

## Kindness

### Bible

Ephesians 4:32

Be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

### Man

Aesop

No act of kindness, no matter how small, is ever wasted.

Robert Alan

The flower of kindness will grow. Maybe not now, but it will some day. And in kind that kindness will flow, For kindness grows in this way.

Robert Alan

The good deed you do today for a brother or sister in need will come back to you some day for humanity's a circle in deed.

Barbara De Angelis

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.

Philip James Bailey

Kindness is wisdom.

William John Bennett

A kind and compassionate act is often its own reward.

Henry Burton

Have you had a kindness shown? Pass it on; 'twas not given for thee alone, Pass it on; Let it travel down the years, Let it wipe another's tears, Till in Heaven the deed appears, Pass it on.

George Washington Carver

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in life you have been all of these.

Frank A. Clark

Kindness makes a fellow feel good whether it's being done to him or by him.

Princess of Wales Diana

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

Princess of Wales Diana

The kindness and affection from the public have carried me through some of the most difficult periods, and always your love and affection have eased the journey.

Ralph Waldo Emerson

You cannot do a kindness too soon, for you never know how soon it will be too late.

Frederick W. Faber

Kindness has converted more sinners than zeal, eloquence, or learning.

Katherine Francke

As perfume to the flower, so is kindness to speech.

Kahlil Gibran

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolutions.

Johann Wolfgang Von Goethe

Kindness is the golden chain by which society is bound together.

Sir Arthur Helps

Wise sayings often fall on barren ground; but a kind word is never thrown away.

Eric Hoffer

Kindness can become its own motive. We are made kind by being kind.

Robert Green Ingersoll

Kindness is the sunshine in which virtue grows.

Washington Irving

A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.

Samuel Jackson

To cultivate kindness is a valuable part of the business of life.

Henry James

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.

Joseph Joubert

A part of kindness consists in loving people more than they deserve.

Lao-Tzu

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Wilson Mizner

Always be nice to people on the way up; because you'll meet the same people on the way down.

A. Neilen	If you have not often felt the joy of doing a kind act, you have neglected much, and most of all yourself.
Blaise Pascal	Kind words do not cost much. Yet they accomplish much.
Robert Pecsí	Take the time to make someone happy. To bring joy to their lives. To be a friend. And you will be blessed tenfold.
William Penn	I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.
Philo	Be kind, for everyone you meet is fighting a hard battle.
Greek Proverb	Kindness begets kindness.
Malayan Proverb	One can pay back the loan of gold, but one lies forever in debt to those who are kind.
Randolph Ray	Kindness is tenderness. Kindness is love, but perhaps greater than love. Kindness is good will. Kindness says, I want you to be happy.
Theodore I. Rubin	Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.
Albert Schweitzer	Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.
Albert Schweitzer	The purpose of human life is to serve and show compassion and the will to help others.
Seneca	Wherever there is a human being there is an opportunity for kindness.
C. Neil Strait	Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.
Emanuel Swedenborg	Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want and do.
Ben Sweetland	We cannot hold a torch to light another's path without brightening our own.
Publilius Syrus	You can accomplish by kindness what you cannot by force.
Mother Teresa	Kind words can be short and easy to speak, but their echoes are truly endless.
Mother Teresa	Spread love everywhere you go; First of all in your own house... Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; Kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.
St. Teresa of Avila	Be gentle to all, and stern with yourself.
Source Unknown	A spark of kindness starts a fire of love.
Source Unknown	Be kind to unkind people -- they need it the most.
Source Unknown	I have wept in the night for the shortness of sight that to somebody's need made me blind; But I never have yet felt a tinge of regret for being a little to kind.
Source Unknown	The best way to knock the chip off your neighbor's shoulder is to pat him on the back.
Source Unknown	The kindness planned for tomorrow doesn't count for today.
Source unknown	One good deed deserves another.
Source Unknown	They say you can't smile without cheering yourself up - likewise you can't commit a random act of kindness without feeling that your troubles have been lightened if only because the world has become a slightly better place. And you can't be a recipient without feeling a shock, a pleasant jolt.
Source Unknown	Practice random acts of kindness and senseless acts of beauty.
William Wordsworth	The best portion of a good man's life is in his little nameless, unremembered acts of kindness and of love.

Zadik	Little kindnesses... will broaden your heart, and slowly you will habituate yourself to helping your fellow man in many ways.
Zoroaster	Be good, be kind, be humane, and charitable; love your fellows; console the afflicted; pardon those who have done you wrong.