



THIS YEAR, SPREAD JOY, LIGHT AND KINDNESS

This year, I want to encourage you not to be content to live your life "as it comes", to get up in the morning with no goal in mind. Instead, how about spreading joy, light and kindness around you? What impact would

you have this year if you decided to be happy and full of joy wherever you go?

The Bible says that believers are the salt of the earth and the light of the world (*Matthew 5 :13-16*). Because God lives in us, we can let the light of His love shine around us, not just on our friends and family, but everywhere we go: at work, in the shops, on public transport...

It's not complicated to love others. Sometimes small, simple things can change the course of a day and make life more beautiful. For example, you can take a minute to talk to that person at work who seems lonely or is going through a difficult time, or you can phone someone, say encouraging words, and sow seeds of hope and life in the hearts of others.

And don't hesitate to express your gratitude, affection, praise or encouragement: it generates joy and helps boost the self-esteem of the people you're talking to. Make people feel better after they have spent a little time with you!

You can also simply smile. Have you noticed that smiling, as a messenger of kindness and positivity, is contagious? It's a weapon of mass destruction against gloom and loneliness. Use it without any moderation!

We're all busy and we all have responsibilities. But even with our busy schedules, we can do something extraordinary: we can share with others the love, joy and warmth of our God, who is full of tenderness and goodness. We can give of ourselves, because His life and His light reside in us. It's up to us to shine, it's up to us to love!

You don't know the struggles of the people around you. You can't take away all the pain in the world, but you can fight it by making the choice, every morning, to spread joy, light and kindness, wherever you go.

"You make known to me the way of life; You fill me with joy in Your presence, with everlasting delight at Your right hand." (Psalm 16:11)