Help Kicks Embrace GRATTUDE (and look beyond themselves)

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ways to Help Your Family Gain Awareness of Others

- Practicing listening more than speaking.
- Make eye contact when listening to someone speak. (This includes family members!)
- Hold the door for other people when entering or exiting a building.
- 4. Allow people to go ahead of you in line at the store.
- 5. When shopping, think about what other people would enjoy, not just you.
- Don't keep your eyes glued to your phone when you are around other people.
- Challenge each family member to give a sincere compliment to at least one stranger when you are at a store, restaurant, etc. If kids are shy, encourage them to at least make eye contact and smile at people.
- 8. Take an "awareness drive" together as a family in some of the poorer areas of your city and discuss your observations.

- 9. Shop at stores in different parts of your city or in surrounding cities.
- 10. Participate in The Compassion Experience, which connects you to some of the realities faced by children growing up in extreme poverty.
- Look out the windows instead of looking at your phones as you ride from place to place. Look\for other people and how they are living their lives.\
- 12. When you see someone with young kids loading their groceries into their vehicle, offer to return their empty cart for them, so that they don't have to leave their kids unattended.
- 13. Watch documentaries together that raise your awareness of how people live in other parts of the world.
- 14. Ask people questions about their life experiences and listen intently to their answers.



scripture passages to Encourage Gratitude and Thinking of Others

I will give thanks to You, Lord, with all my heart;
 I will tell of all Your wonderful deeds."

Psalm 9:1

"Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. For the Lord is good and His love endures forever; His faithfulness continues through all generations."

Psalm 100:4-5

"Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind. Let them sacrifice thank offerings and tell of His works with songs of joy."

Psalm 107:21-22

4. "This is my commandment: love each other just as I have loved you."

John 15:12

5. "Carry each other's burdens and so you will fulfill the law of Christ."

Galatians 6:2

- 6. "Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ."
 Ephesians 4:32
- 7. "Do nothing from selfishness or empty conceit, but with humility consider one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others."

Philippians 2:3-4

- 8. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7
- "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him."

Colossians 3:15-17

10. "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

1 Thessalonians 5:16-18

"Through Jesus, therefore, let us continually offer to God a sacrifice of praise — the fruit of lips that openly profess His name. And do not forget to do good and to share with others, for with such sacrifices God is pleased."

Hebrews 13:15-16

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, Who does not change like shifting shadows."

James 1:17