

# Intentionality



"Prayer  
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CADET GESSICA PIERRE

*In our interview with Cadet Gessica Pierre, she shared that she's using her time during the pandemic to intentionally pray for and reach out to others. In this section, you'll find ideas and sample messages that will help you connect with and care for those in your community!*

The Bible is chock full of verses that command us to love and encourage one another, to lift each other up and bear each other's burdens. But when the world seems to be falling apart and so much in our lives seem uncertain, how do we begin to shift and expand our focus to include others?

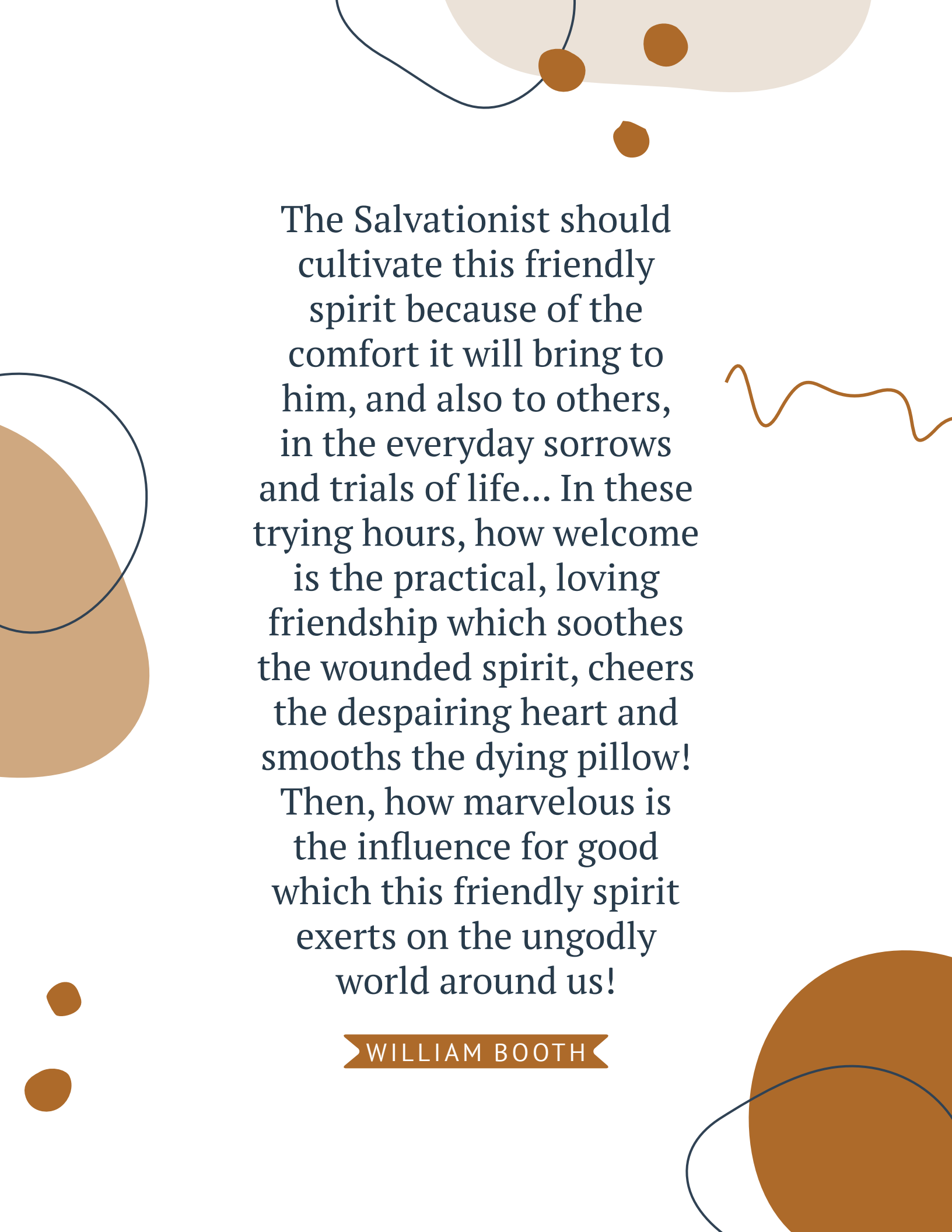
## Praying for Others

As Cadet Pierre said, "Prayer is one of the most powerful tools we have," and it's among the easiest ways that we can care for others. The list below offers a wide variety of people to pray for. As you read through it, challenge yourself to identify names for each bullet point, consider the situation they're in and pray for them. Try incorporating a few names into your daily prayer time - we've even made a free print to help you keep track, available at the end of this section.



### PRAY FOR SOMEONE WHO

- Is over the age of 60
- Recently lost their job
- Is sick
- Is quarantined alone
- Is home teaching their kids
- [Whose] Marriage is suffering
- Is separated from loved ones
- Is serving on the front lines
- [Whose] Business is suffering
- Is a government leader
- Is serving overseas
- Is experiencing intense anxiety
- Is battling depression
- Was looking forward to summer camp
- Works at a grocery or 'essential' store
- Is pregnant or has a newborn
- Had to cancel their wedding
- Lives in your neighborhood
- Works in law enforcement
- Works in transportation
- Is in a life transition
- Operates a small business
- Is probably not safe at home
- Resides in a nursing home
- Is getting ready to go to college
- You haven't touched base with in forever
- You feel is unkind to you
- Is a youth at your corps
- Works with you
- Oversees your health (your doctor, etc)
- Is a teacher or works for a school district
- Makes deliveries to your house/work
- Has lost loved ones and is grieving
- Is the primary caretaker of a relative
- Is retired
- Is part of your family
- You've cut ties with
- Is going through a divorce
- Is struggling with change/the unknown
- Is struggling with their faith
- Is struggling with their sexuality
- Has mentored you
- Is a church leader
- Is a person of color
- Is raising a person of color
- Is learning about racism
- Was a victim of violence
- Is in a position to make change
- Has different beliefs than you



The Salvationist should cultivate this friendly spirit because of the comfort it will bring to him, and also to others, in the everyday sorrows and trials of life... In these trying hours, how welcome is the practical, loving friendship which soothes the wounded spirit, cheers the despairing heart and smooths the dying pillow! Then, how marvelous is the influence for good which this friendly spirit exerts on the ungodly world around us!

WILLIAM BOOTH

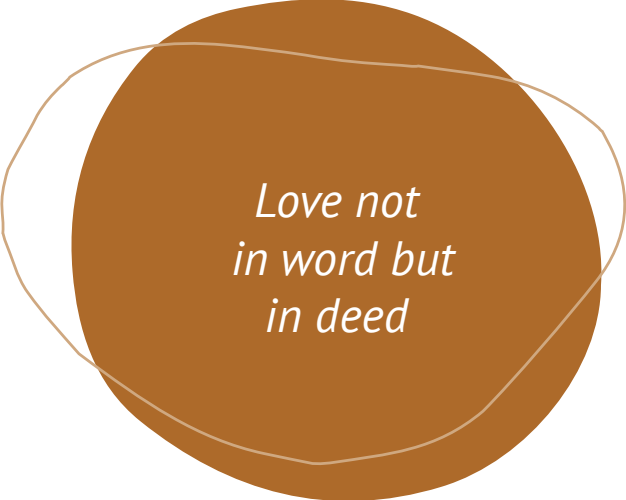


## Reaching out to Others

It's safe to say that we didn't expect our lives to be disrupted quite as long as they have. As we go forward, keep in mind that - between the pandemic and protests - everyone at your corps and in your community is struggling in some way. Be intentional about checking in with them once or twice a week. Find ways, however small, to anchor them during this storm. Help them feel neither forgotten or alone, but instead, accepted, loved and supported.

### CONSIDER

- **Sending a text.** Share a funny joke, ask for a tv show or recipe recommendation, or simply inquire into what they've been up to. Offer words of encouragement, share a Bible verse or even a favorite memory of that person/their family! Ask them how they're *really* doing and how you can pray for them.
- **Offering support.** Reach out and let them know you're sorry for what they must be experiencing and that you want to support them. Let them tell you how you can do that in the best way.
- **Engaging with them on social media.** 'Like' and comment on content they share, tag them in something you think they'd enjoy, or simply send a message!
- **Gifting them something.** Run by their house and drop off a plant, baked goods, toilet paper or cleaning supplies. Send them a digital gift card to UberEats. Order games or small toys off Amazon and ship them to their house as a nice surprise for the kids (and a welcome break to parents!).
- **Gifting them your time.** Mow their lawn, wash their car; offer to run to the store for them or do any errands they need. Play your instrument (or get a little group together) outside their house or even in your own neighborhood. Visit those in assisted living centers/nursing homes, even if it's simply chatting through a window.
- **Teaching them something new.** Do you have a talent, skill or interest that you can share? Create a video or go 'live' and show how to make a DIY project, cook an interesting recipe, meal-prep or even go through an exercise routine together!
- **Listen.** Listen to the stories and experiences of others. Put their feelings ahead of your own by not taking personal offense or doubting or discrediting what they've gone through.
- **Demonstrating compassion and sincere interest.** Reach out to friends who you know need a safe place to lament and process all that is going on in the world right now. Welcome dialogue - discuss and pray over the things that cause fear and concern and assure each other you'll walk through it together.



*Love not  
in word but  
in deed*

1 JOHN 3:18

Be mindful, as you reach out to others, that you don't make it about you. Be kind, patient and compassionate. Know that everyone's going through a hard time and it's okay if they don't respond or react in a manner you expect. Your messages may go unanswered, your gifts may never elicit 'thank you's', and your attempts to engage may fall flat. It's okay. Keep going.

WEEK OF \_\_\_\_\_



WEEKLY  
*prayer*  
PLAN

SCRIPTURE  
\_\_\_\_\_

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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DATE \_\_\_\_\_



TODAY I AM PRAYING FOR SOMEONE WHO

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THEY MAY BE EXPERIENCING

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WAYS I CAN SUPPORT THEM BEYOND PRAYER

\_\_\_\_\_

\_\_\_\_\_

MISCONCEPTIONS I MAY HAVE ABOUT THEM

\_\_\_\_\_

\_\_\_\_\_

HOW I CAN WORK ON MY HEART

\_\_\_\_\_

\_\_\_\_\_

MY PRAYER  
\_\_\_\_\_

# Reaching Out

*Sample messages and texts you can use to reach out to people and give love, support and encouragement!*

Hi [NAME]! I miss you and can't wait to celebrate [OCCASSION] with you when this is over!

[NAME], just wanted to check in and let you know that I've been thinking about you! Is there anything I can help you with this week?

Hey, I think you're an amazing human doing the best you can with some really hard things right now. Love you!

Just dropping by to tell you I miss you! Let me know if there's anything I can be praying about for you.

In case you've forgotten, you're the strongest person I know. I know you'll be back to your best self soon! Love you!

I miss your face. I hope you have a fantastic day!

Morning! I have some extra toilet paper/PPE - do you need any? I'd be happy to drop them off!

Hey, lovely! Just dropping by to say I miss you and I really hope we can get together soon. I know things are crazy, but I'm sure we'll make it work!

Wanted to let you know you're on my mind. I'm so proud of you. You're doing your best in a tough situation and I hope you know how strong you are! Let's talk soon!

I know this must be a difficult day for you. No one has an expectation that you're going to be in this meeting today, or any other work-related commitment, for that matter. How do you need to be supported in this moment?

Hey, just checking in to let you know I'm thinking of you and miss you (yada, yada) and I hope things aren't too crazy right now. Let me know if there's anything you need!

I'm thinking of you. It may not seem like things will get easier, but they will. I promise you. Let me know if you ever need anything.

I was reading my Bible today and a specific verse made me think of you, so I wanted to share it. [SCRIPTURE]. Hope you're doing well!

[NAME], just in case no one has told you today: You're doing a great job! You're not alone and things will get better. Call me anytime you want to chat, I'm here for you!

I'm so sorry for what you must be experiencing right now. I want to support you. I will wait for you to tell me how I can do that in the best way.

With everything going on, I don't want to add to any stress. I just want you to know that I care about you and would like to support you in whatever ways would be helpful. I'm here to talk, cry, watch a funny movie, or leave you alone. If you don't know what you need, that's okay too.

I wanted to check in and see how you are doing. I'm sending my support and solidarity. Amidst all this horror, I am here if you want to talk or not talk.

I'm here for you. Tell me what how best I can help you during this time.