

Acts of Compassion to do yourself

We believe that as followers of Jesus, we are called to live out compassion in our daily lives. Use this resource to practice acts of compassion - either individually or with friends. We'd love to hear your stories at trentv.org/stories

**Offer to pay
for someone's
drink,
shopping
or petrol**

Offer a lift
e.g to shops,
work,
appointment,
or Small Group

**Visit or call
someone**
e.g someone
lonely, sick or
elderly

**Commit to
praying for &
caring for
someone who
doesn't know
Jesus**

**Receive God's
compassion
for you**
e.g read:
Psalm 145
Psalm 103
Psalm 146

**Offer a
listening
ear to
someone**

**Invite
someone
around for
a meal**

**Learn how
to welcome
someone in
British Sign
Language,
Mandarin,
or Farsi**

**Befriend
someone new
to church or
invite someone
new to Small
Group**

Acts of Compassion to do together

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**Plan a
Blessing The
Community
Project**

**Gather needed
items from your
community to
donate to Trent
Compassion**
[trentv.org
/compassion](https://trentv.org/compassion)

**Ask a rough
sleeper what
they need**
e.g food, drink
chat and/or
prayer

**Help clean
up your
community**
[trentv.org
/cleanup](https://trentv.org/cleanup)

**Contact a
charity in
your area to
see how you
could help**

**Look at what
the Bible
says about
compassion
and loving
each other**
[trentv.org
/bibleproject](https://trentv.org/bibleproject)

**Organise a
meal rota**
e.g for
someone ill,
bereaved, or
with a
newborn

**Pray for one
of our Trent
Overseas
Partners**
[trentv.org
/overseas](https://trentv.org/overseas)



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