

if we all do  
one random act of  
kindness daily  
we just might set  
the world in the  
right direction

martin kornfeld

# RAOK

Random Acts of  
Kindness

# RAOK

- If there were ever a time when we need to come together and think of others it is during these uncertain months.
- COVID-19 has thrown up many uncertainties, worries and disruption.
- However, we need to listen to the advice of health professionals and ensure our actions are responsible and that we consider others.



# RAOK

---

- We do not need a pandemic in order to think of other people, we can make sure it is part of our everyday lives and we are good citizens.
- What we do now will be affected by restrictions on movement, but it does not stop us being thoughtful and when we can eventually socialize ensure we continue our good deeds.





# RAOK

---

- [Galatians 5:22-23](#)

- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

- [Ephesians 4:32](#)

- Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

- [Proverbs 3:3](#)

- Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart.





# RAOK

- What does RAOK mean?
- In a dictionary it may sound like this;
- *‘The term refers to selfless acts, both large and small, that are committed unexpectedly, without prompting and with no apparent ulterior motive.’*
- But what does it look like?
- Talk to your friend or family.





RAOK

---

Think or discuss what is happening in the following pictures that helps others.





# RAOK

Picture 2

Why?

Talk about what has happened

Who benefits?

# RAOK

Picture 3

What has the man in the white vest just done?

What does he do next?

Why does he do this?

Was it planned?





# RAOK

- Picture 4
- What might the conversation be?
- Who benefits from this kindness an interaction?
- Why?



---

# RAOK

---

- Picture 5
- How is kindness being shown here?
- How does kindness feel?
- Where do you think the gentleman has learnt his kindness?





# RAOK

- Now that you have seen a few examples, how will you show RAOK while we are restricted to where we can go/ what we can do?
- In addition and most importantly how are you going to continue this kindness once we start getting back some of our freedom of movement?
- <https://youtu.be/PT-HBI2TVtI> 4mins 30
- 'Create the right ripples'

