



# The C.A.R.E. Tool

An Intentional Friend Tool

Jesus calls His friends to love one another the way He has loved them. He chose time with people, lifted their burdens, noticed their needs, and spoke life into their hearts (John 15:12-15). When we CARE, we mirror that pattern. Friendship becomes a living witness that God still reaches the world through ordinary relationships.

## C Connect

Time and Presence

Jesus never loved from a distance. He lingered at tables, walked dusty roads, and slowed for conversations others ignored (Luke 19:57, Mark 5:30-34). Real friends clear the calendar, put the phone away, and show up—unhurried and undistracted.

Practice

- Share a weekly meal.
- Take the long way home so the talk can run its course.
- Schedule a standing call that never gets bumped.

## A Assist

Helping Hand

Love lifts. The Good Samaritan crossed the road, cleaned wounds, and covered the bill (Luke 10:33-35). Jesus wrapped a towel around His waist and scrubbed dirty feet (John 13:35). Friends spot a need and act before being asked.

Practice

- Run the errand your friend keeps putting off.
- Fix a small household problem.
- Watch the kids so parents can breathe.

## R Remember

Gifts and Moments

God is a giver. Every good and perfect gift flows from Him (James 1:17). Thoughtful tokens whisper, “You’re on my mind even when you’re not in the room.” The size doesn’t matter; the meaning does.

Practice

- Drop a favorite snack on their desk.
- Send a playlist tied to a shared memory.
- Celebrate holidays and acknowledge difficult days.

## E Encourage

Words that Build

God created worlds with words, and He still heals hearts through them (Genesis 1:3, Proverbs 18:21). Paul urged believers to “encourage one another and build each other up” (1 Thessalonians 5:11). Friends call out the good they see and the hope they hold.

Practice

- Text a line of gratitude for something they did.
- Speak truth when fear rewrites their story.