

# Kindness

Adult Forum, December 7, 2025

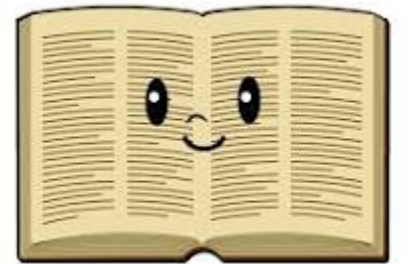
Patrick Sweeney

# Oxford English Dictionary

According to the **Oxford Dictionary**, kindness is defined as "**the quality of being friendly, generous, and considerate**".

The dictionary also provides additional context and definitions:

- It can be described as the quality of being gentle, caring, and helpful.
- It is an uncountable noun referring to this general quality, as in treating someone with kindness and consideration



# Seneca

“Wherever there is a human being, there exists the opportunity for an act of kindness.”



# Thomas Merton on Kindness

Thomas Merton viewed kindness as a radical act of seeing the divine in every person, especially those on the margins of society. He argued that true kindness comes from a place of inner solitude and peace, allowing one to love others without judgment. For Merton, kindness is not weakness but a courageous practice of compassion, love, and service, even for those who have caused hurt.

# Colossians 3:12

“As God’s chosen ones, holy and beloved, clothe yourselves with compassion, **kindness**, humility, meekness and patience.”



CHOOSE  
KINDNESS

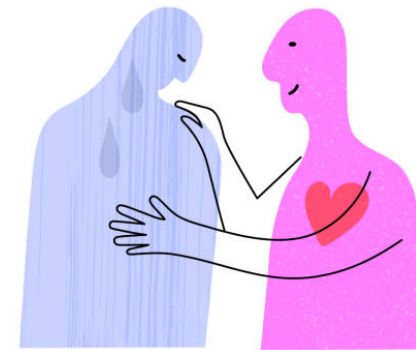
# 1 Corinthians 13:4; Ephesians 4:32

“Love is patient; love is **kind**; love is not envious or boastful or arrogant or rude.”

“...and be **kind** to one another, tenderhearted, forgiving one another as God in Christ has forgiven you.”

# Luke 6:35

“But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked.”



# Proverbs 11:17

“Those who are kind reward themselves,  
But the cruel do themselves harm.”

DO ALL THINGS WITH  
 kindness