



Acts of Compassion – Day by Day

Lent - Week Four

TAKE
HOME

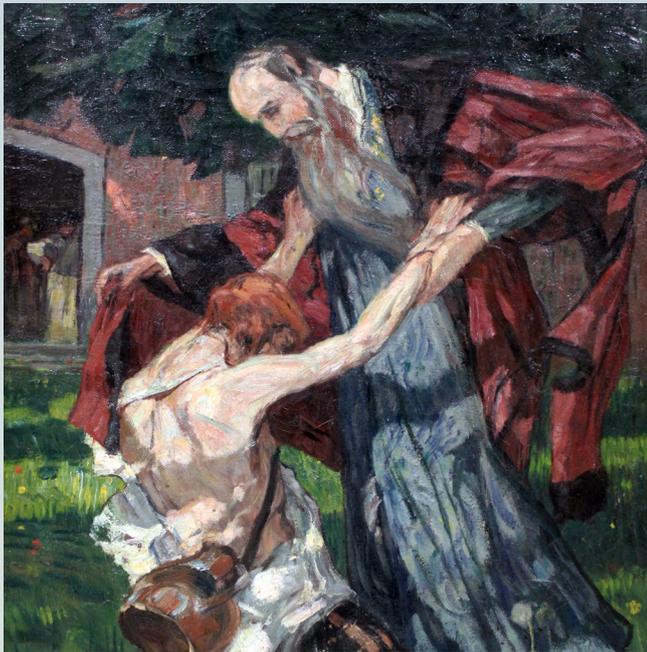
Lent is a time for allowing God to embrace our hurts.

The father was filled with hope that his son would come home, constantly looking out for his return.

- How do we live as hope-filled people when our relationships break down?

The father in this story gives us a wonderful image of God.

- What is your heart's response to God's words, "all that is mine is yours"?
- With whom do you need to be reconciled? Are you willing to simply let go and move forward saying, 'Bring a robe, the best one... and sandals... and a ring'?



The Father continues to be generous at all times. In a culture which has a tendency towards self-absorption, we sometimes need to make a conscious effort to become more proactively generous.

- Hold a door for someone.
- Be present to someone with the intention of listening to and affirming them.
- Send someone a message of encouragement or hope – letter, email, text, phone call.
- Help someone with a task that is theirs, not yours.
- Sacrifice something for someone else – something that matters to you.
- Give someone the benefit of the doubt.
- Notice 'good' and affirm people for it.
- Let someone else have that parking space without grumbling.
- Spend five minutes more than you intended with someone.
- Invite someone to lunch, dinner or a coffee – give them your time.
- Play a game together as a family.
- Offer to pray for someone or with someone.
- Take a meal to someone who might need a 'night off'.

“In the heart of each person is the possibility to bring the love of God to others in a unique way – whether they notice, appreciate, receive it or not. Being faithful to the desire to act in a way that allows this to happen is our daily way of honouring God in public.”

Robert J Wicks, *Everyday Simplicity: A Practical Guide to Spiritual Growth*, (p123).