

Day 20 of Basic Training in Holiness - Kindness



DAY 20 - VIRGIN MOST FAITHFUL, PRAY THAT WE
RECEIVE THE FRUIT OF KINDNESS!

GOD'S WORD

"But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone strikes you on one cheek, turn to him the other also. If someone takes your cloak, do not stop him from taking your tunic. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you." (Luke 6:27-31)

"Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you." (Ephesians 4:32)

"Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience." (Colossians 3:12)

“She opens her mouth with wisdom, and the teaching of kindness is on her tongue.” (Proverbs 31:26)

“So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus.” (Philippians 2:1-5) HEROES’ WORDS “Be kind to all and severe to thyself.” -St. Teresa of Avila

MEDITATION

Fruit of Kindness: One of the fruits of the Holy Spirit; the quality of understanding sympathy and concern for those in trouble or need. It is shown in affability of speech, generosity of conduct, and forgiveness of injuries sustained. (Fr. John Hardon, Modern Catholic Dictionary)

MENTAL PRAYER (15+ Minutes)

[Guide to Mental Prayer](#)

PRAY A ROSARY

[Miraculous 54 Day Rosary Novena](#)