

5-Day Devotional Guide
Stop Talking. Start Caring — Week 1
The Cost of Being Interruptible
Based on Mark 10:46–52; Matthew 9:36; Galatians 6:9–10

Day 1: Caring Requires Us to Notice – Scripture Reading
Mark 10:46–8 / Matthew 9:36

In Mark 10, Bartimaeus was sitting by the roadside, crying out for mercy. The crowd heard him, but they did not truly see him. To them, he was an interruption. To Jesus, he was a person.

Caring begins with noticing. Before we can help someone, encourage someone, or respond to someone, we must first become aware of them. That sounds simple, but it is easy to move through life focused on our schedules, our problems, our goals, and our comfort.

Matthew 9:36 tells us that when Jesus saw the crowds, He had compassion on them. He didn't look past them. He looked at them with love.

If we are going to care like Jesus, we must ask God to open our eyes to the people around us

Reflection Questions

1. Who might I be overlooking in my daily life?
2. Am I more focused on my own agenda than on the needs around me?
3. What would it look like to slow down enough to truly notice people?

Prayer

Lord, open my eyes today. Help me see people the way You see them. Forgive me for the times I have been too distracted or self-focused to notice someone in need. Give me a heart of compassion. Amen.

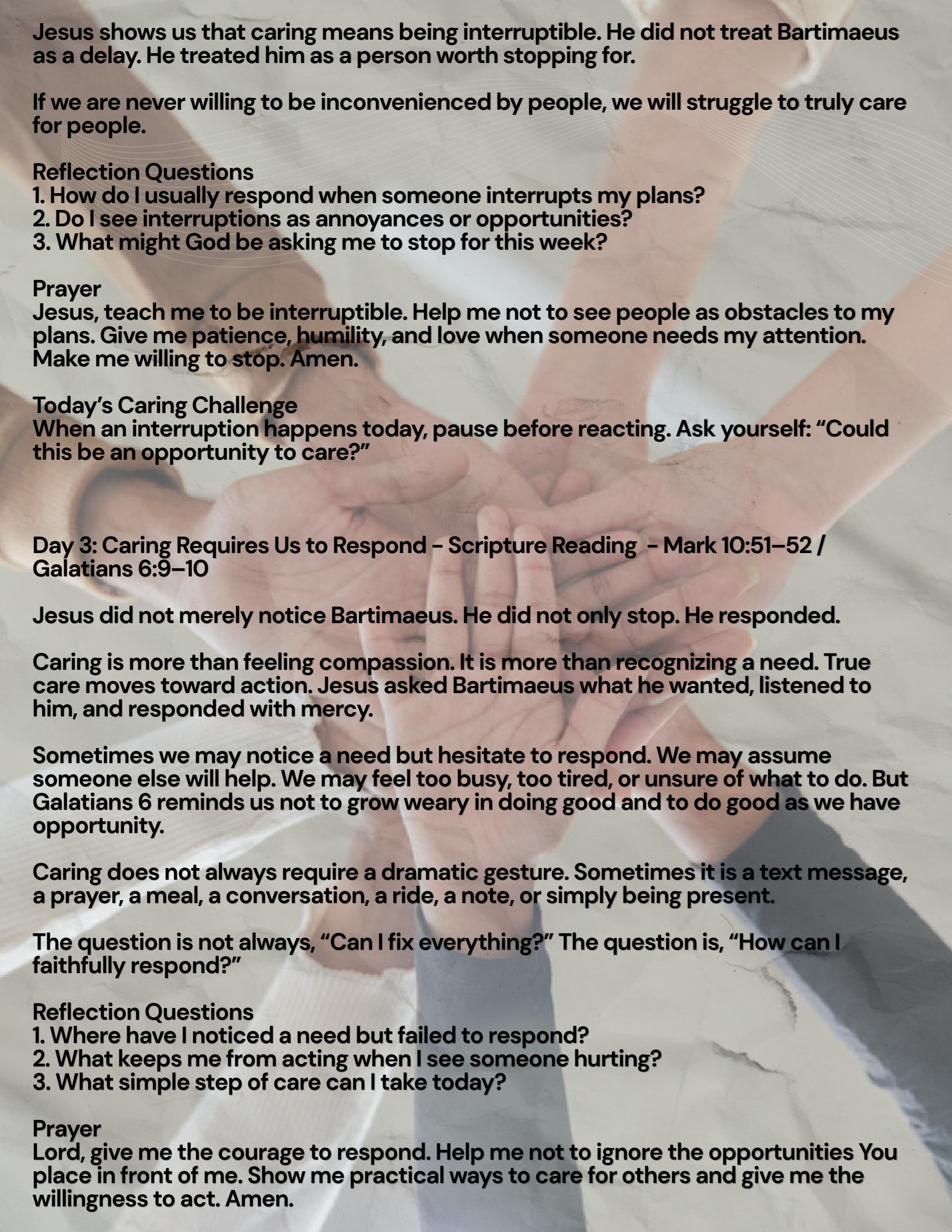
Today's Caring Challenge

Intentionally notice someone today—a coworker, neighbor, family member, server, cashier, or stranger. Pay attention to their expression, tone, or situation. Ask God how you can show care.

Day 2: Caring Requires Us to Stop – Scripture Reading
Mark 10:49
Mark 10:46–52

Jesus was on His way somewhere, yet He stopped for Bartimaeus. That moment mattered. Jesus allowed Himself to be interrupted.

Many of us are willing to care—as long as it fits neatly into our schedule. But real care is often inconvenient. People's needs rarely appear at the perfect time. A hurting person may interrupt our plans. A conversation may take longer than expected. A need may require sacrifice.



Jesus shows us that caring means being interruptible. He did not treat Bartimaeus as a delay. He treated him as a person worth stopping for.

If we are never willing to be inconvenienced by people, we will struggle to truly care for people.

Reflection Questions

1. How do I usually respond when someone interrupts my plans?
2. Do I see interruptions as annoyances or opportunities?
3. What might God be asking me to stop for this week?

Prayer

Jesus, teach me to be interruptible. Help me not to see people as obstacles to my plans. Give me patience, humility, and love when someone needs my attention. Make me willing to stop. Amen.

Today's Caring Challenge

When an interruption happens today, pause before reacting. Ask yourself: "Could this be an opportunity to care?"

Day 3: Caring Requires Us to Respond – Scripture Reading – Mark 10:51–52 / Galatians 6:9–10

Jesus did not merely notice Bartimaeus. He did not only stop. He responded.

Caring is more than feeling compassion. It is more than recognizing a need. True care moves toward action. Jesus asked Bartimaeus what he wanted, listened to him, and responded with mercy.

Sometimes we may notice a need but hesitate to respond. We may assume someone else will help. We may feel too busy, too tired, or unsure of what to do. But Galatians 6 reminds us not to grow weary in doing good and to do good as we have opportunity.

Caring does not always require a dramatic gesture. Sometimes it is a text message, a prayer, a meal, a conversation, a ride, a note, or simply being present.

The question is not always, "Can I fix everything?" The question is, "How can I faithfully respond?"

Reflection Questions

1. Where have I noticed a need but failed to respond?
2. What keeps me from acting when I see someone hurting?
3. What simple step of care can I take today?

Prayer

Lord, give me the courage to respond. Help me not to ignore the opportunities You place in front of me. Show me practical ways to care for others and give me the willingness to act. Amen.

Today's Caring Challenge

Reach out to one person today with a specific act of care. Send a message, make a call, offer help, pray with someone, or meet a practical need.

Day 4: Seeing Interruptions as Opportunities – Scripture Reading – Galatians 6:9–10 / Mark 10:46–52

Interruptions can feel frustrating because they remind us we are not fully in control. We have plans, timelines, tasks, and expectations. Then someone needs something.

But what if some interruptions are actually invitations?

Bartimaeus interrupted the noise of the crowd, but Jesus saw the moment differently. It became an opportunity for mercy, healing, and transformation.

When we begin to see interruptions as opportunities, caring becomes a way of life. We stop asking only, "How can I get through my day?" and begin asking, "Who can I love today?"

This does not mean we have no boundaries or that we say yes to everything. But it does mean we live with open eyes, open hands, and an open heart.

God often works through moments we did not plan.

Reflection Questions

- 1. What interruptions have frustrated me recently?**
- 2. Could any of those moments have been opportunities to care?**
- 3. How can I become more available to God in my everyday routine?**

Prayer

Father, help me trust You with my schedule. Teach me to recognize divine opportunities in everyday interruptions. Give me wisdom, compassion, and a willingness to be used by You. Amen.

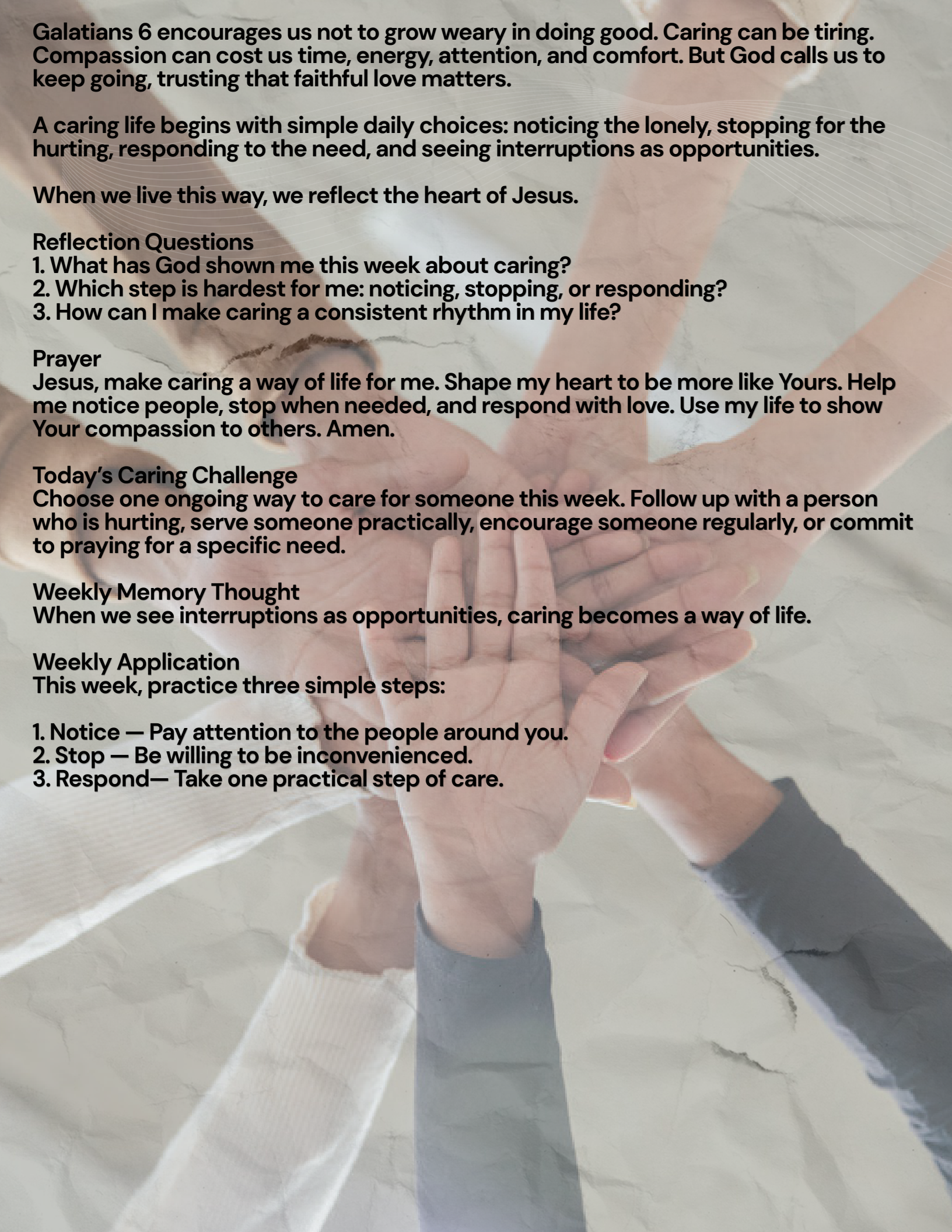
Today's Caring Challenge

At the beginning of your day, pray: "God, interrupt me if You need to." Then look for one opportunity to care that you did not plan.

Day 5: Caring as a Way of Life – Scripture Reading – Matthew 9:36 / Galatians 6

Caring is not meant to be a one-time event. It is meant to become part of who we are as followers of Jesus.

Jesus lived with compassion. He noticed people. He stopped for people. He responded to people. His care was not limited to convenient moments or comfortable situations.



Galatians 6 encourages us not to grow weary in doing good. Caring can be tiring. Compassion can cost us time, energy, attention, and comfort. But God calls us to keep going, trusting that faithful love matters.

A caring life begins with simple daily choices: noticing the lonely, stopping for the hurting, responding to the need, and seeing interruptions as opportunities.

When we live this way, we reflect the heart of Jesus.

Reflection Questions

- 1. What has God shown me this week about caring?**
- 2. Which step is hardest for me: noticing, stopping, or responding?**
- 3. How can I make caring a consistent rhythm in my life?**

Prayer

Jesus, make caring a way of life for me. Shape my heart to be more like Yours. Help me notice people, stop when needed, and respond with love. Use my life to show Your compassion to others. Amen.

Today's Caring Challenge

Choose one ongoing way to care for someone this week. Follow up with a person who is hurting, serve someone practically, encourage someone regularly, or commit to praying for a specific need.

Weekly Memory Thought

When we see interruptions as opportunities, caring becomes a way of life.

Weekly Application

This week, practice three simple steps:

- 1. Notice — Pay attention to the people around you.**
- 2. Stop — Be willing to be inconvenienced.**
- 3. Respond— Take one practical step of care.**