**AN EXAMPLE OF KINDNESS IN PUBLIC**

The Kenyan, Abel Mutai was running with all his strength, leading the race he was a part of in Spain in December 2012. Abel was winning when all of a sudden with only 10 meters to reach the finish line, he slowed his pace and stopped running while waving at the public thinking he had won. It was obvious that he had made a mistake. Ivan Fernandez Anaya, who was in second place, noticed that Abel had made a mistake so he went up to Abel and helped him reach the finish line. Abel Mutai won the race. However, the noble gesture of Ivan went down in history as one of the greatest acts of kindness in Athleticism. There is a command in the Bible where it tells us to be kind to others, merciful, and forgiving of one another just like God has forgiven us. (Ephesians 4:32). Upon hearing this divine mandate, we may ask, why does God ask us to be kind?

**God is good**

In discussing kindness, we must first understand that God is kind. One day Moses wanted to see God in His fullness, He wanted to know Him more profoundly. So he asked God to show Him his glory (Exodus 33:18). God was clear that no human could contemplate His glory because they would die. Humanity would not be able to resist the glory and power of His divinity. However, God decided to give Moses a glimpse of His glory. When Moses was in God 's presence He covered His face and exclaimed, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.”(Exodus 34:6).

The Psalmist invites us to, “Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.”(Psalms 100). In this Psalm, the reason for calling us to worship and serve God is because He is good and always merciful.

**Dios no invita a ser bondadoso**

When Jesus came to earth, He came so that we may know God 's goodness towards us. Jesus taught to love with His words and with His example. He said, “A new command I give you: Love one another. As I have loved you, so you must love one another. “(John 13:34). Jesus said that every time we partake in an act of kindness, He noties. (Matthew 25: 40). It is written, “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” (Matthew 25:35-36). Solomon the wise wrote these beautiful words for you, “My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.” (Proverbs 3:1-3).

**Jesus is an example of kindness**

One day, Jesus was in a city where a large crowd followed Him. Suddenly, a leper fell before Him and said, “If you want to, clean me.” (Mark 1:40).

Leprosy was one of the most feared illnesses in those days, it was incurable and killed people slowly by invading their body. The leper was losing sensation in his body and his skin was full of wounds. Since it was a contagious sickness, lepers were isolated, abandoned, and rejected. They could not be around healthy people. They were forced to live apart and made to ring a bell to announce their presence. In Jesus’ times, lepers were called, “unclean.” The leper who went to see Jesus was very sick and walked slowly, was dirty, and smelled. The sickness had affected him terribly and his physical appearance was horrible. (DTG 228. 3) When the people saw him, they desperately ran away, he was a repugnant sight to see.

Jesus was left alone with the leper and as the people looked on in astonishment, Jesus did not reject the man. The Savior was moved with mercy and manifested the goodness of God. “Jesus was indignant.He reached out his hand and touched the man. “I am willing,” he said. “Be clean!”(Mark 1:41). The goodness and mercy of Jesus was also displayed when he gently touched the man. He communicated acceptance and let him understand that as a human being he had the right to mercy and divine grace.

What followed was restored health and gratitude from the leper. As soon as Jesus lifted him up, the leprosy left the man and he was clean. His skin was beautiful.

**God shows you his kindness**

Friends, the Lord loves you, He loves you with an infinite love. You have probably felt rejected at some point in your life. Or maybe you feel that there is something in your life that is impossible to change. Remember the goodness of God and His mercy. It was impossible for man to heal the leper, but the divine power of Jesus healed him. Jesus can also bring healing to your life, clean your heart, and transform your life if you pray to Him asking for help. Remember the words full of goodness and compassion that Jesus spoke, “I am willing, be clean!” (Mark 1:41). Also remember His words full of compassion, ““With man this is impossible, but with God all things are possible.” (Mathew 19:26)

**Invitation**

Would you like to come to Jesús and pray to him? Would you like to lay all your problems at His feet by faith? Come before Him in silence and confess your sins and ask Him to transform your life? Remember, with God all things are possible (Matthew 6:26). Remember that Jesus will never reject you, He accepts you as you are and tells you: I am willing, I will help you.