## Connecting with others through

# **CPR**

Everyday people who each month are: Caring, Praying, Reaching Out

#### Overview

- Our goal each day is to bless mor people more (Gen 12).
- We can care, pray, and reach out formally or informally, with them knowing or not. Formally, you tell them.
  Informally, you just bless them behind the scenes.
- This is not dependent on anyone other than you.
- When you care about someone, you hope the best for them.
- The goal is to support others, to friend them. They are people loved by God, not projects.
- They don't have to be your new best friend.
- You can this with people who share your faith or not.

#### Caring

- You care for their overall well-bring
- CPR friends are in your mind, conscious, and horizon. You think about them in good ways. You want the best for them.
- You want them not to survive, but to thrive

- When you care about someone, you support them and you help them as you can in times of need. Caring for others is at the center of Jesus' life and ministry.
- This is about getting excited when they are excited and feeling their pain when they are down. You can be that CPR friend.

### Praying

- Your goal to pray for them at least each month
- If it seems right, you can tell them.
- You can ask them how you can pray for them.

- You can text them or tell them that you have been praying for them.
- You can pray general scriptural prayers from the Bible (See CPR resource sheet)

#### Reaching Out

- Your goal is to reach out to them at least once each month.
- You can text them, call them, or meet with them.
- Express your care and support.
- See how you can encourage them.

- If you call or meet with them, listen well and talk less than they do.
- You care for their overall well-bring
- People are in your mind, conscious, horizon
- You want them not to survive, but to thrive

#### **CPR Friend List**

- Put people on your list because you care, and the Lord leads you. They are people, not projects.
- Choose a time period such as 6 months or a year. It is not forever. You can later extend it if the Lord leads in this way.
- Keep this list in your Bible or on your desk as a reminder.
- There is no shame or condemnation if you miss a month.
- Ask a friend to ask you each month how you are doing with your CPR friend list.

Name	Prayer	Feb		Mar		Apr		May		Jun		Jul	
		Pray	Reach										
						·		·					