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## *Resolved: one good deed today*

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My mother and I were entering a Food Lion market when a gentleman lowered a grocery cart basket into position and offered it to us. "I haven't done my good deed for the day," he explained with a little smile.

We thanked him. But his few words and simple action touched me. What if each one of us did one good deed each day? What if we actively looked for opportunities to be kind to one another? What if we taught our children to do one good deed each day? What if we spoke openly about striving to do good deeds daily, as this gentleman did? What a rippling effect for good!

Isn't it important that we actually do good rather than merely have good intentions? While motives are important, actions are the living proof of sincerity. Proposals and promises fall like snowflakes, beautiful to watch but clogging progress if allowed to accumulate. It is acting on right motives and pursuing good ideas that move mountains and transform lives.

The kind action of a neighbor saved my great-grandmother's life. This neighbor noticed five children playing outside, with no adult ever in view. Upon inquiring, she discovered my great-grandmother alone, dying of tuberculosis. The neighbor shared "Science and Health with Key to the Scriptures" by Mary Baker Eddy with her, which led to a complete healing of the disease. What a flood of blessings and healings came to the family as a result of this neighbor's willingness to act.

Good actions are not limited to Christians. Goodness is universal, and good deeds bless every giver and receiver. But doing good toward one another is a specific charge for Christians. Jesus told his disciples that people would be able to discern his followers by their good deeds. "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another" (John 13:34, 35). Jesus' disciples were to be

recognized by their love for one another, their good deeds, not merely good words.

Jesus certainly expressed his love in deeds and not just words. He healed the sick and uplifted the sinning. He rebuked those he loved in order to promote their progress. His love wasn't always comfortable. But it always brought those willing to listen closer to God.

And Jesus didn't limit himself to one daily deed of kindness. He healed multitudes. He persisted in prayer. He answered every call. Perhaps if we look to Christ Jesus as our model for action, we will be more alert to opportunities to express love to one another. Most spiritual seekers certainly endeavor to grow in their spiritual understanding. They make spiritual progress a priority. Perhaps Jesus is helping the seeker avoid a pitfall by warning us not to put the letter ahead of the spirit. Honoring Jesus' command to love one another means living love. More than just a moral action, it opens the way for spiritual healing. As Mrs. Eddy writes, "Remember that the letter and mental argument are only human auxiliaries to aid in bringing thought into accord with the spirit of Truth and Love, which heals the sick and the sinner" (Science and Health, pgs. 454-455).

As we enter the New Year, I'm resolving to adopt the practice of the gentleman in the grocery store and strive to do a good deed every day. But I'm also resolving to share the healing power of Christianity with one person daily. I can think of no better way to live Jesus' command and express love for another.

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”

Ephesians 4:31, 32