



A HEART LIKE HIS

Remembering the lonely and often forgotten

Scripture: So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep on doing it 1 Thessalonians 5:11.

When we strive to have a heart like Jesus, our actions will include unselfish loving, honest sharing, practical serving, sacrificial giving and sympathetic comforting. Experiencing life together goes beyond superficial conversations to authentic relationships. It includes sharing your hurts, revealing your feelings, confessing failures, disclosing doubts, admitting fears, acknowledging weaknesses, and asking for help and prayers. As followers of Christ, we are called to do life with one another in this way.

Reflect upon these words:

Every day in our everyday world,
living branches from Jesus' vine
still produce wise fruit to share,
to teach your children as well as mine.
Once so indispensable—
they came when there was need;
brought gifts of dolls or trucks; flew kites;
showed the littles how to read.
Now, in their new season of life,
where's their blanket of love
to cover them with an evening meal;
an open ear; a warming hug?

Some may grieve their companion has gone.
Others' hearts hurt to the bone.
One truth, let's agree—as pieces of His
majesty,
when one heart heals, the whole is a
beautiful tapestry.
Every day in our everyday world,
it's not too much to ask—
to sit and listen, laugh, share a smile,
give others needed human touch,
give others kindness for a while.

A time of prayer:

Open our hearts like Yours, Lord Jesus, let Your Compassion flow. Then, we might sit with the lonely in our everyday lives and introduce the Friend we have in You.

Open our hearts like Yours, Lord Jesus, let Your Empathy show. Then, we might stand firm with the grieving in our everyday lives until they find their strength in You.

Open our hearts like Yours, Lord Jesus, let Your Love pour out for all. Then, we might find ways every day in our everyday lives to help all who are burdened and weary to find their rest in You.

With a heart like Yours, Lord Jesus, we can comfort Your world. Hear us as we pray. Amen

Personal actions steps:

- Be aware. Is there anyone I know that might suffer from loneliness, anxiety or depression? Do I know any caregivers that might be feeling exhausted and discouraged?
- Be intentional. Make a commitment to regularly reach out and check in on these individuals. Send intentional encouragement through a card, text or phone call.
- Be invitational. Many individuals often don't reach out to ask for help. Offer it! Perhaps it is a ride, a meal, or an errand you can help with.
- Be Ready. Create space in your weekly calendar for someone who could really use your assistance or your company.
- Be accountable. Am I sacrificially giving minutes within my calendar to make a difference in the life of someone else? If not, what can I say no to in order to make space to do so!

Action steps to impact my community and world:

- Sign up to serve with SHINE (A Good Shepherd volunteer team that leads worship and visits with the residents of the Du Page Convalescent Center on the fourth Sunday of each month)
- Follow our Hope for Mental Health ministry on Facebook for helpful info, resources and upcoming events. [Search "Hope for Mental Health - Good Shepherd Church"]
- Connect with our care ministry teams that are ready to serve you or a love on in need!

Ministry partners that are present this week. Stop by our table at the main entrance to learn more about Good Shepherd Ministries that serve, support and provide care:

- Hope for Mental Health Team
- Stephen Ministers (one on one crisis care from trained individuals)
- Shine Ministry Serving Team
- Care Team and Living a New Normal: Widows Supporting Widows

Collection this week – Cards of Encouragement

Many Senior Centers are currently restricting visitors due to the Coronavirus. However, we can still send mail! If you would like to create a card, on behalf of Good Shepherd, we have a variety of blank cards available or use one that you own. Collection bins are at the main entrance. These cards will be kept by our care/serve teams and distributed to residents at the Convalescent Center or to our members that are homebound or in the hospital. This simple act of kindness lets them know our church community is praying for them and that we care!

Reflection written by Linda Elaine. Prayer written by Dodi Dolendi. For further details about mission partners and ways to get connected, please contact Jeannine Allen, at jallen@goodshepherd-naperville.org