

Preparation for G263 – Random Acts of Kindness

There is good in the world. While there are many examples of this, one of the most intriguing are random acts of kindness. To set the context here we are going to encompass the gamut of these acts from something like giving up a seat on a crowded bus to someone who looks tired or overburdened to someone who buys lunch for the stranger in line behind them. While some people may look at some acts as "the right thing to do" we so often see people not taking that course that those acts should be considered as well. This session will allow us to explore our feelings about random acts of kindness.

1. How would you define a random act of kindness?
2. Have you ever been the recipient of a random act of kindness? Describe the events surrounding it.
3. Have you ever performed a random act of kindness? Describe the events that lead up to the act. Describe how you felt before and afterwards.
4. Have you ever witnessed a random act of kindness? How did it make you feel?
5. Has there ever been a time when you considered performing a random act of kindness but did not for some reason? Tell about the circumstances and your feelings.
6. How do you think the world would change if more than half the population performed random acts of kindness on a daily basis?
7. Do you think a random act of kindness could make a permanent change in your life? If so, what kind of change would you envision?