



Loving Your Neighbor: Building Connection & Care

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

1. Reaching Out with Care

Phone Calls

- Make a list of people to call this week:
 - _____
 - _____
- When you call, start with kindness:
“I was thinking about you and wanted to see how you’re doing.”
- Ask open-ended questions:
 - “How have you been feeling lately?”
 - “What’s been giving you strength these days?”
 - “Is there anything you need right now that I can help with?”

Notes from my calls:

Emails or Texts

- Send a message of care or encouragement.
- Example phrases:
 - “You’ve been on my heart this week.”
 - “Just wanted you to know you’re not forgotten.”
 - “If you ever need to talk, I’m here.”

- Make a list of people to email or text this week:

- _____
- _____

2. Checking In with Compassion

Look for signs someone may need extra support:

- Feeling isolated or down
- Withdrawing from community
- Change in tone, mood, or behavior

When you notice, ask:

- “Would it help to talk a bit about what’s going on?”
- “Would it be okay if I helped you find some resources?”

Who might need a check-in this week?

- _____
- _____

3. Building Relationships of Trust

Remember:

- Be patient—relationships take time.
- Keep confidences; trust grows in safety.
- Celebrate joys as well as challenges.
- Follow up—care becomes real through consistency.

Ways I can show up for others:

- _____
- _____

4. Simple Acts of Neighbor Love

Check the ways you might care for a neighbor this month:

- ☐ Drop off a meal, flowers, or a note
- ☐ Offer a ride or help with errands
- ☐ Pray with or for someone
- ☐ Share local resources (food, housing, healthcare)
- ☐ Remember special dates and hard anniversaries

Acts of care I'll offer this week:

- _____
- _____
- _____
- _____

5. Reflection for the Heart

“We love because God first loved us.” – 1 John 4:19

- Who might need a word of kindness this week?

- How can I make space in my day to listen?

- What helps me feel cared for—and how can I offer that to others?
