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*The Secret of*  
**Inner Beauty**  
*Part 7: Kindness*



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*The Secret of*  
**Inner Beauty**  
*Part 7: Kindness*

**Kindness is “love in action.”**

**1. Be \_\_\_\_\_.**

- “Each of you should look not only to your needs, but also to the needs of others.” (Philippians 2:4)
- The number one thing that keeps us from being kind is busyness.

**2. Be \_\_\_\_\_.**

- “Kind words bring life, but cruel words crush your spirit.” (Proverbs 15:4)
- When you belittle people, you are being little.

3. Be \_\_\_\_\_ .

- “When others are happy, be happy with them. When they’re sad, share their sorrows.” (Romans 12:15)
- Kind people share in the emotions of others.

4. Be \_\_\_\_\_ .

- “As we have the opportunity, let us do good to all people, especially those who belong to the family of believers.” (Galatians 6:10)
- Give roses while people can still smell them.

**“Jesus is the kindness of God.”  
(Titus 3:4)**