



MyFriends 03: Care with Lifestyle Practice



Welcome to **MyFriends**.

This course material is designed to be used with your facilitated course. Use it on your device in your session.

This third module is about care and how we love not just God but others well.

The key objectives are:

- To understand that there are different ways to care for people (Physical, Social, Emotional)
- To believe that people are not projects, and we must develop genuine care for people as an expression of God's love for them. We can only care well for people if we know them.
- To introduce some tools and brainstorm practical and feasible ideas to help us get started initiating strategically and intentionally with others.

Elements of Care

²⁹ “The most important one (commandment),” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbour as yourself.’ There is no commandment greater than these.”

Mark 12:29-31

Discover

In your small groups, explore what ‘Care’ looks like in these three areas:



Physical

(Example: Helping someone move house)



Social

(Example: Inviting someone to dinner)



Emotional or Mental

(Example: Listening to their story)

“For those that know at least one Christian, the top words to describe Christians are caring (41%), loving (35%), and kind (35%).”

Faith and Belief in Australia Report, McCrindle, 2017, p10.

The Importance of Care Over Time

People are not projects, and we must develop genuine care as an expression of God's love for them. The better we know someone, the better we can care for them.

Because we **loved you** so much, we were delighted to **share** with you **not only** the **gospel** of God but **our very lives as well**.

1 Thessalonians 2:8

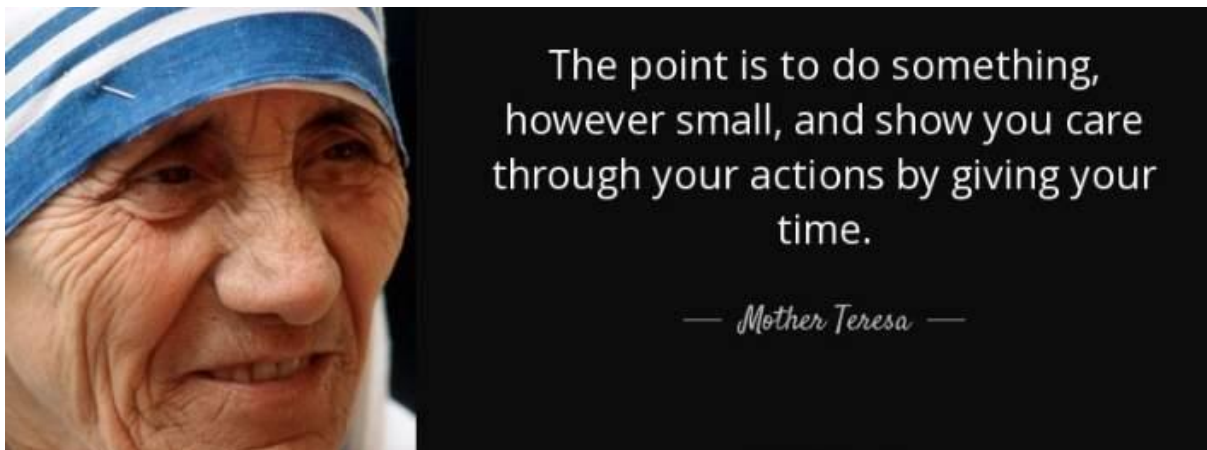
Imagine if Christians were not primarily known for their stances on various issues, but rather as people who loved others and could be counted on to care for people.



We don't get to define if we are a loving person or not. That will be determined by others over time. To love well, we need to get close to people to learn their needs and love them on their terms in a way that is best for them; not in the way that is most convenient for us. We must follow the example of Jesus who gave up the pleasures of Heaven to come down to earth to serve and give His life for those who were distant from God.

- What keeps us from caring well for others?
- What changes can you make to embrace a lifestyle of caring well for others?

Creating a Culture of Care



What is your favourite way of showing you care?

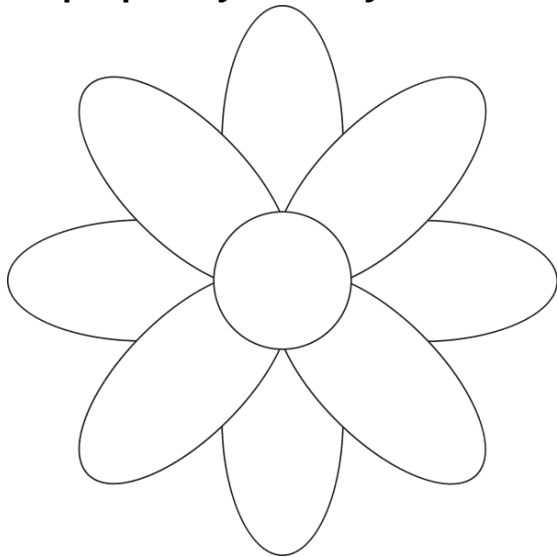
There is no one answer - it's in a million little ways!

- Just call and check in - the occasional surprise phone call reminds people that they are on your mind. Who on your daisy chain would benefit from a call?
- Send an encouraging text message - it's always nice to get a to get an unexpected, nice message. What short, little message could uplift someone on your daisy chain?
- Surprise them with a small gift - flowers from your garden, a batch of homemade muffins... gifts don't need to be expensive - it's the thought that counts. What small gift would make someone's day on your daisy chain?

- Lend a helping hand - is there something they just need a bit of help with? This could be as simple as cooking dinner, looking after the kids for an hour or two, helping in the garden, mowing the lawn, or just fixing something. Who can you help on your daisy chain?
- Perfect the art of listening - just spend time with someone, actively listening and being present in the moment.
- Tell them what you appreciate about them.
- What else can you do? Share your ideas in the discussion group on the forum or in your social media group.

Challenge

What can you do personally or within your community to practically care for people in your daisy chain?



Seek the Holy Spirit in how He wants you to reach out to those on your daisy chain.

“Father, give me your heart, lead me by your Spirit, use me where you have sent me and with who you have shown me today.”

Lifestyle Practice



Look Back



"The promise is for you and your children and for all who are far off - for all whom the Lord our God will call." - Acts 2:39

Consider Jesus' principles of love and mission (as summarised on the **MyFriends disc**) and your **daisy chain** as you reflect on these questions.



Reflection Questions

1. How have you experienced God at work in and through your life this week?
2. What did you learn about God, yourself, or others this week?
3. What points from the last MyFriends Training session challenged you or prompted questions?
4. Why do you think Jesus chooses to include us in the process of making disciples?



What does John 3:16 and John 8:12 say?

¹⁶For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. - **John 3:16**

¹²When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." - **John 8:12**

What does John 17:18 and Matthew 5:14 say?

¹⁸ As you sent me into the world, I have sent them into the world. - **John 17:18**

¹⁴ "You are the light of the world. A town built on a hill cannot be hidden. - **Matthew 5:14**

Watch this video about what it means to be sent like Jesus.

<https://vimeo.com/showcase/10517460/video/843807412>

1. What does it mean to say that we are sent as Jesus was sent?
2. What does it mean to say that we are sent as Jesus was sent?
3. How will an attitude of "sentness" influence your priorities and action on a daily basis?

The Holy Spirit is working in the lives of people you know to draw them to Jesus. The Holy Spirit wants to express the love of the Father through you so they can experience Jesus and connect with Him personally. The daily act of love, pray, and care is the first step in this process (Acts 17:27).

"Peace be with you! As the Father has sent me, I am sending you." - Jesus



Look Forward

- What is the Holy Spirit prompting you to do in developing a lifestyle of love and mission? Is the Holy Spirit prompting you to do something specific with a person on your daisy chain?
- What practical next steps do you need to take?
- As you look forward to the MyFriends experience, what are a couple of things you are hoping to get from the process?
- Share the answers to questions 2 and 3 on your messaging group or course forum and ask someone to pray for you as you take this step in the power of the Holy Spirit.
- Why do you think Jesus chooses to include us in the process of making disciples?

Action Steps

1. Seek the Holy Spirit in how He wants you to practically love, pray and care for those on your daisy chain.
2. Take some time to practically care for someone on your daisy chain this week.
3. Share with your social messenger group three ways in which one could practically care for people. No repeats allowed, so it pays to get those ideas in early!
4. Think about how you can start a new relationship with someone in one of your communities and take a step to say 'hi' and care well for them.