



## iFollow Session 7: Reaching Out



### Song – With my own two hands by Ben Harper

I can change the world, with my own two hands  
Make a better place, with my own two hands  
Make a kinder place, with my own two hands  
With my own, with my own two hands  
With my own, With my own two hands

I can make peace on earth, with my own two hands  
And I can clean up the earth, with my own two hands  
And I can reach out to you, with my own two hands  
With my own, with my own two hands  
With my own, with my own two hands

I'm gonna make it a brighter place, with my own two hands  
I'm gonna make it a safer place, with my own two hands  
I'm gonna help the human race, with my own, with my own two hands

Now I can hold you, with my own two hands  
And I can comfort you, with my own two hands  
But you got to use, use your own two hands  
Use your own, use your own two hands

*A duet by Ben Harper and Jack Johnson from the album 'Curious George' is good to use in a prayer/reflection context. You can buy or play the track from many websites.*

### Prayer

We leave this place, Lord, inspired by your Word, challenged by your example, empowered by your Spirit.

Give us the strength to be people who inspire others with your Word, challenge others with your example and empower others with your Spirit.  
Amen.

*Mo Baldwin / CAFOD*

### Scripture – Matthew 25: 31-46

“I tell you in truth, whatever you did for the least of these brothers and sisters of mine, you did for me”

### Quote

‘Helping a person in need is good in itself. But the degree of goodness is hugely affected by the attitude with which it is done. If you show resentment because you are helping the person out of a reluctant sense of duty, then the person may receive your help, but may feel awkward and embarrassed... If, on the other hand, you help the person in the spirit of joy, then the help will be received joyfully... acts of generosity are a source of blessing to the giver as well as the receiver.’

*St John Chrysostom*

## Activity | Service

Identify and deliver an appropriate project within your parish, local or wider community, which particularly reaches out to those who are poor, marginalized, or living with injustice.

You may want to consider:

- Gathering food, blankets or other materials for a local charity such as St Vincent de Paul (Vinnies Youth)
- Visiting the sick, the elderly, or those in prison
- Linking in with a local group servicing the needs of refugees or migrants
- Setting up a regular activity that members of your group can take responsibility for on a rotating basis – a one off service project is good, but a long-term commitment to really making a difference is better

## Tool | See, Reflect, Act

This method of analysis can be used to help discern what service project you embark on, ensuring that it's addressing an identified need in the most appropriate way.

It begins with the everyday experience of people, and the issues, problems and challenges that face them. It challenges us to become aware, and once we are aware, to explore the reasons that the challenges exist, and if there is a suitable action that can be taken to genuinely improve the situation.

**See** – learn to open your eyes to see past what you're comfortable with, and what you've always seen

Questions that can help:

- What issues are you aware of? How are you aware of them?
- What is actually happening?
- How does the situation affect those involved?
- What are causes and consequences of what is happening?

**Reflect** – an opportunity to develop a real understanding of some of the issues affecting our local and global communities. This can be achieved through discussion, research, debates, spiritual reflection and prayer.

Questions that can help:

- Why is this situation happening? Does it have to? Why/why not?
- What is really behind these issues?
- Does our faith tradition or scripture give us any guidance or direction about this situation?

**Act** – an opportunity to put the seeing and reflecting into action. It's important you don't just jump into the action, as both the learning and growth of the group can be limited, as well as the action that you choose not necessarily being the most useful thing that you can do. You may unintentionally make a situation worse or prolong it, where another action could help solve the root cause.

- Can anything be done, no matter how small, to make a difference to people in the short and the long term?
- Is this something we have to do as individuals, or is it best to do it as a group?
- Is there anybody already doing this that we can support instead of starting from scratch?
- How will we know we're actually making a positive difference?
- What are we going to do and how are we going to do it?
- Is this a one-off. or does our action need to be continuous. or repeated?