

ALPHA COUNSELING SERVICES

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January

Celebrating Thirty Seven Years of Service

2015

Dear Friends,

Last month I focused on how important a good attitude can be in our Christian walk. Today a news release stated that **“Individuals with the highest levels of optimism have twice the odds of being in ideal cardiovascular health compared to their more pessimistic counterparts.”** Rosalba Hernandez, lead researcher at University of Illinois. The study spanned 11 years and included over 5,000 adults.

For several months I would like to focus on what makes a good attitude, and this month I selected KINDNESS. I was actually surprised how much has been written on this subject in scripture and in secular thought. Thinking of the above research and good health the scripture agrees.

Proverbs 11:17 *A man who is kind benefits himself, but a cruel man hurts himself.*

I find that in our culture kindness is poorly understood and sadly seldom practiced.

☞ Ezra Benson says : ‘One who is kind is sympathetic and gentle with others. He is considerate of others’ feelings and courteous in his behavior. He has a helpful nature. Kindness pardons others’ weaknesses and faults. Kindness is extended to all- the aged and young, to animals, to those low of station as well as the high.’ So often I see some form of courtesy given to strangers but not to those closest to us.

☞ J.S. Wirthlin says ‘The true greatness of a person, in my view, is evident in the way he or she treats those with whom courtesy and kindness are not required’.

2 Timothy 2:24 *“The Lord’s servants must not be quarrelsome but kind to everyone...”*

☞ Misha Collins says ‘I think that the most efficacious way of making a difference is to lead by example, and doing random acts of kindness is setting a very good example of how to behave in the world.’

☞ Joe Joubert – ‘Kindness is loving people more than they deserve’ and, Aesop wrote ‘No act of kindness, no matter how small, is ever wasted’.

Last night I set here at Alpha and watch and listened while a husband verbally attacked his wife for asking why he had done something. I think he walked out feeling quite proud of himself but, his wife, of some years, has had enough. It’s sad to see people be so blind and self righteous.

☞ Rachel Nichols commented ‘I simply do not think that yelling, swearing, threatening or belittling will get you to the place you want to be any faster than kindness, understanding, patience, and a little willingness to compromise.’

For many years so called Christian men have emphasized in Ephesians where it says ‘wives submit’ ignoring the next verse which says husbands give up you life for your wife. Kindness involves being willing to compromise on many of the issues in marriage. Compromise can be a useful way to show kindness not only to our spouse but to our whole family, church, and the world in general.

Compromise is not weakness but the willingness to listen so we can understand the other person’s perspective. It’s being kind and often can reduce tensions making our world less stressful and healthier.

☞ ‘Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate’ Albert Schweitzer

Well, there you have my first installment of what makes up a good attitude. Please pray with me that I will have a kindness that flows from God to others.

I Corinthians 13:4

“Love is patient, love is kind...”