

It's okay if your heart can't expand all the way around the world. If you can't feel that stir in your heart by being aware of Missions or organizations that strive to help people in need and/or spreading the gospel - then think about a ministry you are involved in or have a heart for in your church. Think back on a time you were involved in a domestic or international mission trip. As you reflect and remember, hold on to your feelings and just journal about it.

Journal

Take some time to journal

Bible Verses

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another." - John 13:34 (ESV)

"If your brother becomes poor and cannot maintain himself with you, you shall support him as though he were a stranger and a sojourner, and he shall live with you." - Leviticus 25:35 (ESV)

"If among you, one of your brothers should become poor, in any of your towns within your land that the Lord your God is giving you, you shall not harden your heart or shut your hand against your poor brother," - Deuteronomy 15:7 (ESV)

Prayer

Now that you had some time to think and journal about this subject in having a heart for missions or ministries which can help open your heart and eyes to the world. Confess to God ways you have closed your heart to people in need. Take some time to pray to God to keep helping you to have compassion and to keep serving and loving others.