

Southern Seminary  
Woman's Auxiliary  
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## Growing in Everyday Thoughtfulness

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Thoughtfulness: showing kindness and consideration for the needs of others  
Ephesians 4:32  
Galatians 5:13-14

### Three Categories in Which to Grow in Thoughtfulness

#### A. Listening

1. Work at paying attention.  
James 1:19  
Proverbs 18:13
2. Ask good questions.
3. Learn to weep and to rejoice.  
Romans 12:15
4. Be aware of common temptations
  - a. Quickly shifting the conversation back to yourself
  - b. Carrying out "side" conversations in a group setting
  - c. Being indiscreet; sharing the news of others
  - d. Dominating a group conversation
  - e. Being exclusive rather than welcoming
  - f. Being easily offended

#### B. Remembering

1. Have a system for remembering things people say to you.
2. Look regularly at your system and follow up with contact.
3. Pray with and for others, and ask for updates.

#### C. Serving

1. Offer help wisely and sensitively.
2. Be mindful about food.
3. Be generous with errand-running.
4. Practice the ministry of presence.

## **Extraordinary Examples of Everyday Thoughtfulness:**

**Personal Service:** *A friend of mine was part of a church merger. The older, established church was full of older women. To befriend them and show them kindness, my friend went to their homes and gave them pedicures, something they could no longer do for themselves. They grew to love and trust her, which was a great benefit to the merger of these two church bodies.*

**Birthday Letter:** *A friend kept a Word document for each of her daughters throughout the year, and would record significant things—both good and challenging—that happened during the year. When a daughter’s birthday came, she would print out the document, and her husband wrote an opening and closing reflection on the year. They would read the letter together as a family and both laugh and cry! It was a wonderful way to remember together.*

**College Communication:** *A young woman went off to college, knowing she was going to miss close contact with her mother. She determined to send her mother an email at the end of every (!) day; her mother (an early riser) would read the email early the next morning and respond. In this way, they were able to “listen” to each other and maintain their relationship.*

**Greeting Cards:** *Cards sent for significant occasions and also for no occasion at all can convey such thoughtfulness. It is such a rarity to receive personal correspondence, and such a treat to find it in your mailbox. Most people receive such little affirmation and would be encouraged by your carefully-chosen words. Remember those who are grieving, perhaps a year later. Acknowledge the challenge of Mother’s Day with a note to someone whose mother recently passed away. Sending a card to someone who is suffering, or to someone who needs encouragement, is such a poignant way to remember, and to care.*

**Family Appreciation:** *You might establish a Daddy (or Mommy) Book: Purchase a hard cover blank book. Inscribe on the title page something like:*

*To John H. Smith*

*World’s Greatest Daddy*

*Presented on this day, June 21, 2026*

*To be written in annually on Father’s Day by his adoring children.*

*Pull out the book in advance of Father’s Day each year, and have each child draw or write a message on two facing pages. Be sure the book is carefully stored and pulled out annually. This simple and thoughtful tradition can produce a family treasure!*