

One Random Act

By Susan Vogt



You've heard of people doing random acts of kindness. Maybe you do some yourself. This activity will help you move from thinking about it to actually doing it.

For
Adult, Couple

Season
Spring

Needed

A few dollars, time to go to a discount store, the intention to do a random act of kindness.

Prepare in Advance

Find a discount store. The kind that advertises "Everything for a dollar" is ideal.

Activity Plan

Doing random acts of kindness always sounds like such a virtuous idea, but how does one move from good intentions to doing it? One day this author decided to do a random act of kindness for someone but couldn't find a someone who needed it. Another day, a perfect opportunity presented itself but the author was not prepared to take advantage of it. Random acts of kindness can happen at any time or place but often we miss the opportunities. The difference can often be awareness and intentionality. Here's a plan.

1. As always, begin with putting yourself in the presence of God and praying. You might use the following words or use your own.

Kind and generous God. I know you care for me and for all humankind. Some of us have more resources than others but this is not a measure of your love. Use my hands and willingness to care for another human being today who is in need. Amen.

2. Go to your selected really cheap store. The reason for the really cheap store is that that is where the poor often shop. Even if you're not poor you might find a bargain for yourself. Wander the store looking not only for things you might need but also notice who else is shopping there. Although appearances can be deceiving, pick out someone who looks like they may have less income than you do and is ready to buy something.
3. Go to the cashier, pay for your item, and then quietly announce that you will be paying, \$1, \$5, or whatever, toward what your beneficiary will buy. Leave the store. Be grateful that you have the money to treat another person. (It's possible that the clerk may just pocket the extra money. That's OK too. Sales clerks aren't usually living high on the hog.)

Of course you may come up with other random acts of kindness to substitute or add to this. That's fine. Just be careful not to gloat or feel too self-righteous.

Variation with a Child

You may choose to enlist your child's help in deciding what act of kindness to do and carry it out together. Just make sure it's secret and you don't get puffed up.