

# Virtue of Kindness

The virtue of kindness is perfectly defined in Luke 6:35; "Love your enemies and do good to them, and lend expecting nothing back." A person who practices kindness is eager to show generosity to others, by giving freely of themselves and not expecting repayment. Kindness also requires empathy, which means trying to understand how others feel.

## Saint Teresa of Calcutta

Saint Teresa dedicated her life to serving the poorest of the poor in India. In the spirit of kindness and love of neighbor, she gave entirely of herself for the benefit of those she cared for. She said, "Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile."



## Saint Maximilian Kolbe

"No one has greater love than this, to lay down one's life for one's friends" (John 15:13). The epitome of love and kindness, Saint Maximilian Kolbe volunteered to trade places with a man who was chosen to die of starvation in the Auschwitz concentration camp. The man had a family that he longed to see again, and Saint Maximilian showed empathy and selfless generosity by acting to spare the man's life.

