

40 Days Fuller

Wish Well Wednesday | *Day 36*



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DISCOVER

Every now and then, social media and even news outlets portray stories about acts of kindness between strangers. The stories are so compelling because they remind us that there are people in the world who are willing to look beyond themselves and their own needs in order to provide a measure of comfort, assistance, or compassion to someone else.

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Kindness from an unexpected source can be inspiring and have profound and lasting influence on the recipient, the giver, and those around them. An added benefit to a random act of kindness is the element of surprise. As I hope you've experienced during the 40 Days Fuller Guide, surprising elements to our day can increase our joy, whether we are giving or receiving the surprise.

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Today, notice if there are any opportunities to offer a measure of kindness to someone else, random or not. Even something as small as holding the door for someone else and smiling warmly at them can be enough to change someone's day. Do you see anyone struggling with anything that you might be able to help today? Is there anyone you can offer a genuine compliment? Is there a trustworthy charity or nonprofit that could use volunteers or financial help?

REFLECT / JOURNAL

Have you ever been the recipient of a stranger's act of kindness? When was the last time you offered a random act of kindness to someone else? How did the experiences of giving and receiving kindness impact you?

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Where and when can you offer someone kindness today?

PRACTICE



Practice the daily cup ritual



Write "wish well" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Find an opportunity to offer kindness to a stranger today.



Share your reflection with the group.



Guided meditation for day 36

Random acts of kindness,
however small it may
be, can transform the
world.

- Amit Ray