



FORTY DAYS *of*
COMPASSION

SERVING OTHERS IN OBSERVANCE OF LENT

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SERVING OTHERS IN OBSERVANCE OF LENT

Over the next forty days, the community at Vox Church will saturate New England with the love of Christ through 10,000 acts of compassion. No one expressed more compassion for the world than Jesus. Every act is like a seed that produces fruit beyond what we can see. Compassion is contagious, and together we can make a great impact through small acts.

The season of Lent is forty days for the global church to turn, seek, and remember the journey of Jesus toward the ultimate act of compassion for us on the cross. This season is an opportunity for the church to remember his sacrifice, reflect on his heart towards us, and prepare to celebrate his resurrection on Easter.

As we reflect on the compassion of Jesus toward us on the cross, ask yourself, how can I display the heart of Jesus toward others?

Jesus lived a life of compassion. In Scripture, we see time and time again that Jesus was moved by his compassionate heart for people.

FORTY DAYS of COMPASSION

Matthew 9:36 tells us that when he looked out at the crowds, he was moved with compassion, leading him to teach his disciples to pray for the laborers of the harvest.

Mark 1:41 shows Jesus being moved with compassion before he reached out and healed the man with leprosy.

Luke 7 tells us that Jesus' heart went out to a widow as her son passed away, which then led Jesus to raise her son from the dead.

John 13 shows Jesus spending the final hours before his arrest washing the feet of the disciples, setting an example of service for his disciples.

Consider what motivates your actions. Is it love and compassion? Or is it pride? Maybe approval from others? Or perhaps you are motivated by what you can gain? How can this broken mindset be transformed? Jesus offers us a new way. He invites us to love people as he did.

For the next forty days, as we reflect on the life of Jesus and his sacrifice for us on the cross, let's take time to respond as Jesus did. Let Christ's compassion lead us to care for those around us.

This book provides ideas for ways to serve the people in your life. There are also resources for your family and community group to use to serve together.

FORTY DAYS of COMPASSION

Pray and ask God to lead you in how you should serve. Maybe you feel God calling you to intentionally serve your neighbors, or you may feel led to choose one act of compassion from each list. Make a plan and set an intention for when and how. Let us know how you served on this forty-day journey at voxchurch.org/40days to inspire others with how God is moving through our church.

*Thank you, Jesus, for your compassion toward us.
God, clothe us with your compassion.*

TRACKING YOUR ACTS of COMPASSION

Help us reach the goal of 10,000 acts of compassion by anonymously logging your act of compassion.



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ACTS *of* COMPASSION TOWARD YOUR NEIGHBORS

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”

Colossians 3:12–14

- ☐ Prayer walk your neighborhood.
- ☐ Lend a neighbor a helping hand.
- ☐ Invite your neighbor to church.
- ☐ Pray daily for your neighbors.
- ☐ Ask your neighbors for specific prayer requests.
- ☐ Cook your neighbors a meal.
- ☐ Create a gift basket and leave it on someone’s doorstep just because.
- ☐ Leave treats for a delivery person.
- ☐ Invite neighbors over for a fun activity.
- ☐ Learn what your neighbor is passionate about.
- ☐ Offer to help with someone’s pet.
- ☐ Coordinate a neighborhood clean-up.

ACTS *of* COMPASSION TOWARD YOUR COWORKERS & CLASSMATES

“Our culture says that feelings of love are the basis for actions of love. And of course that can be true. But it is truer to say that actions of love can lead consistently to feelings of love.”

Tim Keller

- ☐ Write an encouraging note/email to someone.
- ☐ Surprise your boss/ teacher with a treat.
- ☐ Bring in donuts for everybody to share.
- ☐ Intentionally build a new friendship.
- ☐ Set a reminder in your phone for a specific time every day to intentionally pray for your co-workers and students.
- ☐ Invite a friend from work or school to serve with you at one of our local partners.
- ☐ Help clean up after a meeting by pushing in all the chairs or staying after to clean up any trash.
- ☐ Ask a coworker if there is anything that you can do to help them.
- ☐ Plan a time to build a deeper relationship with another during lunch or after work.

ACTS *of* COMPASSION TOWARD YOUR CITY

“...seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper.”

Jeremiah 29:7

- ☐ Pay it forward at a local coffee shop, restaurant, or store.
- ☐ Bless a helper in your community—medical professionals, first responders, counselors, social workers, educators, non-profit workers, foster parents, or any community helper.
- ☐ Give an appreciation gift.
- ☐ Provide a treat or meal.
- ☐ Write and deliver thank you cards.
- ☐ Pray for peace, rest, wisdom, and new hope.
- ☐ Collect needed supplies.
- ☐ Clean up trash at a local park.
- ☐ Serve with your campus at an Easter Egg Hunt or another event within the city.
- ☐ Prayer walk through your city praying for police, fire, and government officials.
- ☐ Contact your local government representatives asking if they have any prayer requests that you can pray for.
- ☐ Write your mayor or first selectman a letter of appreciation.

ACTS *of* COMPASSION TOWARD YOUR HOME & FAMILY

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”

Matthew 7:24–25

- ☐ Ask a family member if there is anything you can help them with.
- ☐ Write someone in your family a card.
- ☐ Pray for unbelieving family members and extend an invitation to church on Easter.
- ☐ Write someone in your family a letter of gratitude and appreciation.
- ☐ Call an estranged family member.
- ☐ Anticipate and fulfill a need.
- ☐ Do a chore usually done by someone else.
- ☐ Schedule a day with your family where everyone chooses a fun activity to do together.
- ☐ Intentionally celebrate the expected actions your family or roommate does that often go unappreciated.
- ☐ Set aside time to ask one another for prayer needs and pray together.

ACTS *of* COMPASSION TOWARD PEOPLE ONLINE OR ON SOCIAL MEDIA

“Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.”

Hebrews 13:2

- ☐ Send someone who impacted your life at some point an email of gratitude.
- ☐ Pray for someone expressing difficulty in a post.
- ☐ Be compassionate toward yourself when you see a picture you don't like and speak affirmations of Scripture over yourself.
- ☐ Leave a positive review online for a local restaurant or business.
- ☐ Respond to someone's post with an encouragement or positive message.
- ☐ Reconnect with someone you might have otherwise scrolled passed.
- ☐ Celebrate with friends who are sharing a major life event by sending them an encouraging prayer for the next step or phase.
- ☐ Wish your friends on social media happy birthday.

ACTS *of* COMPASSION TOWARD LOCAL AND GLOBAL PARTNER ORGANIZATIONS

“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

Matthew 5: 35–36

- ☐ Serve with a Vox monthly Impact Group.
- ☐ Provide food for a local food pantry.
- ☐ Donate new baby clothes, diapers, or wipes to a pregnancy resource center near you.
- ☐ Clean out your closet and donate items to one of our local partners.
- ☐ Complete a Serve Together DIY listed on our website at voxchurch.org/outreach.
- ☐ Grab a global missionary prayer card at the Next Steps table and pray for our missionaries overseas.
- ☐ Apply to go on a mission trip.
- ☐ Research and learn about a country where Christians are being persecuted and pray.

COMMUNITY GROUPS

6-Week COMPASSION CHALLENGE



1

WEEK 1

Take the first 15 minutes of group to prayer walk the neighborhood.

2



WEEK 2

Encourage a member in your group by picking names out of a hat and writing an encouraging note to your friend.



3

WEEK 3

Choose an Outreach DIY from our website as a group.

4



WEEK 4

Write an encouraging note to a missionary. In preparation for week four, Vox will send all Community Group Leaders an email with a missionary to pray for and encourage.

5



WEEK 5

Take the first 15 minutes to pray for those far from God in New England.

6

SIGN UP!

WEEK 6

Sign up to physically serve at an Easter Outreach, at one of our local impact groups, or meet a neighbor's need.

VoxFamilies Compassion Scavenger Hunt

As a family, spend the next 40 days searching for ways to show the love of Christ to those around you.

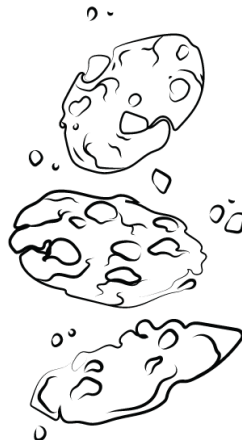
Here is how to play:

- Step 1** Search for ways to show compassion in each category below.
- Step 2** Color in the category once the act of compassion is completed.
- Step 3** Snap a photo of you and your family.
- Step 4** Print out a photo or send the image to kids@voxchurch.org to share on Sunday with your VoxKids' friends!



Local Park

Search for one way you can clean up your neighborhood.



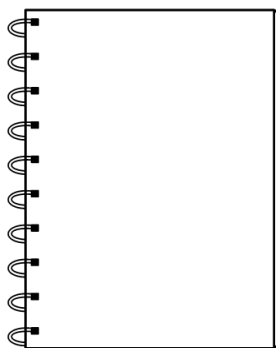
Neighborhood

Bake a treat for one of your neighbors.



Prayer

Is there someone that you know that needs prayer? Take some time to pray for them.



Teacher

Write an encouraging note or bring a gift to your teacher just because.



Friend

Play with someone you do not usually play with.



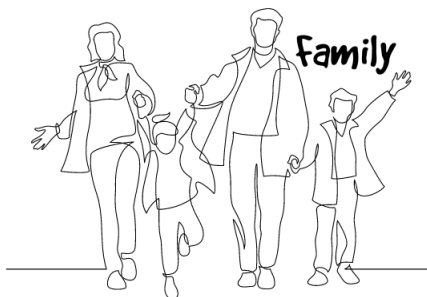
Stuff

Clean your closet or toy bin and donate to a local shelter.



Helpers

Say thank you to a helper in your community – a mailman, fireman, police officer, etc.



Family

Compliment each member of your family and share one thing you love about them.

HOW *to* PRAYER WALK YOUR NEIGHBORHOOD

Why should we prayer walk?

Prayer walking is an opportunity for us to capture the heart of God for a specific neighborhood or city and pray the promises of the Scripture over an area. The Scriptures tell us to seek the peace and prosperity of the city (Jeremiah 29:7), and prayer walking is a spiritual exercise where we can ask for God to move.

What do I pray?

Pray Scripture.

“For all promises of God are ‘yes’ in Christ. And so through Him, our ‘Amen’ is spoken to the glory of God” (2 Corinthians 2:10).

Pray and ask God to bring things to mind.

“Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words” (Romans 8:26).

Pray for city and town leaders.

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way” (1 Timothy 2:1–2).

Pray for people you know by name.

“Brothers, pray for us” (1 Thessalonians 5:25).

Pray bold and faith-filled prayers.

“In him and through faith in him we may approach God with freedom and confidence” (Ephesians 3:12).





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