

COMPASSION IN ACTION

This Compassion in Action is all about providing encouragement to your community. Talk together about to whom they might want to write a letter of encouragement and why. What are they feeling? You can read stories of what people are experiencing right now from some news article links provided in the Appendix. Perhaps your family would like to choose some people you'd like to encourage by writing a letter or make thank you cards and little care packages for people who are helping your family.

Compassion in Action activities remind us how we can be with each other so that in everything we make, do, or say, we feel Emmanuel, or God-with-us. These small, simple, tangible acts express the deep, wide compassion of God.



WRITE A LETTER

This is compassion: "I see your hurt, I feel your hurt with you, and I help to ease your hurt." Let's write a letter of encouragement to someone in your community. You can write a letter and give it to someone at your local grocery store. Or you can send the letter in the mail to an older adult in your congregation, someone who is incarcerated, or medical workers at a hospital. Share some stories about many people's experiences right now during the pandemic:

- Grocery store workers are considered essential workers and are working especially hard to make sure people can safely shop for food for their families.
- Health care workers put their lives on the line each day to care for those who are sick and need medical assistance.
- People in prison feel even more trapped because they can't go anywhere to escape COVID-19.
- Older adults are more at-risk of getting sick, but in order to maintain their health, they have to be isolated from family and friends.
- Some of our elected officials are working to make our communities safe, but they still need encouragement to work on making things better for essential workers, the incarcerated, the elderly, and others.
- Who else can you write to?

Many of them are scared or lonely. We can be brave with them. We can show that we are with them. And, we can give them a loving word of encouragement so they feel God's presence.



Some examples of what you might write:

- I wonder if you're scared of getting sick. I'm praying for God to protect you.
- I wonder if you're feeling lonely. I'm praying for God to surround you with love.
- I wonder if you're tired. I'm praying for God to give you strength and energy.
- I wonder if you're anxious. I'm praying for God's peace for you.
- I wonder if you're worried about the future. I'm praying for God to give you hope.
- I wonder if you're sad. I'm praying for God's grace for you.

Included on the following page is a coloring page you can use for your letter. Or you can create your own.

ACTIVITY FOR YOUNGER CHILDREN (PRESCHOOL)

Making Homemade Thank You Cards and Care Packages

As we shelter in place to keep our families safe, there are people taking risks and demonstrating their bravery. Think about someone in your neighborhood who is helping your family. Maybe the people making deliveries to your home to bring you food and essentials? Let's create thank you cards and set up a care package on your porch to show you appreciate their bravery. This is a great opportunity to show compassion and spread kindness to your neighbor.

Materials:

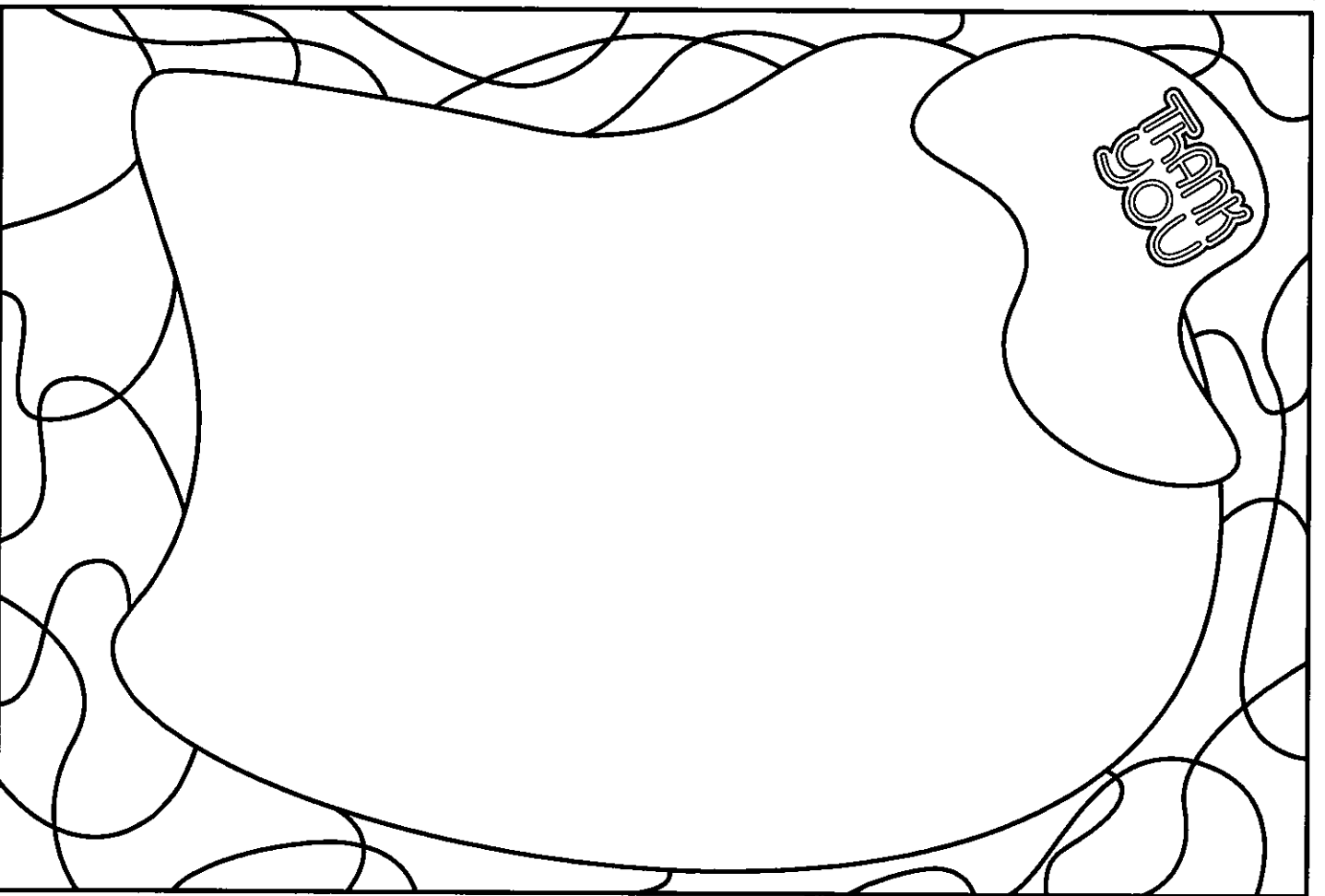
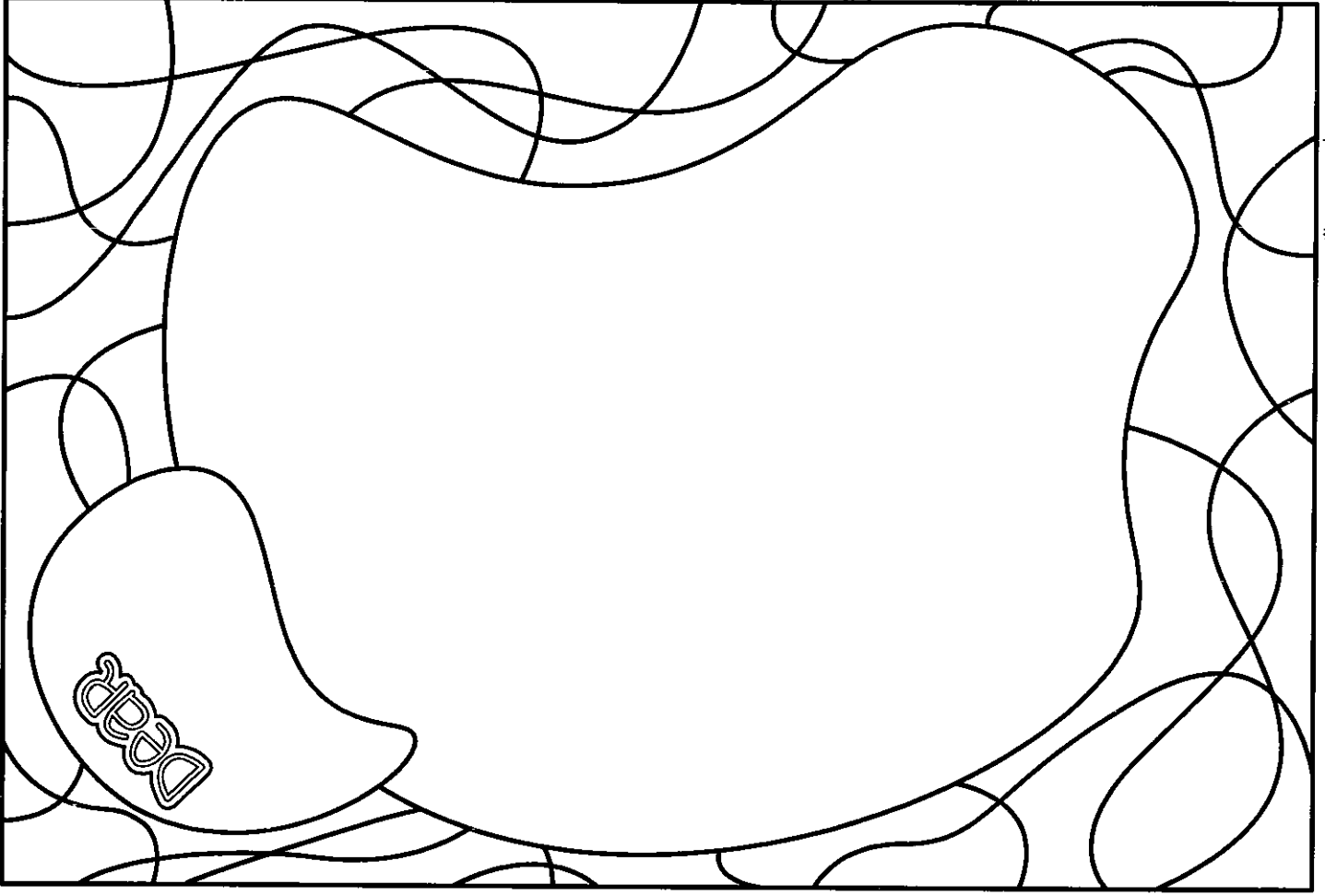
Snacks
Water Bottles
Paper
Crayons

Directions:

Make a small care package to say thank you to all your delivery people. Leave a basket with a card, snacks, and water on your porch for all the delivery people to help themselves to or a snack/something to drink.

Included on the following page is a coloring page you can use for your Thank You Card. Or you can create your own.


If you want to share what you've created, take a photo of your Compassion in Action and post it online with the hashtag #illustratedministry and tag us @illustratedmin!



DAILY EXAMEN

Below is a Daily Examen card which offers an opportunity to talk together about the day's experiences and lessons. It helps us ask each other questions and remember to be thankful for the day. Have this Examen card with you when you're sitting at the table for a meal or at bedtime. Take a few minutes to pause and share about your day. Begin by saying the opening line and the prayer. Then use the questions as a guide to reflect on the day. You can ask each other one question or all the questions. Taking time to remember what you felt and learned during the day helps deepen our compassion.

Daily
examen



OPEN

God is good, **all the time!**
All the time, **God is good!**

PRAY

God of courage,
You help us be brave, to trust and follow
you. Make us instruments of your help
and healing. **Amen.**

How did you feel about the day?
 What were the most interesting things you did?
 What did you learn about yourself or others?
 How did you experience God's love and grace today?

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DEAR
DAD

Your COMPASSION always

looked like
COURAGE

STRENGTHEN OUR HEARTS WITH
YOUR BRAVERY

AS WE RISK, REACH, & LIFT UP
WE REACH OUT, @

OUR SIBLINGS NEAR AND FAR.

HELP US KEEP OUR EYES

ON YOU

AMEN