

30 ACTS OF KINDNESS

TO REFRESH OTHERS AND RENEW
YOUR SPIRIT

ACTS 1-10

EVERYDAY ENCOURAGEMENTS

01

Pray with someone in the moment

Don't just promise - pause and pray right then.



02



Send a text or voice note

It doesn't have to be long. Sometimes just saying, "I'm thinking about you today" can change a person's day!

03

Write a handwritten card

With a verse or encouraging thought



04



Good
Work
😊

Give a heartfelt compliment

Share complimentary thoughts that affirms someone's character, not appearance.

05

Call instead of texting

Your voice can lift a weary heart.



06

Smile

Smiling when you see someone costs nothing, but could change everything!



07

Leave a positive comment

Leaving a positive comment on someone's post on social media can be supportive and uplifting.



08



Share a worship song

Sharing a worship song or playlist that has been ministering to you can be the very thing that uplifts someone's day.

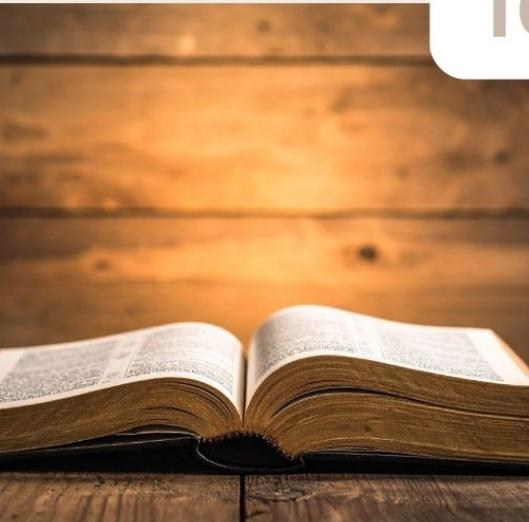
09

Send a small digital gift card

Sending a small digital gift card for coffee, lunch, or a treat "just because" is a small inexpensive way to show you care.



10



Share a Bible verse

If a scripture comes to mind that has been encouraging to you, share it with someone and tell them why it has been encouraging to you.

Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.

Matthew 24:40

ACTS 11-20

SERVING FROM THE HEART

11

Support someone who's grieving

When someone is grieving, even small acts of kindness go a long way. You can do things like order dinner or send a meal card without them asking.



12

Visit or call someone recovering

Someone can easily feel alone when recovering in the hospital or at home. Paying them a visit can work wonders in their healing process.



13

Pay for someone's meal

Paying for someone or a family's meal or groceries anonymously is a testimony they will share over and over again!





14

Offer a ride

Offer someone a ride to church or appointments if they do not have transportation.

15

Volunteer your time or skill

Photography, cooking, mentoring, anything useful can serve as an act of kindness.



16



Help maintain a neighbor's yard

When someone is elderly or ill and can't maintain their house or yard like they used to, helping them keep things neat is an act of kindness that offers lots of relief.

17

Arrange a cleaning service

You can arrange a cleaning service or personally tidy someone's home who is battling illness.



Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. Do not be slothful in zeal, but fervent in spirit, serve the Lord. 1 Peter 4:10-11

18

Babysit for a single parent

Often times just a few hours of time to decompress and rest does wonders for a single parent.



19

Assist a job seeker

Looking for a job can be a very stressful act. Helping someone review their resume or sharing network contacts can be very helpful on their journey.



20

Deliver groceries or care items

Try offering this type of assistance to someone facing financial or health hardship.



ACTS 21-30

FAITH FILLED REFRESHERS

21

Give anonymously

Let your gift be between you and God.



22

Leave an envelope

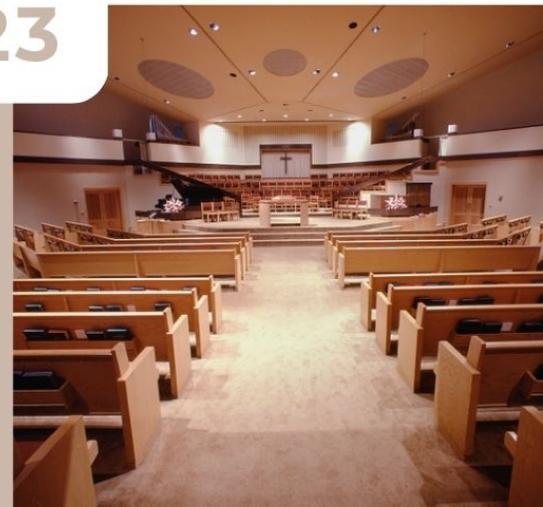
Leaving an envelope for someone in need with encouragement or provision will certainly bring hope to otherwise hopeless moments.



23

Invite someone to church

Most people do not visit church because they were never invited.



24



Start a prayer chain

Starting a prayer chain or group prayer for a friend's breakthrough can offer hope and much needed love during a dismal time

25

Sponsor a meal or donation

Sponsor a meal or donation for a family, shelter or mission.



26



Drop off flowers

Flowers always bring a smile!

27

Speak a blessing

Speak a blessing over someone's life. The Bible is full of promises from God that you can share.

Check out my guide of [100 Promises from God](#)



If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. John 13:14.

28

Forgive quickly

Releasing offense frees you to continue in love and makes room for joy.



29

Worship for someone else

Worship for someone else's victory. Let every man think on the things of others.



30

Ask God each day:

"Who can I refresh today? Then follow his nudge."

