

7 Attitudes of the *Helping* Heart



How to Live Out Your Faith
and Care for the Poor

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COMPANION STUDY GUIDE

7 Attitudes of the Helping Heart: How to Live Out Your Faith and Care for the Poor

Companion Study Guide

7 Attitudes of the Helping Heart: How to Live Out Your Faith and Care for the Poor - Companion Study Guide

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INTRODUCTION TO THE COMPANION STUDY GUIDE

This study guide is to support you as you read *7 Attitudes of the Helping Heart: How to Live Out Your Faith and Care for the Poor*. It will help you think more deeply about the seven Attitudes of the Helping Heart (Gratitude, Humility, Empathy, Compassion, Generosity, Holiness, and Hope) and how to begin putting them into practice.

After you read each chapter of the book, you can review the reflective questions, prayer, and Bible passage provided for each chapter, then complete the challenge and type your personal reflections in the space provided.

You may wish to invite your friends to read *7 Attitudes of the Helping Heart* along with you and go through this study guide together. The book and study guide can also be used in a Bible study or small-group setting. You can [click here to share on Facebook](#) that you are reading *7 Attitudes of the Helping Heart*.

Let's get started!

CHAPTER 1

INTRODUCTION: FACING INTERNAL CHALLENGES



REFLECTIVE QUESTIONS:

How have you handled situations where people were asking you for money? How did you feel afterward?

Why would John feel more relief than satisfaction after helping the woman and her baby? How would you feel?

In this chapter, John writes, “Some of us overthink how to help people living in poverty. Some of us don’t think about it enough.” Which one are you?

What does it mean to you to be a person who helps others?



PRAYER:

Bountiful Father, you have helped me more than I can imagine. Show me what I need to do or change so I can help others. Amen.



BIBLE PASSAGE:

Matthew 19:16-23

A man came to Jesus and asked, “Teacher, what good thing must I do to have life forever?” Jesus answered, “Why do you ask me about what is good?”

Only God is good. But if you want to have life forever, obey the commands.”

The man asked, “Which commands?”

Jesus answered, “You must not murder anyone. You must not be guilty of adultery. You must not steal. You must not tell lies about your neighbor in court. Honor your father and mother. Love your neighbor as you love yourself.”

The young man said, “I have obeyed all these things. What else do I need to do?”

Jesus answered, “If you want to be perfect, then go and sell all the things you own. Give the money to the poor. If you do this, you will have a treasure in heaven. Then come and follow me!”

But when the young man heard this, he became very sad because he was very rich. So he left Jesus.

Then Jesus said to his followers, “I tell you the truth. It will be very hard for a rich person to enter the kingdom of heaven.”



CHALLENGE:

Look up a short YouTube video about poverty in a country overseas. Make notes below of what you see, hear, and learn in the video. Write a sentence about how you feel. Say a prayer about what you saw or learned.



PERSONAL REFLECTIONS:

Notes about the video:

[Light blue rectangular box for notes about the video]

Prayer:

[Light blue rectangular box for prayer]

How you feel:

[Light blue rectangular box for how you feel]

CHAPTER 2

MEETING THE POOR: SEEING SIMILARITIES AMONG OUR DIFFERENCES



REFLECTIVE QUESTIONS:

How might you better see people the way God sees them? How can you practice this in your life this week?

Do you believe Sak, the security guard, is correct in only blaming himself for his poverty?

What positive characteristics does Theory, the garment factory worker, have that could help her reach her goals?

What do you think people living in poverty can tell us about how to help them?



PRAYER:

Lord, help me get beyond my prejudices and short-sightedness to see the similarities I share with those who are different from me. Amen.



BIBLE PASSAGE:

Proverbs 22:2

The rich and the poor are alike in that the Lord made them all.



CHALLENGE:

On the internet, find a Christian faith-based nonprofit organization that helps people overseas. Below, write some of the things they are doing that you feel are especially important, and why.



PERSONAL REFLECTIONS:

A large, empty light blue rectangular area intended for writing personal reflections. A thin vertical blue line is on the left side of the area.

CHAPTER 3

GRATITUDE AND HUMILITY: LIVING IN THE IN-BETWEEN



REFLECTIVE QUESTIONS:

Do you feel that you're a grateful person?

How do you feel when you help someone and don't receive any thanks or sign of gratitude?

How easy or hard is it for you to be humble?

Is it necessary to become poor to understand what the poor need?

Is what you're doing in life only benefiting you and your loved ones?

How might you modify the way you use your privileges so that you increase their capacity to benefit others?



PRAYER:

Lord, in this world where problems seem too big to act on, remind me that you are bigger than the problems. Help me to see my life in a correct perspective so I am truly thankful for what I have. At the same time, help me to be humble and kind, remembering all that I have and being wise so I know how to help others. Guide me so my goals and actions support people who are not as fortunate as I am. Amen.

CHAPTER 4

EMPATHY: EMBRACING THE POWER OF CO-SUFFERING



REFLECTIVE QUESTIONS:

In this chapter, John writes, “Helping others often begins with empathizing with them, feeling their pain.” Do you agree or disagree?

What suffering are you currently experiencing? How can this help you remember others who are suffering too?

Can your empathy really help people? How?

Do you find it easy to co-suffer with someone you don’t know?



PRAYER:

Dear God, help me to live out the example of Jesus, the Suffering Servant, so I can better feel the pain of others. Amen.



BIBLE PASSAGE:

Romans 5:1-5

We have been made right with God because of our faith. So we have peace with God through our Lord Jesus Christ. Through our faith, Christ has brought us into that blessing of God’s grace that we now enjoy.

And we are happy because of the hope we have of sharing God’s glory. And we also have joy with our troubles because we know that these troubles produce patience. And patience produces character, and character produces hope. And this hope will never disappoint us, because God has poured out his love to fill our hearts. God gave us his love through the Holy Spirit, whom God has given to us.



CHALLENGE:

In this chapter, John writes, “Through empathizing with others, we can begin to get clarity about what roles we can play to make the world a better place.” Write in the space below what role you want to play to make the world a better place.



PERSONAL REFLECTIONS:

A large, empty light blue rectangular area provided for writing personal reflections.

CHAPTER 5

COMPASSION: STARTING NEAR AND SPREADING FAR



REFLECTIVE QUESTIONS:

How can you be a more compassionate person—someone who feels more concern for those in need and takes action to help them?

What can you learn from the Catholic sisters who work in the brick kilns about caring for those in need?

If someone followed you around for a week, would they say you are compassionate?

What might your own “theology of relational care” look like?



PRAYER:

Lord, the problem of poverty is bigger than I can fathom. What I am doing, or even dream of doing, doesn't seem like much. Use me and my efforts to help in a way that honors you and helps others. Amen.



BIBLE PASSAGE:

John 13:34-35

“I give you a new command: Love each other. You must love each other as I have loved you. All people will know that you are my followers if you love each other.”



CHALLENGE:

When you're out this week, if you see someone who you think might be struggling in life, make a point to look at them, smile, and say, "Hi," or ask, "How's your day going?" Then really listen to their response. Make a mental note of what you learned and how you felt. Write in the space below your thoughts about this challenge and how you feel after reading this chapter.



PERSONAL REFLECTIONS:

CHAPTER 6

GENEROSITY AND HOLINESS: BEING ALL GOD WANTS YOU TO BE



REFLECTIVE QUESTIONS:

How do you feel about your connection with your money?

Jesus acknowledged the offering of the poor widow who put two small coins into the offering box at the temple, saying she put in more than everyone else. What keeps you from being more generous?

Do you feel closer to God when you help someone? Do you feel far from God if you don't?

In this chapter, John writes that "realigning experiences" can help you be the person you ultimately want to be. What are the character traits of this "person you ultimately want to be"?

What might happen if you prayed to be more generous?



PRAYER:

Lord, help me in the hustle and bustle of life to set aside times when you can work in me to realign my relationship with you. Help me each day to strive to please you. And help me to want to be more generous in all of its forms. Amen.



BIBLE PASSAGE:

Acts 20:35

"I showed you in all things that you should work as I did and help the weak. I taught you to remember the words of Jesus. He said, 'It is more blessed to give than to receive.'"



CHALLENGE:

Consider holiness as a way of life. Write three things below you can begin doing today to be more holy.



PERSONAL REFLECTIONS:

1.

2.

3.

CHAPTER 7

HOPE: INSPIRING BELIEF AND ACTION



REFLECTIVE QUESTIONS:

In this chapter, John writes, “Hope and action go hand in hand. Without hope, we may not feel like taking action. Without action, what we hope for may not happen.” Do you feel you need to have hope before you can truly help someone?

What affects your level of hope?

What dangers do you face when you feel hope is gone?

What steps can you take to revive hope within yourself?



PRAYER:

May your words, O God, that can bring life and peace and goodness, be the overcoming power to keep hope alive in me. Amen.



BIBLE PASSAGE:

1 John 3:18

My children, our love should not be only words and talk. Our love must be true love. And we should show that love by what we do.



CHALLENGE:

Look up a world map online and locate a country in a part of the world you know little about. Search the name of the country on Google and spend fifteen minutes learning about that country in terms of their people and some of the main issues the country is facing. Write below what your hope is for the people who live there.



PERSONAL REFLECTIONS:

CHAPTER 8

CONCLUSION: CONNECTING OUR FAITH WITH THE NEEDS OF OTHERS



REFLECTIVE QUESTIONS:

Jim and Lawana Partlow have made a tremendous commitment to JoAnn's Pantry, and they receive joy through their work. How could your joy be increased by helping others?

In Acts 9, a woman named Dorcas is described as someone who was always doing good and helping people who were poor. This is what she was known for. What legacy do you want to leave behind? What steps are you taking now to establish that legacy?

In this chapter, John writes that developing the seven Attitudes of the Helping Heart—Gratitude, Humility, Empathy, Compassion, Generosity, Holiness, and Hope—helps us to help others. Which of these attitudes do you feel you need to work on?

What is one thing you can do this week to address the problem of poverty?



PRAYER:

Lord, my energy, time, skills, and finances are limited. Please give me wisdom so that I know how to use them for the most good. Develop in me all the right attitudes I need to make a difference in this hurting world. Amen.



BIBLE PASSAGE:

Proverbs 14:31

Whoever is cruel to the poor insults their Maker. But anyone who is kind to the needy honors God.



CHALLENGE:

Each day this week, pick one of the seven Attitudes of the Helping Heart—Gratitude, Humility, Empathy, Compassion, Generosity, Holiness, and Hope—and intentionally put it into practice. At the end of each day, write a one-sentence reflection below about how you felt putting it into practice.



PERSONAL REFLECTIONS:

Gratitude:

Humility:

Empathy:

Compassion:

Generosity:

Holiness:

Hope:

Did you enjoy *7 Attitudes of the Helping Heart* and this Companion Study Guide? Do you know someone else who would also like to improve how they live out their faith and care for others? Would you like to discuss these concepts with your friends or small group at church? Share this book via the link below so they can benefit too!



Share that you read this book on Facebook!