

TRY

KINDNESS

★ Love
one
another

A PUBLICATION BY JOSHUA GOODLING

**"Kindness is the language which the deaf
can hear and the blind can see."**

- Mark Twain

**"I shall pass through this world but once.
Any good thing therefore that I can do, or
any kindness that I can show to any
human being, let me do it now. Let me
not defer it or neglect it, for I shall not
pass this way again."**

- Henry Drummond

**"A man who is kind benefits himself,
but a cruel man hurts himself."**

- Proverbs 11:17

**"As we have opportunity, let us do good
to everyone, and especially to those who
are of the household of faith."**

- Galatians 6:10

**"No one has ever become
poor by giving."**

- Anne Frank

As an elderly man walked a sandy beach at dawn, he noticed a young boy ahead of him picking up starfish and flinging them into the sea. Finally, catching up with the boy, he asked him why he was doing this.

The answer was that the stranded starfish would die if left in the morning sun. "But the beach goes on for miles and there are millions of starfish," countered the man. "How can your effort make any difference?"

The young boy looked at the starfish in his hand and then threw it to the safety of the water. "It made a difference to that one!," he replied.



MAKE a DIFFERENCE

One Christmas, William Booth, founder of the Salvation Army, wanted to send a message of encouragement to his staff and volunteers. He chose a message of one word - "Others!" The meaning of life is summed up in that one word. The secret for true joy and happiness is found in that one word. Jesus Christ's entire reason for living and dying is totally captivated by that one word, OTHERS.

That indeed is the way to make a difference, a life lived for others.

There is a story told of a wealthy nobleman in Italy who had grown tired of life. He had everything one could wish for except happiness and contentment. He said; "I am weary of life. I will go to the river and there end it."

As he walked toward the river, he felt a hand tugging at his trousers. Looking down, he saw a frail little boy who pleaded, "There are six of us. We have no food, and are dying." The nobleman thought; "Why should I not help this poor family? I have more than enough."

Following the little boy, he entered a scene of misery, sickness and want. He gave them all of the money he had in his pocket, telling them; "I'll be back tomorrow with more."

He left that scene with joy in his heart,

and with no further desire to end his life. That day, he had found the secret he had missed out on for all of his life - the true secret to real joy and happiness!

Everyday we come in contact with others, who like that little poor boy tugging on the nobleman's trousers, are dying for want. They may not necessarily be starving to death or living in a disease ridden slum. They may be looking simply for friendship, help, a listening ear, or just a kind smile and the word "hello!".

Every time we come in contact with others, we are given a golden opportunity! The opportunity to put others first and be kind.

The Apostle Paul told Timothy; "Be thou an example of the believers, in word, in conversation, in charity..." Many Christians however, live their selfish, dull life to the death, all wrapped up in themselves, when the secret is staring them right in the face, the face of others.

The words to a song come to mind;

Others, Lord, yes, others
Let this my motto be,
Help me to live for others,
That I may be like Thee.

Many people get the wrong idea when they hear or read something like this.

They say; "Okay, okay, I'll give money to the church, I'll drop off some old clothes at the local mission, etc."

I'm sorry, but they're missing the point. The only way we can really find the true joy and happiness of living for others is when WE actually do the living, not when we simply give a few bucks to someone else for them to live for others.

It is good and necessary to give money, but we must also give our time and ourselves.

There is another place where many people sadly miss the point. When someone mentions putting others first or living for others, they immediately think of doing a one time volunteer opportunity or helping one or two people with some quick needs. However, while that is good to do, truly living for others is a daily task. It is a lifestyle that involves living for those around us on a daily basis, our fellow employees, or neighbors, the person at the grocery store or restaurant, the driver of the car trying to make a left turn across our lane of traffic, etc.

What about that last letter you received? Did you bother to reply? "Oh no, I didn't have time!" No time to live for others? You are sadly missing out on one of the greatest joys in life.

How about that co-worker who was hospitalized, did you bother to visit them?

That new family that moved in down the street, did you stop by to welcome them to the neighborhood?

The cashier at the local grocery store, have you take a moment to thank them and wish them a wonderful day?

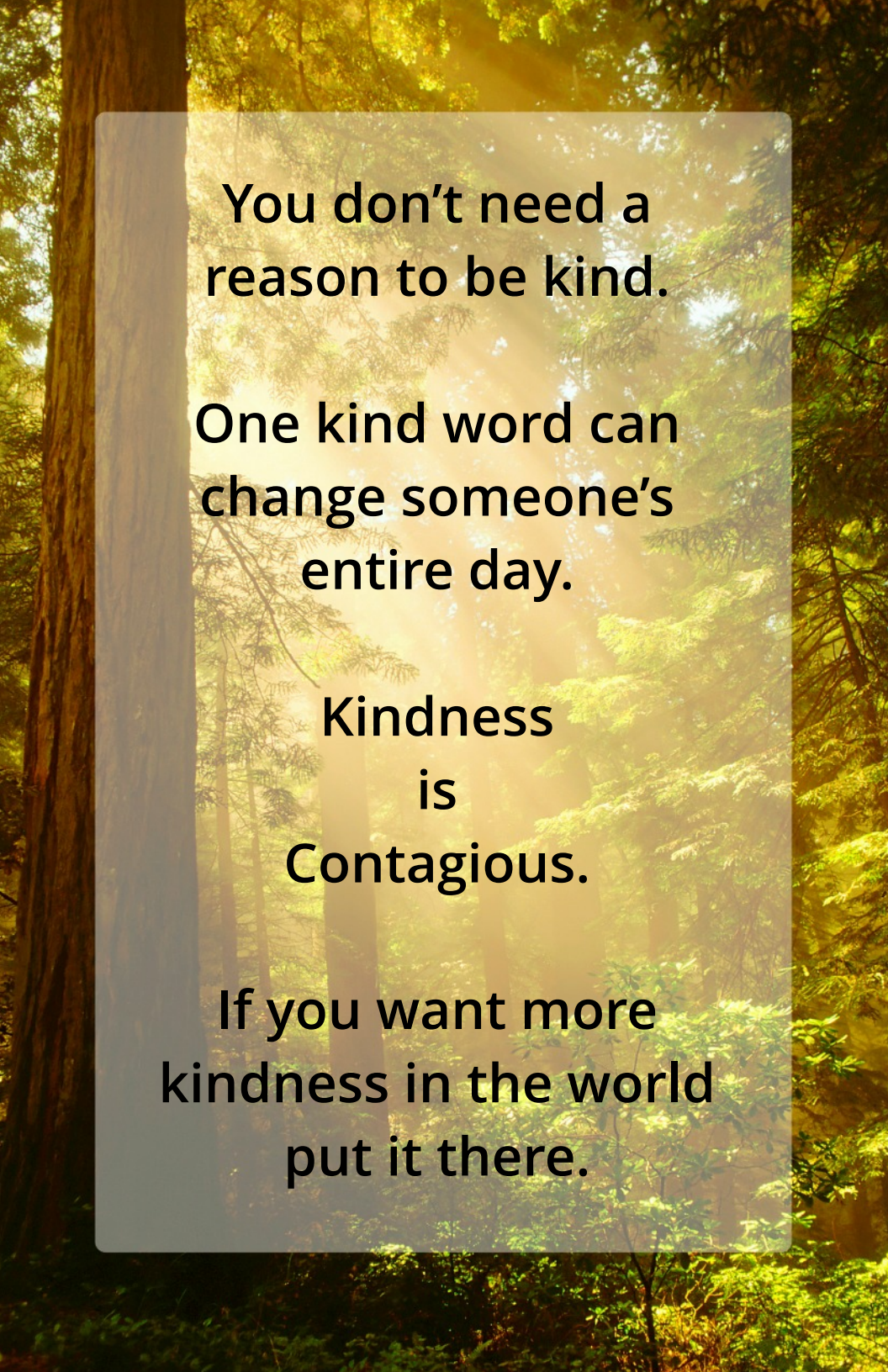
The major problem so many people face in today's society is selfishness!

If we could just grasp the great secret hidden in our Lord's example to us. Jesus' entire life on this earth was spent living for others. He healed the sick, comforted the hurting, cared for the dying, and then gave His own life - for OTHERS!

The Apostle James summed up our entire purpose for living in this world when he wrote; "Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction..."

You want to make a MAJOR difference in this world? Try thinking about others! It will bring you joy and happiness like you've never experienced before. But it must be tried on a daily basis. Don't just give it a single attempt and then give up.

And I feel I must add a word of caution here. If you decide to start living for others, don't do it expecting things in return. Do it out of a heart of love for others and for God. We must not serve others selfishly. The service that is done for self is no service at all.



**You don't need a
reason to be kind.**

**One kind word can
change someone's
entire day.**

**Kindness
is
Contagious.**

**If you want more
kindness in the world
put it there.**

COMPASSION

The Merriam-Webster dictionary defines the word compassion as; "sympathetic consciousness of others' distress together with a desire to alleviate it".

We've all seen or heard stories in the news lately about the coal mine incident in West Virginia, the mine incident in China, the devastation in Haiti, and the difficulties people are facing around the world. And many times these stories move us to compassion and make us want to help, so we send a donation to a group like the Red Cross or others who are over there to help these people and their families. And that is good. We should do all we can to help those who need help. Without compassion, many people in this world would have no hope of survival.

However, I feel while many people are quite compassionate for a brief period of time about events such as those mentioned above, at the same time - they are not as compassionate to the needs of those whom they come in contact with each day and those who are immediately around them on a constant basis or semi-constant basis.

I think one of the best ways to illustrate compassion is to relay a true story found in the Bible. The story is found in the Book of Mark, chapter 2 if you're interested in actually reading it, but let me paraphrase it here.

Jesus was teaching and the crowd of people who had gathered to hear him was quite large. There was no way for any more people to get into the house where he was teaching.

There was in the same town a man who was paralyzed and wanting to get to Jesus, but of course had no way to even get to the house let alone get inside of it.

So, four men picked up the mattress on which he lay and carried the mattress and man to the house.

When they got to the house and saw that there were way too many people to even try getting the man inside, they went up on the roof of the house and tore a hole in the roof and tying ropes to the 4 corners of the mattress, lowered the man in to the room directly in front of Jesus.

Now, to fully understand the story, we must understand the customs and the times in which this story took place.

During this time period, and sadly even today, people really looked down on those who were disabled, paralyzed, or in other ways different from the norm. People often were taught that if someone was born with these problems or developed them in life it was a punishment for something they or their parents had done in the past.

In fact, Aristotle, the Greek philosopher, is even quoted as saying; "let there be a law that no deformed child shall live."

Many times, people who were deformed, paralyzed, etc., were simply thrown outside the city and left to die or become beggars. And most people would certainly NOT go out of their way to help someone like this man.

So, the fact that these 4 guys were willing to carry this paralyzed man all the way to this house was in itself an act of compassion.

But, then when they got there and found that the house was too jam packed with people for them to get inside, they didn't quit.

Many people would have said; "Oh, well. Sorry man. We tried." But no, they went so far as to carry this guy - mattress and all - up onto the roof, and tearing a hole in the roof, they made sure he got the help he needed. THAT IS COMPASSION!

Being a paralyzed man, this guy had no means to pay or reward these four men for their help. In fact, these men probably had to pay for the roof they tore up. So it certainly wasn't to their personal "advantage" to do what they did. But, although it isn't mentioned in the story, I can just see the joy on their faces when this paralyzed man was suddenly laying in front of the only person in the world who could really help him.

They certainly weren't doing it to get something in return. The story doesn't go into detail about how they found this man. But more than likely, they just came upon him and saw he needed help getting to Jesus - and they decided to help no matter what it cost them.

We are often quick to send off some money, clothing, etc., to those who need help around the world. And that is right. We should do all we can to help them. But we should also do all we can to help those in our corner of life as well. And especially when it comes to those we work with on a daily basis.

It seems a lot of people live two separate lives (or more). They're like Dr. Jekyll and Mr. Hyde. They are one way at work and another way when not at work.

Several years ago at a different company, I was in a meeting. One guy in the meeting didn't like the way I had done a project and proceeded to say so very unkindly in front of all who were listening. Well, the next day, this same guy came by my desk and asked me if I wanted to go to lunch. I was quite dumbfounded and mentioned to him that I was surprised since he had just chewed me out. His reply; "Oh, that was just work."

There should be no "that was just work". We should be just as compassionate and kind to others in our work place as we are out in our

daily lives.

Someone once said; "If you want OTHERS to be happy, practice compassion. If YOU want to be happy, practice compassion!" And that goes in the workplace, in the home and family, and out in society in general.

There are ALWAYS opportunities abounding for those who need compassion. It should be the other way around. There should be so many of us looking to be compassionate that we find it hard to find someone who needs our compassion.

The true story is told of a lawyer who was driving home, and he saw a blind man whom he recognized as a man who attended his church. The blind man was standing on the sidewalk in the cold and waiting. So, the lawyer pulled up and asked him what he was doing. The blind man said he was waiting for a taxi. He said there was a certain taxi company that gave discounts to blind or hearing impaired, and he was just waiting. So, the lawyer asked him how long he would have to wait. "Oh, just 2 more hours" said the blind man.

The lawyer told the blind man to hop in and he would give him a ride home. To which the blind man replied; "Oh

no, you're a lawyer. You don't have time to waste on someone like me." And then he slowly and quietly said; "No one has time for me."

Of course, the lawyer gave him a ride. But, just like that blind man. There are people all over this world, people all around us on a daily basis. Even people we work with who need to feel that joy and happiness that we can bring into their lives when we simply have compassion.

How much compassion do you show to those who work around you and to those who you come in contact with who are hurting each day?

It won't always be someone who is paralyzed or blind who needs our compassion. It may be just someone who is having a rough day, someone who is going through some other pain in their life, or someone who just needs some encouragement.

You ask; "But, how do I know who needs my compassion?"

It's simple really. When you start looking for people to help, people to be kind to, and people to share compassion with - you'll find them. The problem is, most of us aren't looking.

If you want OTHERS to be happy, practice compassion. If YOU want to be happy, practice compassion!

PAID IN
FULL WITH
ONE GLASS
OF MILK.



KINDNESS it WORKS!

One day, a poor boy who was selling goods from door to door to pay his way through medical school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal, he asked for a drink of water. She thought he looked hungry and so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept payment for a kindness." He said, "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strengthened also. He had been ready to give up and quit.

Years later, that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, he went down the hall of the hospital to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his

best to save her life. From that day, he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested from the business office to pass the final billing to him for approval. He looked at it, then wrote something on the edge, and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words:

"PAID IN FULL WITH ONE GLASS OF MILK...."

(Signed)

Dr. Howard Kelly."

It always amazes me how many people never seem to fully understand the truth about kindness and putting others first. I talk to people all of the time about kindness, trying to inspire them to make a difference and do things for others. Many of these people smile, nod their head, or state some form of agreement with me, and then go on about their daily lives as if they never were told about what a difference they can make, and how much happier they would be if they would just put forth a little effort and be kind.

And then of course, there are the ones who think; "Hey, I let someone pull in

front of me on the interstate this morning....what more do you want?", not realizing that true kindness comes from the heart.

A lot of people seem to be "too busy" to take the time and do things for others, or they wonder "What am I going to get in return?". However, if you really want to reap the rewards of kindness, you must do things not expecting anything in return.

Believe me, I can tell you from experience "True Kindness" really does work. When you actually take the time to do something special for that co-worker, cook a meal for your neighbor, go out of your way to help someone, the happiness you receive in return is more than worth the effort.

You'll even find that being kind to those who hurt you is worth a LOT more than trying to get revenge.

A lady owned two prize chickens that got out of their run and busied themselves in the garden of an ill-tempered neighbor. The man caught the hens, wrung their necks, and threw them back over the fence. Naturally, the woman was upset, but she didn't get angry and rush over and scream at him. Instead, she took the birds, dressed them out, and prepared two chicken pies. Then she delivered one of the freshly baked pies to the man who had killed her hens. She apologized for not being more careful about keeping her chickens in her own yard. Her children, expecting an angry scene, hid behind a bush to see the man's face and hear what he'd say. But he was speechless! That chicken pie and apology filled him with a burning sense of shame. But she wasn't trying to get even. Her motive in returning good for evil was to show her neighbor true Christian love, and maybe even bring about a change of heart.

PAY it FORWARD

I don't know if you've seen the movie entitled "Pay it Forward". It was produced in 1998, and told the story of a boy who when challenged by his history teacher to come up with an idea that would "change the world", came up with the thought that everyone should pass on to others the kindness and help that others have given to them. It is one of my favorite movies. We too often think about ourselves instead of thinking about

others.

Those who bring sunshine into the lives of others, cannot keep it from themselves. Kindness and compassion for others is quickly becoming a lost art in today's fast-paced world. It seems everyone is so busy thinking about themselves, and their own wants and desires that they forget about anyone else. Either that, or they could honestly care less about anyone

else. Many people just don't seem to care at all.

I wish people would realize the importance of helping others, and the importance of being kind. Let's slow down this fast-paced, rushed and confused lifestyle, and stop and smell the roses once in a while.

Many of us never stop and think about how many people there are out there who need our help. How much just a friendly smile, and helpful action can improve a person's day! We just need to take time for others. By putting

others first in our lives, we are helping ourselves as well. The person who lives for others is happy. Happy people make better employees, better fathers, better mothers, better citizens.

So, let's stop and get off the crazy roller coaster of life, and make a difference by helping others, by encouraging others, and by living for others.

Do unto others what you would have them do unto you!



TRY KINDNESS: IT WORKS!

A MESSAGE FROM JOSHUA:



I hope that this short publication will be a helpful tool in your life, and that it will inspire you to seek to live for others and make a difference in the world!

When I was four years old, I was diagnosed with Rhabdomyosarcoma, a deadly type of cancer. In fact, the doctors told my parents I had only one week to live, and my chances of survival were zero! That was 50 years ago, so I always tell people "It's been a long week!"

After over a year long battle with the cancer and treatments, the cancer was gone. However, it left me with many physical problems and difficulties I would face every day for the rest of my life. My vocal chords were partially paralyzed, my growth was stunted, I had lost my hearing in one ear, and

there were other problems that would surface in the days, weeks, and years ahead.

So, Yes, I was still alive, but I had a very difficult life ahead of me. I would have to face people laughing at me because I was short, I talked funny, and I was different. I would be turned down for jobs and overlooked for other opportunities because I looked too young or people didn't know if I could handle it. I would never have a girl friend or a wife (at least not yet). And I would have to deal almost daily with the side effects of cancer and its treatments. Let's face it - my life wasn't going to be easy.

So, I had two basic choices. I could feel sorry for myself and just give up, wasting my life. Or I could remember that the Bible tells us "And we know that for those who love God all things work together for good..." (Romans 8:28), and that God has promised, "I will never leave you nor forsake you." (Hebrews 13:5).

I soon learned that no matter what happens, God is in complete control. And I learned that the closer I walked with Him, the more happier I would be, and the more I would see His hand at work in everything in my life - even the cancer!

God never promised us an easy life. However, He does promise us, "I can do all things through Him who

strengthens me' (Philippians 4:13), and the closer we walk with Him, the more of His strength we'll find in our lives each day!

The greatest love story you'll ever find is found in John 3:16, "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life." God loves you and wants to know you. I know in today's world, there are

a lot of misconceptions about God, but I know from my own experience how great a friend He is to those who love Him and learn to trust Him.

Jesus Christ spent His entire life on this earth living for others, and we should follow His steps! Get to know Him - you'll never regret it.

Try Kindness - It Works!!
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JOSHUA SPEAKS IN SCHOOLS, BUSINESSES, AND CHURCHES
INSPIRING OTHERS AND MAKING A DIFFERENCE
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“No act of kindness,
However small,
is ever wasted.”

- Aesop

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