



ACTS OF
KINDNESS

The betterment of the world can be accomplished through pure and goodly deeds, through commendable and seemly conduct. —Bahá'u'lláh

Recent research shows that what holds people back from carrying out acts of kindness is the perception that it has little, if any impact on the recipient.

Kumar, A., & Epley, N. (2022) out of the Universities of Texas and Chicago



Kind words can be short and easy to speak, but their echoes are truly endless.

—Mother Teresa

One kind word can change someone's entire day. —Unknown

A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit, it clotheth the words with meaning, it is the fountain of the light of wisdom and understanding. —Bahá'u'lláh

My first counsel is this: Possess a pure, kindly and radiant heart... —Bahá'u'lláh

Whereas in reality even small acts of kindness can profoundly change a person's day, create long lasting (sometimes lifelong) impact, and also increase the likelihood that they will carry out an act of kindness in turn (ripple effect).



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As a child I lived in absolute poverty with an abusive parent. I had a music teacher who one day stopped me while walking down the hall and simply said, "Are you okay?". I broke down. He took me to his office, fed me his lunch, and allowed me the space to pull myself together. He told me, "You are in a bad spot, but it doesn't have to be your life." That small gesture gave me the hope to believe in myself and allowed me to start considering a future where the cycle of abuse and poverty don't exist. Thirty years later he was right and the cycles have been broken. That small moment changed my life, it changed my partner's life, and it changed my children's lives."

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. —Desmond Tutu

The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion, and kindness to every living soul. Strive ye then with all your heart to treat compassionately all humankind. —Abdu'l-Bahá

Sometimes it's easy to lose faith in people. And sometimes one act of kindness is all it takes to give you hope again. —Randa Abdel-Fattah

Kindness is the light that dissolves all walls between souls, families, and nations. —Paramahansa Yogananda

Acts of kindness benefit the giver in substantial ways as well. Various studies have shown that kind people live longer, healthier lives. They experience fewer aches and pains, are calmer, less depressed, have increased feelings of self-worth, and are substantially happier.

From the Greater Good Science Center out of the University of Berkeley

In fact, 5 recent studies have shown that people are more likely to derive personal happiness from being kind to/serving others than in the pursuit of self-serving behaviors.

Titova, M. and Sheldon, K. out of the Universities of Washington and Missouri



By consecrating oneself to the service of others, one finds meaning and purpose in life and contributes to the upliftment of society itself. —The Universal House of Justice

...if you are so angry, so depressed and so sore that your spirit cannot find deliverance and peace even in prayer, then quickly go and give some pleasure to someone lowly or sorrowful, or to a guilty or innocent sufferer! Sacrifice yourself, your talent, your time, your rest to another, to one who has to bear a heavier load than you—and your unhappy mood will dissolve into a blessed, contented submission to God. — Attributed to Abdu'l-Bahá

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. —Matthew 7:12

Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path.

—Abdu'l-Bahá

What else will rescue the world but the efforts of countless souls who each make the welfare of humanity their principal, their dominating concern?

—The Universal House of Justice