

It only takes a moment to do a thoughtful thing.  
Just think of all the happiness our thoughtful acts might bring.  
Why, it only takes a moment to pick up the telephone  
And say hello to someone who is sitting home alone.  
And it only takes a moment, when someone is feeling blue,  
To send a cheery little card or pen a line or two.  
It will only take a moment to extend a helping hand  
Or give someone assurance that we really understand.

And it only takes a moment from our busy working day  
To say a prayer for someone, be they near or far away.  
“But I can’t, for I’m too busy...I just haven’t got the time”:  
How often have we said it, like an old familiar rhyme.  
Yet each moment is God-given, every one a treasure rare,  
Not to be hoarded selfishly but meant for us to share  
In our little acts of kindness, words that cheer and comfort bring,  
For it only takes a moment to do a thoughtful thing.

by Alice Christianson