

Considering Others – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Some people seem naturally very interested in almost everyone they meet, and these are the people who generally have a lot of friends. Have you ever had a friend who was very interested in you, and the things you were interested in? How often did you spend time with them? What kind of impression did you get of them? What kind of person were they? What did you like most about them?

Day 2

[PHILIPPIANS 2:4](#)

Each of you should look not only to your own interests, but also to the interests of others.

People tend to spend much of their time thinking about themselves, directly or indirectly. We think about what we want to eat, what we want to do when we get home, what we have to do at work, what we want to buy, what others think of us and how we can get them to think more highly of us, or what we need to improve on in our lives. Most people are pretty consumed with thinking about themselves. It becomes a challenge to break that pattern and to begin to think about others and what their interests and desires are. Make it a point for the next 24 hours to think about someone else, what they want, what they are going through, what they need, what their interests are, things like that. See how you do. The Bible teaches that we should be looking out for others for their interests, not just our own.

Day 3

Memorize

[EPHESIANS 4:29](#)

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Day 4

Take some time to write down a list of your friends that you would like to become closer to. Then take some time to ask yourself if you were to get them something meaningful, what would it be? What are their interests? What would mean a lot to them, or what would they find particularly meaningful, that maybe someone else wouldn't, based on what you know about their likes and interests?

Day 5

Begin to ask your friends what their interests are and what they feel they excel at. Most people feel like they are pretty good at something, and if they don't you can help them find something they are good at and praise them for it. One of the biggest unmet needs in people today is being made to feel important. Spend time trying to think up ways to celebrate what is interesting about others. Make it a point to compare weak areas in your own life with strengths in the life of someone else. Spend some time thinking and planning out how you can make someone's day today. Then do that every day for someone.