

A 30-Day Journey to Practice Connection, Care, & Compassion

"Love your neighbor as yourself."

- Mark 12:31



About This Journal:

A 30-Day Journey to Practice Connection, Care, and Compassion

This journal is an invitation to live out the simple yet profound call of our faith:

“Love your neighbor as yourself.” – Mark 12:31

Each day for the next 30 days, you’ll find a small, meaningful way to connect with someone around you – through listening, encouragement, service, or presence.

These daily invitations are not about doing more; they are about being more present to the people God places in your path.

The 30 Days of Loving Your Neighbor journal is designed to help you:

- Grow in awareness of those around you who might need care, support, or connection.
- Deepen relationships through intentional acts of kindness and compassion.
- Reflect daily on how love shows up in your community, your faith, and your own heart.
- Practice consistency in caring for others through simple, achievable steps.

This is not a checklist to complete – it’s a rhythm to inhabit. Whether you spend 10 minutes or an hour each day, what matters most is showing up with sincerity and love.

How to Use This Journal

1. Set Aside Time Each Day: Choose a time that works for you – morning, lunch, or evening – to read the day’s prompt and reflect.
2. Read the Daily Prompt: Each page offers one way to love or connect with your neighbor. Let the prompt inspire a small, real act of care.
3. Take Action: Put your love into motion. Whether you send a message, make a call, offer a prayer, or simply listen – each action builds community and connection.
4. Reflect and Write: Use the journaling space provided to capture what you noticed, how you felt, or any insights that surfaced. These reflections become a record of grace and growth.
5. Pray or Give Thanks: End your reflection with gratitude – for the people in your life, for the opportunities to care, and for the ways God’s love flows through you.

Optional Ways to Use It

- As a personal devotional – a month-long spiritual practice of love and service.
- In a small group or congregation – journey together and share reflections weekly.
- For community care teams – to strengthen habits of checking in, listening, and offering support.
- With your family – choose one daily idea to do together as an act of kindness.

A Note to the Reader

You don’t have to do this perfectly. Some days will be easier than others, and that’s okay. What matters is intention – showing up in love, again and again.

By the end of these 30 days, you’ll not only have loved your neighbors more deeply, but you’ll also have discovered how powerfully that love transforms you in return.

Daily CONNECTION

Date:

S M T W T F S

Begin with Prayer: Spend time praying for your neighbors by name. Ask God to show you where love and care are most needed.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Reach Out: Call or message one person you haven't spoken with in a while. Simply ask, "How are you really doing?"

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Listen Deeply: In your next conversation, focus entirely on listening—without offering advice or solutions.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Write a Note: Send a handwritten card or email expressing gratitude, encouragement, or care.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Notice Someone New: Look for someone at work, worship, or in your neighborhood you haven't met before. Say hello and learn their name.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Acts of Service: Do one small act of kindness—bring in a neighbor's trash bin, shovel snow, water plants, or hold a door.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Pray with Someone: Offer to pray with someone, for one another, your community, and the world.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Share a Meal: Invite someone to share a coffee, lunch, or dinner—connection happens over the table.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Encourage a Caregiver: Reach out to someone caring for children, elders, or loved ones. Ask how you can support them.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Learn About a Neighbor's Story: Ask someone to share part of their journey or culture with you. Listen with curiosity and respect.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Offer Help Before It's Asked: Don't wait for someone to request support—offer it freely when you sense a need.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Share Joy: Send a photo, song, or scripture that brings you joy to someone else.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Check on Someone: Reach out to a person who lives alone or who might be feeling isolated.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Celebrate Together: Celebrate a friend's success, milestone, or birthday with enthusiasm and joy.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Speak Kindly: Be intentional about speaking kindness—both to others and to yourself.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Reflect on Healing: Reflect on communities of people who experience othering and discrimination. What are ways they need your support? (volunteering at local org, giving a donation, advocacy)

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Give Generously: Make a small donation or share resources with someone in need—financially or through time and presence.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Encourage Your Faith Community: Send a thank-you message to a pastor, volunteer, or team member who supports others quietly.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Advocate for Justice: Learn about a local issue of justice or inclusion. Take one step to get involved.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Create Space for Rest: Support someone in taking take a break, walk, or rest—care includes encouraging restoration.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Bless a Stranger: Offer a smile, kind word, or gesture to someone you don't know.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Support a Family: Offer to babysit, cook, or run errands for a busy parent or family.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Lift Up LGBTQIA+ Neighbors: Reach out with affirmation and inclusion. Let someone know they are beloved as they are.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Reconnect with Someone Who Drifted Away: Reach out with warmth and no expectation. Simply let them know you're thinking of them.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Learn Your Local Resources: Find out who in your community provides food, housing, or safety support. Keep that list handy for when someone needs it.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Practice Gratitude: List five neighbors, friends, or colleagues you're thankful for and why.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Share Beauty: Give flowers, artwork, or a handmade note to someone who could use some love today.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Speak Up: If you witness exclusion or harm, offer a word or act of support to the person affected.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

S M T W T F S

Reflect Together: Invite a neighbor or friend to reflect with you on what “loving your neighbor” means to them.

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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Daily CONNECTION

Date:

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Give Thanks: Reflect on what you've learned this month. How have you seen love at work around you?

What I noticed and learned

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Prayer or gratitude for the day

How I felt offering Love

Note anyone who came to mind

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