



Valentine's Day is an excellent time to reflect on love, which is one of the greatest gifts from God. While it is often associated with flowers, chocolates, and heartfelt cards, this day provides an opportunity to explore the deeper meaning of love as taught in Scripture. The Bible teaches us that love comes from God and is at the very core of our faith. In 1 John 4:19, we are reminded, "We love Him because He first loved us." This truth serves as the foundation for all our relationships, whether with family, friends, or others in our community.

Valentine's Day reminds us of God's incredible love, shown through the sacrifice of Jesus Christ. In John 3:16, it says, "For God so loved the world that He gave His only begotten Son." This perfect example of selfless love challenges us to love others in the same way with patience, kindness, and forgiveness, as outlined in 1 Corinthians 13:4-8, "love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely,

Acts of Kindness:

Reflecting God's Love this Valentine's Day

by Trisha Kerwin



does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails."

As we celebrate Valentine's Day, let us remember that love is more than a feeling; it's an action. Whether it's helping someone in need, offering kind words, or simply being present, small acts of love reflect Christ's heart. In John 13:34-35, we are encouraged to love one another, "A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this, all will know that you are My disciples, if you have love for one another."

This month, I encourage you to think of thoughtful, Christ-centered acts of kindness to do for others. Valentine's Day is a beautiful reminder to show God's love to everyone around us, not just through words but through actions that reflect His heart.

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Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates. - DEUTERONOMY 6:5-9



Here are some examples of acts of kindness you can do with your kids this month.

1. Write notes of gratitude: share heartfelt notes with each family member, expressing your love and appreciation for them.
2. Cook a special meal: prepare a favorite meal or dessert for your family as an act of love.
3. Offer to help: take on extra chores or responsibilities to give a family member a break.
4. Send encouraging messages: share uplifting scripture verses
5. Surprise someone by leaving a small, thoughtful gift, such as their favorite snack, a book, or handmade art.
6. Organize a gathering: Plan a fun, Christ-centered activity to enjoy with your friends, such as movie night or Bible study.
7. Deliver treats: bake cookies and deliver them to neighbors or community members with a note that says, "you are loved."
8. Visit someone lonely: spend time with someone who may feel isolated or alone, such as an elderly neighbor.
9. Share the Gospel: use Valentine's Day as an opportunity to share God's love by giving out tracks or Bibles with a kind note
10. Offer a smile: be intentional about smiling and offering kind words to people you meet throughout the day.



"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this, all will know that you are My disciples, if you have love for one another." – John 13:34-35

or personal words of encouragement through a card, text, or e-mail.

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Cultivate an atmosphere of love this season! With Valentine's Day right around the corner, I was thinking... how can I be intentional amidst all the pink hearts and candy? I thought it would be the perfect time to go through scriptures about the love of God. All children love a countdown so I

included one of those as well! I made a little heart banner where you'll uncover each days verse and a short and sweet devotional to go with it.

Cheering you on! - Rachel

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