine, October 25, 2019)***

**Don't withhold kindness until you are confident it will be reciprocated. You might wait forever. *(Edward Viljoen, in Ordinary Goodness: The Surprisingly Effortless Path to Creating a Life of Meaning and Beauty)***

**Be nice to people on your way up because you meet them on your way down. *(Jimmy Durante)***

**You cannot do a kindness too soon, for you never know how soon it will be too late. *(Ralph Waldo Emerson)***

**Last May, a patron of Washington, D.C.’s Everyday Sundae watched as owner Charles Foreman gave a scoop of ice cream to a child who didn’t have money – a gift that Foreman extends to anyone who’s unable to pay. Moved by the act of kindness, Nicole, a mom of two, donated $100 so that Foreman could give more cones away for free. When Foreman thanked Nicole online, he set off a chain of giving: Soon, the shop had raised enough money to pay for hundreds of cones for both children and adults who might be going through a difficult time. “You start to see the best in people,” Foreman said. “It was really touching.” *(The Week magazine, February 10, 2023)***

**If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen. *(Loretta Girzartis)***

**In a Peanuts cartoon at Christmastime, Lucy is going around wishing a “Merry Christmas” to everyone. Then she comes to Charlie Brown. “Merry Christmas, Charlie Brown. Since it's this time of the year, I think we ought to bury past differences and try to be kind.” Charlie Brown asks, “Why does it just have to be this time of the year? Why can't it be all year long?” Lucy scoffs, “What are you, some kind of fanatic?” (King Duncan & Angela Akers, in Amusing Grace, p. 349)**

**I think the first prerequisite to civilization is an ability to make polite conversation. *(W. H. Auden, poet)***

**In the long run, the sharpest weapon of all is a kind and gentle spirit. *(Anne Frank, in Diary of a Young Girl)***

**He that has done you a kindness will be more ready to do you another than he whom you yourself have obliged. *(Benjamin Franklin)***

**Idly turning the pages of a Gideon Bible on the bedside table, a friend of mine was amazed to find a crisp $20 bill tucked between the pages. Clipped to the bill was a note. "If you opened this book because you're discouraged," it read, "read the fourteenth chapter of John's Gospel. If you're broke and this would help, take it. If you had a fight with your spouse, buy a present. If you don't need it, leave it for the next person." The note was signed, "Just a wayfaring stranger." *(Thomas LaMance, in Catholic Digest)***

**One of the most difficult things to give away is kindness -- it is usually returned. *(Cort R. Flint)***

***Santa*: “So have you been kind to your brother and sister?” Child: “Yes, Santa.” Brother: “He’s lyin’! He tortures us!” Sister: “He’s the devil!” Child: “Shut up, you mooks, or I’ll pound yer brains in! Of course I meant that in a good way.” *(Rick Stromoski, in Soup to Nutz comic strip)***

**It is a little embarrassing that, after 45 years of research and study, the best advice I can give to people is to be a little kinder to each other. *(Aldous Huxley)***

**If you can’t be kind, at least be vague. *(Judith Martin, columnist)***

**The true and noble way to kill a foe, is not to kill him; you, with kindness, may so change him, that he shall cease to be so, and then he's slain. *(Alain)***

**A little kindness from person to person is better than a vast love for all humankind. *(Richard Dehmel)***

**A little kindness goes a long way. When Ed McMahon was starting out in show business, he made it a habit to say hello to every toll collector he encountered while commuting to and from New York City. “This little thoughtfulness taught to me by my grandmother Katie has turned out to be very good public relations for me. These tollgate attendants see hundreds of people every day and hardly give them a glance. Pretty soon, however, I began hearing ‘Morning, Mr. McMahon,’ or ‘Hello, Ed.’ It was gratifying to me and, I think, to them, and it certainly made the day a little better. It represented a moment of selfless friendliness in a crowded, pushy city.” (Bits & Pieces)**

**A Cure for “Mean World Syndrome”: Although news stories about disturbing events can be worth your attention, good news benefits your mental health, concludes a British experiment. More than 300 participants read stories about cruelty or violence, which, not surprisingly dampened their moods. Those who went on to read lighthearted anecdotes felt better, but those who read stories about acts of kindness reported a greater belief in the overall goodness of humanity. These results suggest that even if you’re exposed to a daily barrage of bad news, hearing about the kindness of others makes you happier and protects you against what some researchers call mean world syndrome, an anxious outlook caused by an over-stimulation of the world’s dangers*. (Samantha Rideout, in Reader’s Digest)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Kind words can be short and easy to speak, but their echoes are truly endless. *(Mother Teresa of Calcutta)***

**Kindness has converted more people than zeal, science, or eloquence. *(Mother Teresa)***

**I would rather make mistakes in kindness and compassion than work miracles in unkindness and hardness. *(Mother Teresa)***

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**Whoever is kind to the creatures of God is kind to himself. *(Muhammad)***

**Work hard and be kind and amazing things will happen. *(Conan O'Brien, TV host)***

**One kind word can warm three winter months. (Japanese proverb)**

**The parrots who look out for their pals: Researchers in Germany have observed parrots carrying out seemingly "selfless" acts of kindness -- behavior that has previously only been seen in humans and a few other primates. Desiree Brucks, a biologist at the Max Planck Institute of Ornithology, trained several African grey parrots to pass her small metal tokens when she held out her hand, in exchange for a walnut treat. She then placed two of the birds in adjacent clear-walled compartments with a small opening between them; one compartment also had a hole at the front. Brucks gave the tokens to one parrot, but only the other bird could reach her hand. Immediately, the parrot with the tokens started passing them through the opening to its neighbor, who could then exchange them for food. The first parrot carried on helping its feathered friend even though it received nothing in return. To make sure the birds weren't just playing, Brucks blocked the hole at the front and didn't hold out her hand -- and the parrot passed far fewer tokens. This "pro-social" behavior isn't apparent in all birds; when the experiment was repeated with blue-headed macaws, the birds only acted selfishly. It's unclear why African greys have evolved to be helpful. But the study adds to a growing body of evidence that birds are smarter than their small brains suggest. "I think we have underestimated birds," Brucks tells CNN.com. "We've been too focused on our close relations like primates." *(The Week magazine, January 31, 2020)***

**One can pay back the loan of gold, but one dies forever in debt to those who are kind. *(Malayan proverb)***

**PERFORM RANDOM ACTS OF KINDNESS: Yes, your kindergarten teacher was right all along. Plus, lending a hand to someone in need can actually benefit your own physical and mental health. Researchers at the University of Oxford found that participants who performed daily acts of kindness for a week – like helping a neighbor, paying for someone else’s movie ticket, or writing a thank you card – received a bump in happiness, according to a study published in 2018 in The Journal of Social Psychology. (Elizabeth Svoboda, in Discover magazine)**

**The story is told that Samuel Hanagid, an eleventh century Spanish-Jewish poet who was prime minister to the king of Granada, was once insulted by an enemy in the presence of the king. The king was so angered that he ordered his prime minister to punish the offender by cutting out his tongue. Contrary to the king's mandate, Samuel treated his enemy with utmost kindness. When the king learned that his order had not been carried out, he was greatly astonished. Samuel was ready with a pleasant answer. He said, “I have carried out your order, Your Majesty, I have cut out his evil tongue and have given him instead a kindly tongue.” *(Bits & Pieces)***

**Be kind. Remember everyone you meet is fighting a hard battle. *(T. H. Thompson)***

**It’s not fortune or fame or worldwide acclaim that makes for true greatness, you’ll find – it’s the wonderful art of teaching the heart to always be thoughtful and kind. *(Helen Steiner Rice)***

**My sisters and I loved to go grocery shopping with our mother when we were little. While Mama waited in the checkout line, we climbed onto the brown mechanical horse opposite the counter. Because it cost a dime to make it pitch back and forth, we had to be content to sit on the horse once a week and pretend we were riding. But suddenly, improbably, one day the long-still steed surged into action. A man smiled at us. He looked like a farmer – he was slim and wore a straw cowboy hat. Undoubtedly he’d seen even less frivolity in his life than we had. A ride on a mechanical horse doesn’t last forever. We knew enough to savor it to the fullest. And, after all these years, I’ve tried to live up to the example of the discreetly dropped-in dime. I’ve often wanted the chance to tell the man how much that single act of kindness meant. But I imagine he has probably long since gone to his reward. I hope it’s a big one. His dime has been earning interest. *(Valerie Culp Wilkerson, Cox News Service)***

**The world is not always a kind place. That's something all children learn for themselves whether we want them to or not, but it's something they really need our help to understand. *(Fred Rogers)***

**Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough. *(Franklin Delano Roosevelt)***

**In the year 1818, Tamatoe, King of Huahine, one of the South Sea Islands, became a Christian. He discovered a plot among his fellow natives to seize him and other converts and burn them to death. He organized a band to attack the plotters, captured them unawares and then set a feast before them. This unexpected kindness surprised the savages, who burned their idols and became Christians. *(James Hastings)***

**Savor kindness because cruelty is always possible later. *(Jenny Holzer, artist)***

**All the kindness which a person puts out into the world works on the heart and thoughts of humankind. *(Albert Schweitzer)***

**As they say in the South, do you often “speak ill” of others? If Francis Rose Shore were alive today, she would be eighty-four years old. We knew Francis as “Dinah” Shore. Cancer took her life some seven years ago. While she was still a teenager, she migrated from Tennessee to New York City to make her mark as a singer. She auditioned with one band, vocalizing “Dinah, no one could be finah.” Later, when the band decided to call her back, they couldn’t remember her first name. So they said, “Get us that Dinah girl.” Shore often saw adversity – some not of her own making. Yet her strength seemed to be in her love for people. In fact, her closest friends swore that she never said anything unkind about anyone. Kindness has been defined as “the ability to love people more than they deserve.” The King of Kindness, Jesus Christ, with one incredible redemptive act certainly showed us how that worked. That is why He motivated Christians: “to slander no one, to be peaceable and considerate, and to share true humility toward all men.” (Titus 3:2) Put yourselves to the test, starting now. See just how long you can dialogue without putting someone down. *(Timeless Reflections, as it appeared in Pulpit Helps, June, 2001)***

**This kindness, this stupid kindness, is what is most truly human in a human being. *(Vasily Grossman, in The Wall Street Journal)***

**There are ten strong things. Iron is strong, but fire melts it. Fire is strong, but water quenches it. Water is strong, but the sun evaporates it. The sun is strong, but clouds can cover it. Clouds are strong, but wind can drive clouds away. Wind is strong, but man can shut it out. Man is strong, but fears cast him down. Fear is strong, but sleep overcomes it. Sleep is strong, yet death is stronger. But the strongest is kindness. It survives death. (Paraphrased from The Talmud)**

**Thank you for being so kind to me, both in the past and in time to come. *(Ashleigh Brilliant, in Pot-Shots)***

**Today is World Kindness Day (November 13th), a day for us to come together and build a “kinder and more compassionate world.” Doing good deeds to help others, paying compliments, and sharing gifts are all ways to participate. *(The Daily Chronicle)***

**Kindness is a language which the deaf can hear and the blind can see. *(Mark Twain)***

**Unexpected kindness is the most powerful, most underrated agent of human change. Kindness that catches us by surprise brings out the best in our natures*. (Bob Kerrey, former governor of Nebraska and Vietnam War veteran)***

**The kindest word in all the world is the unkind word, unsaid. *(Official Crossword Puzzles)***

**In nature study the children were asked to tell of their various acts of kindness to animals. Several children told touching little stories of rescues and other generous deeds, and finally it was Timmie’s turn. “Now, Timmie,” asked the teacher, “what act of kindness to an animal have you done?” Timmie stood up proudly. “Well.” he announced, “once I kicked a boy for kicking his dog!” *(Pageant)***

**The greatest virtue is kindness. You can’t love everyone, but you can be kind to everyone. *(Land Title Guarantee Company calendar)***

**The worried housewife answered the phone and sighed with relief at the kindly voice in her ear. "How are you darling?" it said. "How's your day going?" "Oh, mother," said the housewife, breaking into tears. "I've had such a bad day. The baby won't eat and the washing machine broke. I haven't had a chance to go shopping and I've just sprained my ankle and I have to hobble around. On top of that, the house is a mess and we're having company for dinner tonight!" The mother was all sympathy."Oh, darling," she said, "sit down, relax and close your eyes. I'll be over in half an hour. I'll do your shopping, clean the house and cook your dinner. I'll feed the baby and call a repairman to fix the washing machine. Now stop crying. I'll do everything. In fact, I'll even call George at the office and tell him to come help out." "George," said the housewife, "who's George?" "George, your husband! Is this 555-1374?" "No, I'm sorry. I guess I have the wrong number." There was a short pause, and the housewife said, "Does this mean you're not coming over?" *(Rocky Mountain News)***

**A warm smile is the universal language of kindness. *(William Arthur Ward)***

**What wisdom can you find that is greater than kindness? *(Jean-Jacques Rousseau)***

**An act of kindness helped Chris Mazdzer take silver at the Winter Olympics. The American luger fell into a rut before the Games and slid down the world rankings. But while training in Latvia a few weeks ago, a Russian luger offered Mazdzer his sled -- something lugers never do -- saying it might give him a boost. That display of "friendship was really moving," said Mazdzer. The sled proved too small, but the gesture kicked Mazdzer out of his slump. He improved his times, and this week became the first American man to win a luge medal at the Olympics. *(The Week magazine, February 23, 2018)***

**This would be a wonderful world if everyone was as nice as the person who’s trying to sell you something. *(Bits & Pieces) 9209015***

**Write injuries in sand, kindnesses in marble. *(French proverb)***

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**You cannot do a kindness too soon, because you never know how soon it will be too late. *(Bits & Pieces) 6189824***

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