

# Thoughts and Words of Kindness

May the words of my mouth,  
and the thoughts of my heart be  
pleasing in Your sight, Oh Lord,  
my strength, and my redeemer.

(Psalm 19:14, *paraphrased*)



Actions that are done out of love not only make others happy, but they please Jesus.







It is not always easy to do or say things that are kind and thoughtful, especially when we are upset or when someone has hurt us. It is in those times that it is even more important to remember that Jesus hears all the things that we say. He even knows the things that we think!



Even if we are angry or sad, we can ask Jesus for help to change our thoughts and prevent us from saying things that will hurt others. Jesus wants to help us choose to think and say those things that will make God happy.



Our thoughts, our prayers, and our actions should be ones that will please Jesus. And when they come from a heart of love they always make Jesus glad!



# Action

Talk about a kind deed that you can do for someone else—think of something that that person would like and that would make him or her happy. Now go do it!



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