



The “See, Hear, Care” lists below are not just a linear process that we move through with ordered precision. They inform each other, they are fluid and they are all intertwined. Be encouraged to play with it, experiment and see if there is one or more things that can be done for someone within the one action.

The overall idea is to have fun putting your faith into action. So, before you get started with the “HANDS” part of the process, take some time to follow these few basic steps. This is more than just ticking the box of being nice to someone. It is an opportunity to practice listening for the voice of God in leading you and then responding in obedience.

**STEP ONE – PRAY FOR CLARITY.** Specifically, ask God to bring someone to mind as the recipient of your actions. So, ask God who and then wait for someone to come to mind. Maybe it starts with someone in your family? Perhaps it’s a colleague or client? Is it a group of frontline workers or a family from church? A teacher or kid in your class at school? A literal neighbour? Who comes to mind as you ask God? It may feel strange, but there is an element of trusting God in this that He will direct your thoughts to a specific someone or group.

**STEP TWO – PRAY FOR DIRECTION.** What would God have you do for that person/people? It may be something from the list below or something different. The key here is inviting God to direct your actions. As you read over the list, ask God to cause one or more to jump out at you and then, again, trust that He is directing your actions. This is about asking God to lead you as you develop a plan to show someone they are loved by showing them they are seen, heard and cared for.

**STEP THREE – PRAY FOR THE PERSON/PEOPLE.** As you prepare to undertake the action, be praying that God will use what you’re doing to show the recipient His love and grace.

Here are some ideas to get your creativity flowing that are based around Rev. Dr. Brian Harris’s message from Exodus 3.

## TO SEE

- Write a letter/list to someone telling them what you admire about them.
- Set a challenge to pay 5 GENUINE compliments in the week (focusing on complimenting behaviours and attitudes rather than just physical appearance)
- CHILDREN – find someone in the playground who might be on their own and invite them to play
- Reach out to someone who has influenced you and impacted your life, and tell them how they did.

## TO HEAR

- Pause with someone long enough to ask them how they are going? Perhaps try using a different phrase to get them really thinking (something like, “How’s your soul?”)
- Ask the supermarket checkout operator what has been the highlight of their day.
- Contact an old friend you haven’t recently seen and, without sharing too much about yourself, focus on letting them share what’s been happening.
- Sit with a member of your family and ask them how they are going. Listen to their response and engage conversation about it.
- As a family, share highs and lows of the day each day for a whole week.

## TO CARE

- Do a sibling's chore for them.
- Mow the neighbour's lawn just because.
- Take a meal to another family...and include dessert!
- Pay for extra coffees at a café.
- Send flowers to someone for no reason.
- Bake something for someone.
- Look after a couple's children so they can have a date night.
- Donate food or vouchers to the Salvation Army (can be delivered to KBC).