

WB: You Never Know Who's Watching

Story (Anchor):

Reflect on the story of the small, quiet act in the store—the moment of helping without hesitation, without recognition, simply because it was right.

Nuggets of Wisdom:

Acts of kindness can be felt with warmth in the heart. Without action, they are nothing more than a feeling. Character is revealed in the small moments when no recognition is expected. Who you are is built in what you do when no one is watching.

First General Order:

Continue to remember—start every session in prayer, whether with a group or individually. Ask for God's protection and guidance during this time. Center your heart and your mind before beginning.

Mission Execution:

As a group, begin by sharing two or three examples to open discussion. Then move to your individual space. Face each other. Hold hands if comfortable. Close your eyes. One at a time, share your story. It may be about giving or receiving an act of kindness. Focus on the emotion, not just the facts. The listener's role is not to fix or respond, but to hear what is being said beneath the words—to listen between the logic and the emotional need. Through this process, you begin to understand how each of you is being shaped, how your personalities are formed, and what each experience is teaching you.

Questions:

1. What emotions did you feel in a moment when you helped someone or chose not to act?
2. What hesitation or resistance did you experience before acting?
3. Have you ever been impacted by someone else's small act of kindness? What did it mean to you?
4. When listening to your partner, what emotions did you hear beneath their words?
5. How do small, unseen actions shape who you are becoming over time?

Mission (Final for the Week):

This week, make it intentional. Set aside time together—breakfast, lunch, or dinner. Make it a "date," not for entertainment, but for purpose. Go to a store. If needed, sit in your car for a few minutes and wait. When you see someone with a shopping cart, step out together. If you are comfortable, tell them you are practicing becoming better husbands and wives. Offer to help. At the very least, take their cart and return it to the rack. If the opportunity presents itself, help them unload their groceries. Walk beside them with respect. Then go about your own shopping—hand in hand. Pay attention

to the person you helped. Look for the joy in their eyes, and then look inward at the joy in your own heart. The next time you are in a parking lot, eating a sandwich or in a hurry, and you see an opportunity, set it aside. The sandwich will still be there. The moment may not. The compassion you are forming in your heart will continue to grow. If you already have it, then build on it. You never know who's watching.

****Closing Reflection:****

In the quiet moments of life, your actions define you—whether anyone is watching or not.

****Closing Prayer (Optional):****

For those who may not feel comfortable praying out loud, or who are unsure how to pray, take a quiet moment and reflect in your own mind. Use your own words, or let this guide your thoughts: Father, thank you for the opportunities you will give us through life to show grace to other people. Help keep our hearts in a place where we look for those opportunities. May we represent you through life. Above all, Lord, teach us how to have grace and compassion toward the person we love.