

Practice #3

Extend yourself to one person each day in an extra-ordinary way

The Habit:

Each day, find one person to extend yourself to in kindness, concern, love and action in a way that is above your ordinary pattern of life.

The Why:

- The number one command of scripture that is consistent from beginning to end is the command, "do not fear." Fear is an emotion that turns you inward and diminishes you from reflecting the image of God to others. Fear spins the truth and causes you to look on the world as if God is not in control over it and that you have to play the role of God in protecting yourself.
- You and I are not God and He is much better at protecting us than we are. The call to us in the face of fear is to live differently. The call isn't to live recklessly but faithfully.
- "You have not been given a spirit of fear, but a spirit of power and of love and of self-discipline (2 Tim 1:7). We practice courage by engaging in efforts to demonstrate empathy, love and generosity.
- Doing things like this helps shape us into people marked by love, not fear.
- *Need some examples to help you get started?*
 - *Send a text message to a friend you haven't connected with recently.*

- *Write a note and mail it to someone as a source of encouragement.*
- *Do the chores of someone in your home for them.*
- *Purchase a gift and have it sent to someone else.*

The How:

There is no right or wrong way to do this, but here are a few tips:

- When you feel fearful about your situation and the world we are in, note it. Name it, even write it down in a journal. Then pray and ask God who you can show an extra-ordinary act of kindness towards.
- Right down this as a to do list item in your day. Just because it is spiritual, doesn't mean it shouldn't be on your list.
- If someone comes to your mind, pause, maybe pray, and consider what would be a way to extend yourself to them.
- Act. Do something imperfectly in faith. This could be a text message, it could be sending them a note, a package or dropping by something to show kindness.

Then what:

Observe how this shapes your heart. Observe how the kindness compounds and makes your relationships better, your world better and your heart less fearful.