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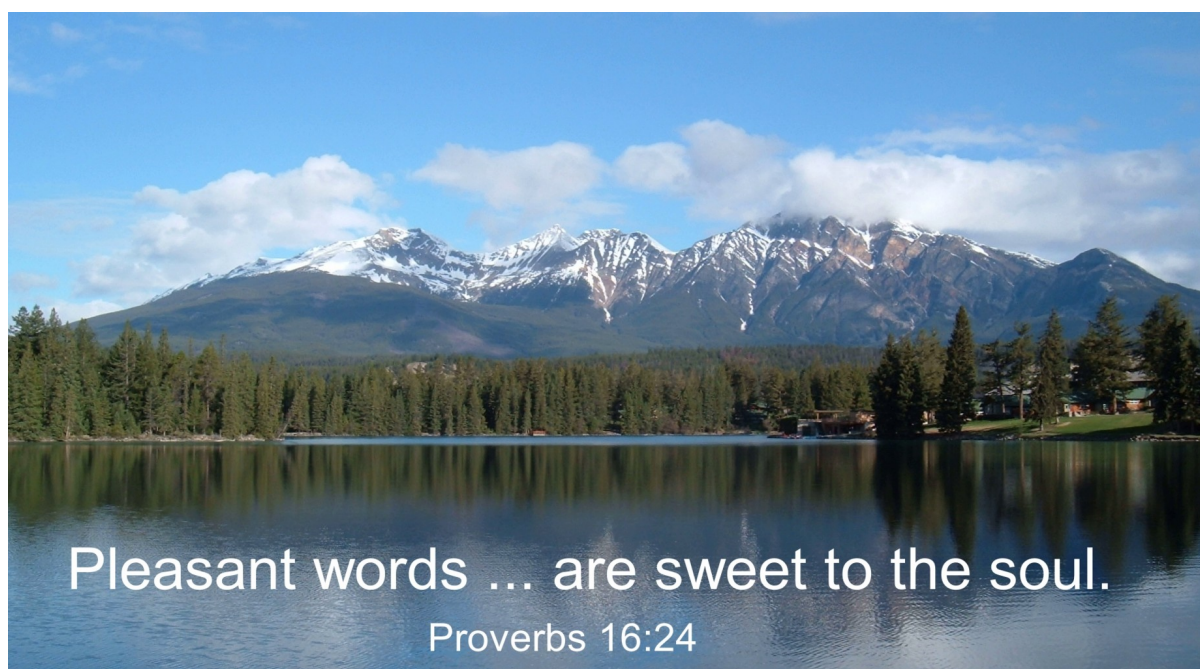
## How we can help and care for others

In this fast-paced world, it is often difficult to find the time to go out of our way to help someone else. However, making a difference in the life of another person doesn't have to be a huge task. Small gestures can go a long way in changing someone's world for the better and show them that you care.

We should never stop doing the little things for others, as sometimes those little things occupy the biggest part of their hearts. We need to listen to others with ears of tolerance, and use our voice for kindness, our ears for compassion, your mind for truth, and our heart for love.

### Things we can do to make a difference to someone.

- **Make someone smile** - it costs nothing, and it is powerful and something we all can do, and it can make or change someone's day. Everyone needs a little bit more joy and happiness in their lives.
- **Make time for someone** - When we make time and go out of our way for someone, it is the simple way of showing kindness, by doing this we can make someone's day, and they will appreciate us taking time out of our busy schedule to think of them. We can check in with them by popping in to visit, making a phone call to them, sending a text, or a card to let someone know we have thought about them. The greatest gift we can give someone is our time. Because when we give our time, we are giving a portion of our life that we will never get back.
- **Make someone feel confident** - show someone that you believe in them and have confidence in them as this can improve their self-confidence and make a difference to them; by telling them they are doing a great job or by paying them a compliment.
- **Make someone feel heard** - be there and listen and make them feel valued, you don't have to offer advice or tell the person what to do, just be there to listen. Listening can make a tremendous difference in the life of another person.



Pleasant words ... are sweet to the soul.

Proverbs 16:24

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## Other things we can do to show that we care

- Offer a kind word to someone - sometimes all it takes is a kind word to make someone's day. Your words may be the boost of confidence someone needs to get through a difficult time.
- **Acknowledge others** - Validate their feelings, and let them know it's OK to feel overwhelmed, sad or stressed, and allow them to pause and reflect on their emotions.
- **Help others without expecting anything in return** - helping someone gives the other person happiness, we could help by giving them a meal, offering to do a household chore. As when they get overwhelmed it can allow them to catch their breath.
- **Offer practical support to others** - if someone isn't ready to talk, think about what practical support we can provide. Whether it is making a cuppa, helping with childcare or cooking a meal, small gestures can be comforting for those finding it difficult.

## What does Scripture say about caring for others?

John records the question, that he or she who loves not a brother or sister, how can he love God? (1 John 4:20). Love and caring for our brethren and sisters is a commandment from Christ and is our calling. We also need to remember when we go the extra mile for our brethren and sisters, we do it for our Lord, Matthew 25:40. We need to care for one another in this wilderness journey until our Lord returns, and we come to the promised land.

- **Love and care for one another** – John 13:34 God commands us to love one another, as He has loved us, and in 2 Corinthians 9:7 we are told that God loves a cheerful giver. True love is always sacrificial, self-giving, merciful, compassionate, sympathetic, kind, generous, and patient.
  - **Be kind and accepting to one another** – In Colossians 3:12, we are told to show kindness and mercy to our brethren and sisters, while being kind and tender hearted to one another, and non-judgmental, but accepting of each other, Zechariah 4:32. We are told to avoid judging others in Matthew 7:1-2.
  - **Pray for one another** – We are told to pray for our brethren and sisters, for their spiritual, emotional, and physical well-being, James 5:16. We need to pray for them to have the strength and be given the comfort to face their journey
  - **Listen to one another** – We need to listen to one another, hearing each other's point of view and get an understanding of where they are coming from before we respond, we are not to assume what their point of view is or what they are going through. We must listen and understand with compassion.
  - **Comfort one another and share one another's burdens** – 1 Thessalonians 4:18 we are instructed to comfort one another, we are to encourage and provide comfort to those going through hardship or suffering, in their time of need. We are also told to bear and carry each other's burdens in Galatians 6:2 and in Hebrews 13:16 we are instructed to do good and to share with others, we need to support them and walk beside them.
  - **Be patient and forgive one another** – We are to be kind, patient, compassionate and forgiving towards one another, Colossians 3:13, also in 1 Corinthians 12:13 we are told to forgive one another if we have a grievance against someone. We need to forgive as the Lord forgives us. In Matthew 5:9 we are told blessed are the peacemakers, for they will be called the sons of God. We need to extend mercy to those who have wronged or harmed us and forgive them.
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- **Speak often to one another** – In Proverbs 16:24 we are instructed to speak and encourage one another daily, with words that are sweet like honey. We also need to remember too, speak the truth, render true and sound thoughts, and do not plot evil against each other, Zechariah 8:16-17.
  - **Meet and fellowship with one another** – We need to seek every opportunity to meet and fellowship with our brethren and sisters. We need to support and spur one another towards love and good deeds and encourage each other. Acts 2:42 and 46, show us examples of apostles meeting daily in their homes for teaching, fellowship, worship, eating meals, sharing the Lord's supper, and praying together.

Helping and caring for others is beneficial to us, as when we are helping others it can give us a sense of belonging and connection, it also gives us “the feel good” chemicals such as serotonin and dopamine, which regulates our mood and gives us a sense of pleasure. It can also boost our self-esteem and provide a sense of purpose and belonging which is good for our health and our own happiness.

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).

You also can find on the Adelphicare website an article written by me about How to care for others through ecclesial difficulties - <https://www.adelphicare.org/documents/092-difficulties.pdf>

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