



The 7 Practices of the Jesus Way

- 1 ENGAGE AT THE LEVEL OF STORY** Move from arguments to experiences. Listen first, then seek to understand.
- 2 PRACTICE KINDNESS** Kindness is strength controlled. Choose compassion in action over contemptuous tones.
- 3 RADICAL EMPATHY** Seek to understand another's journey, emotions, and heart. Empathy is not agreement.
- 4 BREAK THE POWER OF LABELS** Replace "them" with names and stories. See the beloved person.
- 5 COURAGEOUS INTEGRITY** Critique your own tribe and hold them accountable, while actively looking for what is good, admirable, or true in those you disagree with.
- 6 REDEMPTIVE FORGIVENESS** Release resentment. Forgive to enable healing, even when reconciliation isn't possible.
- 7 LIFE-CHANGING GENEROSITY** Freely and sacrificially give time, presence, and resources—especially across differences.

