

MONTHLY DEVOTIONAL

KINDNESS



MAYFLY MOMENTS MICRO MODULES

Mayfly Moments Devotional Series

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Scripture quotations are taken from the Holy Bible. Unless otherwise noted, Scripture references are from the World English Bible (WEB).

May this devotional inspire deeper faith, renewed hope, and purposeful living in Christ.

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Introduction

SHE OPENS HER MOUTH WITH WISDOM.
KIND INSTRUCTION IS ON HER TONGUE.

PROVERBS 31:26

Dear Sisters in Christ,



Life can feel overwhelming when you're unsure of your direction or wonder if your actions truly matter. But take heart—God calls us to kindness, a powerful way to reflect His love and make a meaningful impact. This 30-day devotional is designed to inspire and guide you in living a life of kindness, helping you discover how small, intentional acts can fulfill God's purpose and bring light to those around you.

Each day, you'll reflect on Scripture, pray intentionally, and draw closer to God as He reveals His plans for you. Whether you're starting fresh, seeking clarity, or needing a reminder of His faithfulness, let this journey be a source of strength and hope. Together, let's trust Him to lead us into the abundant life He has promised, living every moment on purpose for His glory.

And be kind to one another, tender hearted, forgiving each other, just as God also in Christ forgave you. - Ephesians 4:32

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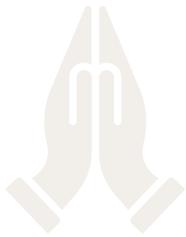
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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Ephesians 4:32

And be kind to one another, tender-hearted, forgiving each other, just as God also in Christ forgave you.



Father, help me show kindness and forgiveness as You have shown me through Christ. Soften my heart to love others unconditionally.

Amen.

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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Colossians 3:12

Put on therefore, as God's chosen ones, holy and beloved, a heart of compassion, kindness, lowliness, humility, and perseverance.



Lord, clothe me with compassion and humility. Let kindness flow naturally in my actions and words today.

Amen.

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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Micah 6:8

He has shown you, O man, what is good. What does THE LORD require of you, but to act justly, to love mercy, and to walk humbly with your God?



God, teach me to act justly and love mercy. May my life reflect Your kindness and love.

Amen.

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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith...



Holy Spirit, grow the fruit of kindness in my heart. Let it be evident in all I do today.

Amen.

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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Titus 3:4-5

But when the kindness of God our Savior and his love toward mankind appeared, not by works of righteousness which we did ourselves, but according to his mercy, he saved us.



Father, thank You for Your kindness and mercy in saving me. Help me share that kindness with those around me.

Amen.

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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Romans 12:10

In love of the brothers be tenderly affectionate to one another; in honor preferring one another.



Lord, teach me to honor others and be tender-hearted.
Help me love as You love.

Amen.

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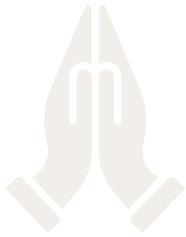
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WEEK 1: GOD'S CALL TO KINDNESS

Read & Pray

Proverbs 31:26

She opens her mouth with wisdom. Kind instruction is on her tongue.



Father, may my words today be full of wisdom and kindness. Let me build up and not tear down.

Amen.

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WEEK 2: KINDNESS IN ACTION

Read & Pray

Matthew 7:12

Therefore, whatever you desire for men to do to you, you shall also do to them; for this is the law and the prophets.



God, help me treat others the way I want to be treated. May my actions reflect Your love.

Amen.

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WEEK 2: KINDNESS IN ACTION

Read & Pray

Luke 6:35

But love your enemies, and do good, and lend, expecting nothing back; and your reward will be great.



Lord, teach me to love and show kindness, even to those who oppose me. Let me reflect Your grace.

Amen.

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WEEK 2: KINDNESS IN ACTION

Read & Pray

Proverbs 11:17

The merciful man does good to his own soul, but he who is cruel troubles his own flesh.



Father, remind me that kindness brings healing to my soul. Help me extend mercy to others.

Amen.

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WEEK 2: KINDNESS IN ACTION

Read & Pray

Isaiah 58:7

Isn't it to share your bread with the hungry, and that you bring the poor who are cast out to your house?



Lord, show me opportunities to share with those in need. Let my kindness be a light in their lives.

Amen.

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WEEK 2: KINDNESS IN ACTION

Read & Pray

1 John 3:18

My little children, let's not love in word only, or with the tongue only, but in deed and truth.



God, let my love be seen through actions, not just words. Help me show kindness sincerely.

Amen.

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WEEK 2: KINDNESS IN ACTION

Read & Pray

Proverbs 19:17

He who has pity on the poor lends to THE LORD; he will reward him.



Father, open my eyes to those in need and let my generosity be an act of worship to You.

Amen.

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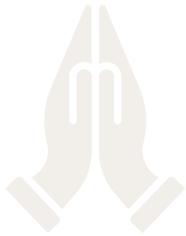
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WEEK 2: KINDNESS IN ACTION

Read & Pray

Hebrews 13:2

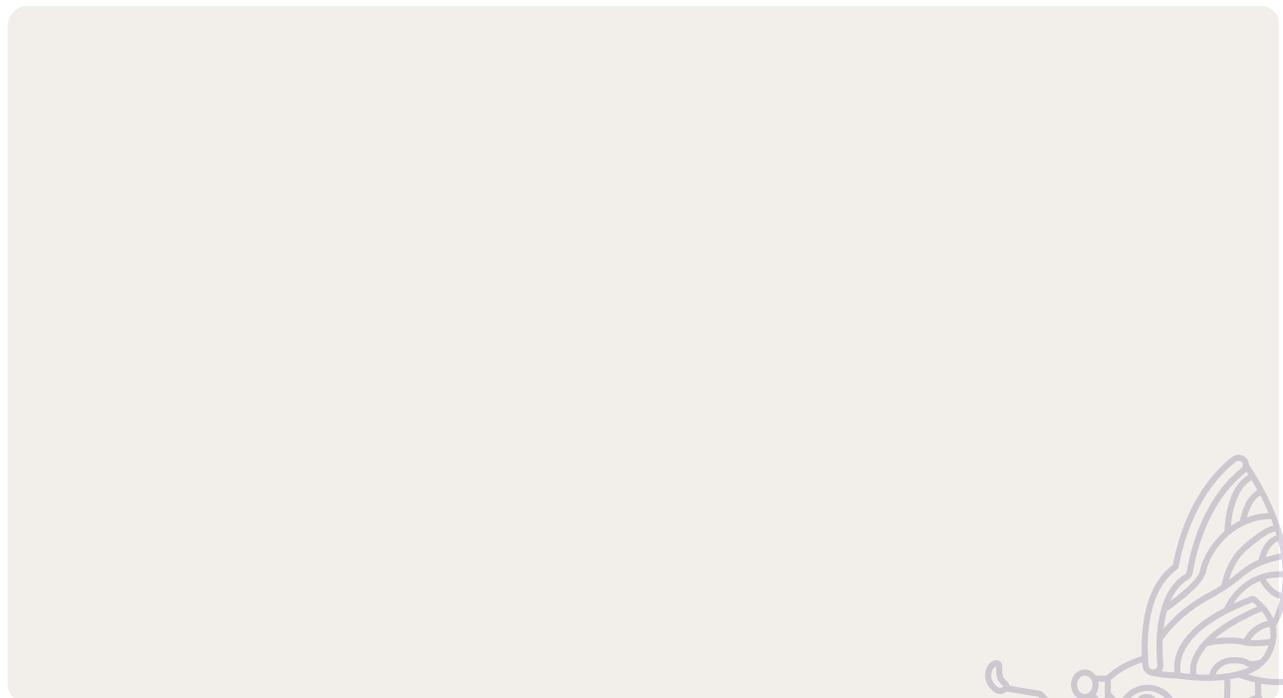
Don't forget to show hospitality to strangers, for in doing so, some have entertained angels without knowing it.



Lord, help me welcome others with kindness, knowing that it honors You.

Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

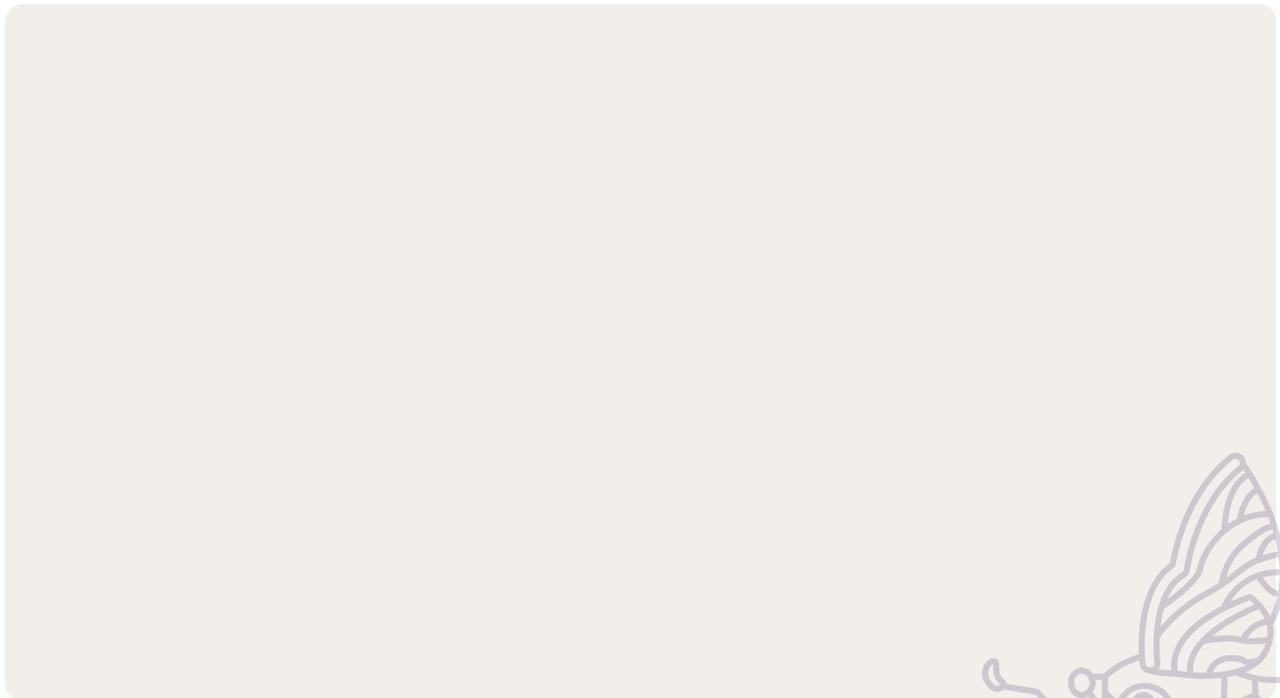
Psalm 145:17

THE LORD is righteous in all his ways, and gracious in all his works.



Thank You, God, for being gracious and kind. Help me follow Your example in my daily life.
Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

Exodus 34:6

THE LORD, a merciful and gracious God, slow to anger, and abundant in loving kindness and truth.



Father, thank You for Your abundant kindness. Teach me to reflect it in how I treat others.

Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

Matthew 5:7

Blessed are the merciful, for they shall obtain mercy.



Lord, make me merciful so that I may share in Your blessings. Help me give kindness freely.

Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

Psalm 36:7

"How precious is your loving kindness, God! The children of men take refuge under the shadow of your wings.



Father, Your loving kindness is my shelter. Help me offer that same kindness to others.
Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

2 Peter 1:7

And in godliness, brotherly affection; and in brotherly affection, love.



Lord, grow my affection for others as a reflection of Your love and kindness.

Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

Zechariah 7:9

Thus has THE LORD of Armies spoken, saying, 'Execute true judgment, and show kindness and compassion every man to his brother.



God, let kindness and compassion guide my interactions with everyone I meet.

Amen.

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WEEK 3: GOD'S EXAMPLE OF KINDNESS

Read & Pray

Psalm 103:8

THE LORD is merciful and gracious, slow to anger, and abundant in loving kindness.



Lord, thank You for being patient and kind with me.
Help me be the same with others.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

Proverbs 16:24

Pleasant words are a honeycomb, sweet to the soul, and health to the bones.



Father, let my words today be sweet and uplifting, bringing joy to those around me.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

Romans 15:2

Let's not be weary in doing good, for we will reap in due season, if we don't give up.



Lord, help me seek the good of my neighbor and build them up with kindness.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

Job 6:14

To him who is ready to faint, kindness should be shown from his friend.



Father, help me bring kindness to those who feel weary or discouraged.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

1 Thessalonians 5:11

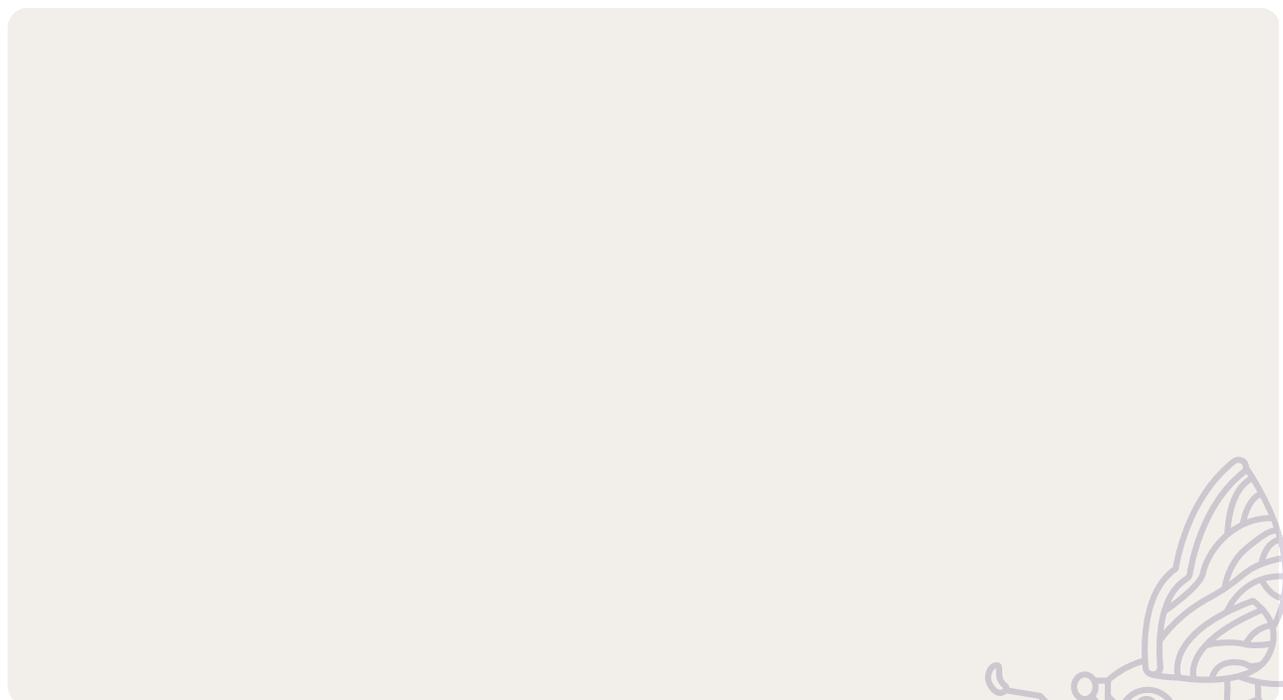
Therefore exhort one another, and build each other up, even as you also do.



God, show me how to encourage others and strengthen them with kindness.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

1 Corinthians 13:4

Love is patient and is kind.



Lord, fill my heart with love that is patient and kind,
reflecting Your nature.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

Luke 10:27

You shall love your neighbor as yourself



Father, let my love for others be expressed through acts of kindness and care.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

Matthew 25:40

Inasmuch as you did it to one of the least of these my brothers,
you did it to me.



Jesus, remind me that every act of kindness to
others is a service to You.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

1 Peter 3:8

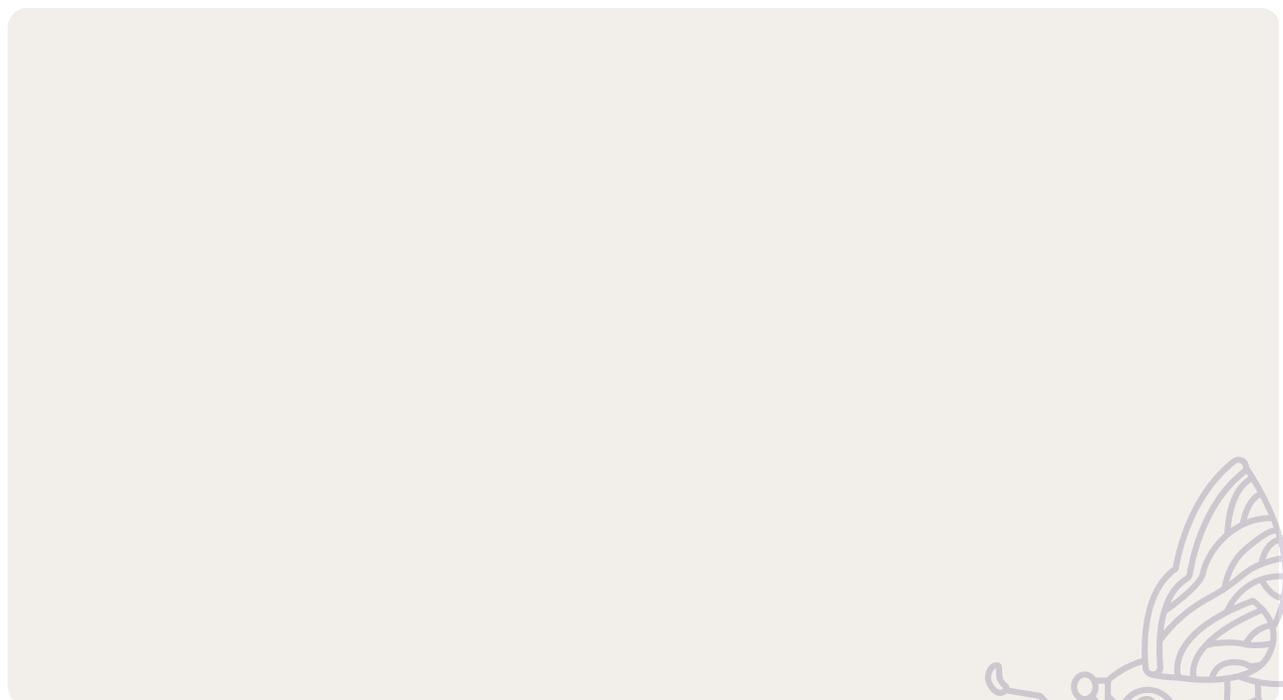
Finally, be all like-minded, compassionate, loving as brothers, tender-hearted, courteous.



Lord, help me to be tender-hearted and courteous, showing compassion to all.

Amen.

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WEEK 4: SUSTAINING A LIFE OF KINDNESS

Read & Pray

Philippians 2:3-4

But in humility, each counting others better than himself; each of you not just looking to his own things, but also to the things of others.



Father, teach me to prioritize the needs of others and walk in humility and kindness daily.

Amen.

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RESOURCES



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Thank You!

Thank you for joining us on this devotional journey. We pray that this devotional has helped you grow closer to the Lord.

Please contact us if you have any further questions or want to explore Mayfly Moments resources.

May your continued study of God's Word be filled with wisdom, inspiration, and a renewed passion to fulfill the divine purpose God has for your life.

Krystal G. Livingston

Servant Leader



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