

WB: Who Is the Angel?

Nugget of Wisdom

Sometimes the one who gives is blessed more than the one who receives.

SOP

Sit facing each other. If comfortable, hold hands. Close your eyes and remove distractions. Think of a time when you were able to help someone in a simple but meaningful way, or a time when someone helped you when you truly needed it. Focus on the feeling in that moment—the hesitation, the decision, and the impact. Share that experience with each other, listening for the emotion behind the action. Afterward, come together as a group and discuss what stood out through the questions.

Questions

1. Have you ever been in a position where you could help someone but hesitated? What caused that hesitation?
2. Think of a time someone helped you when you needed it. What did that feel like beyond just the act itself?
3. In the story, who do you believe was the “angel,” and why?
4. What keeps us from acting in small moments where we could make a difference in someone’s life?
5. How can you become more aware of opportunities to help others in your daily routine?

Closing Reflection

There are moments in life that seem small at the time but carry great weight. A simple act, a pause, a decision to turn around can change someone’s day, or even more. Often, we think we are helping someone else, but in truth, something happens inside of us as well. The question is not just whether you will receive help in your life, but whether you will recognize the moment when you are called to give it.

Additional Reflection

Our personalities shape how we move through life, but too often we are not taught to be intentional about how our actions affect others. Start small—with children, grandchildren, friends, and each other—by teaching simple awareness. Even something as basic as getting on a school bus with purpose instead of delay shows respect for others’ time and responsibilities. Investing in others is not always grand; often it is found in everyday moments where we choose to be mindful instead of self-focused. The question becomes, do we move through life aware of others, or only aware of ourselves?

Mission for the Week

This week, slow down enough to notice opportunities to help someone in a simple, practical way. Do not look for something big—look for something real. When the moment comes, act on it without overthinking.

Afterward, take a moment to reflect on how it felt, not just for them, but for you. Consider sharing that experience with your partner and discuss what you noticed about yourself in the process.