

Spiritual Growth Exercise for February 2019

Kindness of the Heart

In February we pay special attention to the heart. We celebrate Valentine's Day, Heart Health Month, and Women's Heart Health. We decorate with hearts on cookies, hearts on windows, hearts in bouquets of flowers. February is a month for hearts.

The heart represents kindness, gentleness, affection and love. The spirit longs for and is fed by acts of kindness, gentleness, compassion and love. This month take the time to extend your heart to another through random acts.

Be Kind

Be Gentle

Be Compassionate

Be Loving

Your spirit will welcome the exercise!

