



James Prosoco

Seeing Others as Christ Does: Practicing Genuine Appreciation



When was the last time you truly saw the beauty in someone—not for what they do, but for who they are? This course invites you to pause and rediscover how Christ calls us to see and affirm the worth in others. Grounded in biblical wisdom and real-life reflection, you'll explore practical ways to express heartfelt gratitude and appreciation to those who matter most. Strengthen your relationships and deepen your faith as you learn to speak life into the people God has placed in your path.



Biblical Foundations for Seeing and Affirming Others



Recognizing and Seizing Opportunities for Appreciation



Practicing Genuine Appreciation: From Reflection to Action



Summary

Biblical Foundations for Seeing and Affirming Others

JP James Prosoco



Why Does It Matter How We See Others?

In a world where so many people feel unseen or undervalued, how we choose to see and affirm others truly matters. Too often, we overlook the quiet beauty and worth in those around us, missing opportunities to speak life and encouragement. This lesson invites you to rediscover the biblical call to look deeper—to see others as Christ does, and to recognize the profound impact of genuine affirmation.

This lesson will guide you through key concepts about recognizing and affirming the value of others, drawing from scriptural examples and the life of Jesus.

1

Discover scriptural foundations for affirming others' worth.

2

Explore how Jesus modeled seeing and valuing people.

3

Learn the difference between noticing and truly seeing others.

The Bible uses the image of a watchman—someone called to stand alert and attentive, looking out for others. In Ezekiel 33:7, God appoints the prophet as a watchman, not just to warn of danger, but to care for and be responsible for the people. This calling isn't just about protection; it's about truly seeing those around us, recognizing their value, and responding with compassion and truth. As believers, we are invited to be watchmen in our own lives—people who notice, care, and affirm the worth of others.

Key Terms and Ideas Flashcards

Let's clarify some key terms and ideas used in this lesson. Review each flashcard to ensure you understand the foundational concepts before we go deeper.

Noticing vs. Seeing

Noticing is observing someone's presence or actions; seeing means understanding their heart, value, and unique story.

Affirmation (Biblical Perspective)

Affirmation is expressing genuine appreciation for someone's God-given worth, not just their achievements or roles.

Intrinsic Worth

Intrinsic worth means every person has value simply because they are created and loved by God.

Jesus' Example: Seeing the Heart, Not Just the Surface

Let's look at how Jesus modeled this deeper way of seeing. In the story of the woman who anointed Jesus in Bethany (Mark 14:3-9), Jesus looked beyond what others saw on the surface. While those around Him criticized the woman's actions, Jesus recognized her heart and intent, affirming her in a way that revealed her true worth. This encounter shows us what it means to see as Christ sees.



A Beautiful Act: The Woman with the Alabaster Jar

Picture the scene: a woman enters a room full of people and pours expensive perfume over Jesus. Many see her act as wasteful, questioning her motives and the value of her gift. But Jesus sees something different—He calls her act beautiful and meaningful. He recognizes the love and sacrifice behind her gesture, reminding us that true appreciation looks beyond appearances to the heart behind the action.

Lessons from Jesus' Response in Bethany

Expand each section below to explore the lessons from Jesus' response to the woman with the alabaster jar. These insights can help us practice genuine appreciation in our own lives.

Jesus Saw the Heart —

Jesus didn't just see what the woman did—He saw why she did it. He recognized her love, devotion, and courage, even when others misunderstood or criticized her.

This teaches us to look beyond actions and appearances, seeking to understand the intentions and struggles of those around us.

Affirming the Overlooked —

While others dismissed or judged the woman, Jesus publicly affirmed her. He spoke up for her value and made sure her act would be remembered.

We are called to affirm those who may go unnoticed or unappreciated, giving encouragement and honor where it is due.

Making Appreciation Timely —

The woman acted while she had the chance—she didn't wait for a perfect moment or for others' approval. Jesus received her gift in that moment, showing us the importance of timely affirmation.

Don't wait to express gratitude or appreciation; sometimes the right time is now.

There's a big difference between simply noticing someone and truly seeing them. In daily life, it's easy to observe people's actions or habits without ever pausing to understand their hearts or stories. The Watchman's Call reminds us that Christ-like appreciation requires intentionality—it means looking past the obvious and recognizing the quiet faithfulness, kindness, or courage in others. When we see as Christ does, we move from surface-level acknowledgment to meaningful connection and affirmation.



From Biblical Example to Daily Living

As you reflect on this lesson, consider how the example of Jesus and the woman at Bethany can shape your own relationships. Who in your life might need to be truly seen and affirmed—not just for what they do, but for who they are? Small acts of appreciation can have a lasting impact, bringing encouragement and hope to those around you.



Who has Christ placed in your life that you've stopped truly seeing? Take a moment to pause and reflect.

Lesson 2 of 4

Recognizing and Seizing Opportunities for Appreciation

JP James Prosoco



The Power of Noticing: Why Everyday Appreciation Matters

It's surprisingly easy to overlook the people and moments that shape our lives for the better. In the rush of daily routines, we can become blind to the quiet acts of kindness, support, and faithfulness that surround us. This lesson invites you to pause and reflect on how everyday appreciation—when noticed and expressed—can deepen your connections and bring new meaning to ordinary relationships.

In this lesson, you will learn practical ways to recognize and express appreciation in your daily life. Consider how these objectives can help you build stronger, more meaningful relationships.

1

Learn to recognize overlooked relationships and contributions.

2

Understand the consequences of unexpressed gratitude.

3

Identify daily opportunities to express affirmation and appreciation.

Over time, the people who consistently support us can fade into the background of our lives. Familiarity with their kindness—whether it's a spouse's daily encouragement, a friend's steady presence, or a coworker's reliability—can make us less likely to notice or acknowledge their impact. We may come to expect these acts, forgetting how much they enrich our days, until we pause to truly see them again.

When goodness becomes routine, it's easy to take it for granted. The challenge is to remain attentive to the value others bring, even when their contributions are woven seamlessly into our everyday experience.



Ordinary Moments, Extraordinary Impact

The most meaningful contributions often happen in the quiet, everyday moments—like a shared laugh, a listening ear, or a simple act of help. These small gestures, repeated over time, build trust and connection. Take a moment to reflect on the people whose steady presence makes your life richer, even if their efforts sometimes go unnoticed.

Where Do We Miss Opportunities to Affirm Others, and Why Does It Matter?

Explore the common barriers that keep us from expressing appreciation, and consider the impact of letting gratitude go unspoken. Expand each section to reflect on how these patterns might show up in your own life.

The Familiarity Trap —

When acts of kindness become routine, we can stop noticing them altogether. Familiarity can blind us to the daily ways others serve, support, or encourage us.

It's easy to assume that someone knows they're appreciated, but without intentional recognition, their efforts may feel invisible.

Unspoken Gratitude —

We often feel grateful but never say it out loud. Whether from shyness, busyness, or the assumption that words aren't needed, appreciation left unexpressed is a missed opportunity to bless someone else.

When gratitude remains inside us, it can't strengthen relationships or lift another's spirit.

The Regret of 'Too Late' —

Sometimes, we only realize the value of someone's presence or actions after they're gone or out of reach. Loss or distance can make us wish we'd spoken up sooner.

Expressing appreciation in the moment prevents regret and ensures that people know they matter while they're still with us.

Gratitude that remains unspoken can never bless the person
who inspired it.

Identifying Appreciation in Your Life

Let's identify where appreciation is needed in your life. Review each flashcard and think about the people who fit these descriptions.

Quiet Supporter

Someone who helps or encourages you behind the scenes, often without seeking recognition.

Encourager in Hard Times

A person who has offered you hope or comfort when you needed it most.

Faithful Presence

Someone who consistently shows up for you, even when it's inconvenient or difficult.

Unacknowledged Appreciation

A person you value deeply but rarely, if ever, tell how much they mean to you.



Seizing the Moment: Timely Affirmation

Expressing appreciation doesn't require a grand gesture or perfect words. Like the woman who anointed Jesus at Bethany, the most important thing is to act while you have the chance. Don't wait for a special occasion—share your gratitude in the ordinary moments, and let people know the difference they make in your life.

Introduction: Moving from Awareness to Action

Understanding how to move from simply noticing the good in others to actively expressing gratitude can deepen your relationships and foster positivity. Here's a step-by-step guide to help you turn awareness into meaningful action.

Step 1

Pause and Notice

Take a moment to observe the people around you. Who has quietly contributed to your well-being or happiness?

Step 2

Reflect on Their Impact

Consider what their presence or actions have meant to you. How have they made your life better, even in small ways?

Step 3

Choose Your Expression

Decide how you'll communicate your appreciation—whether through a phone call, a handwritten note, or a face-to-face conversation.

Step 4

Follow Through Promptly

Don't wait for the perfect moment. Express your gratitude now, while the opportunity is present.

Summary: The Power of Action

Moving from awareness to action transforms gratitude into a gift. Your words and gestures can encourage, uplift, and strengthen the bonds you share with others.

Recognition and gratitude are most powerful when shared in the ordinary moments of life. By noticing and affirming the people who make a difference, you can transform relationships and nurture a spirit of encouragement. Don't underestimate the impact of a timely word or gesture—your appreciation can be a source of hope and strength for others.

Lesson 3 of 4

Practicing Genuine Appreciation: From Reflection to Action

JP James Prosoco



Turning Gratitude Into Action: Why It Matters Now

It's easy to feel grateful for the people who make our lives better, but it's another thing entirely to express that gratitude. Christ-like appreciation isn't just a warm feeling—it's a practice that requires intention and courage. When we move from silent gratitude to spoken affirmation, we

open the door for deeper connection, healing, and encouragement in our relationships. Now is the time to let others know the difference they make.

In this lesson, you will focus on important skills to enhance your interactions and communication with others.

1

Express Appreciation for Character

2

Practice Reflective Identification

3

Develop a Communication Plan

There's a world of difference between generic praise and genuine appreciation. Christ-like affirmation isn't about flattery or saying something just to be nice. Instead, it's about noticing the real impact someone's character or actions have had on your life and naming it with sincerity. When we focus on what is true and specific, our words carry weight and meaning—far more than any empty compliment ever could.

Identifying Genuine Qualities and Actions

Let's practice identifying genuine qualities and actions worth affirming. Review each flashcard and consider how these scenarios might apply to your own relationships.

Quiet Support in Action

Someone who helps others without seeking attention or recognition, showing steady care and reliability.

Encouragement That Matters

A person whose timely words or actions lifted your spirits or gave you strength during a difficult moment.

Consistent Faithfulness

Someone who shows up, keeps promises, and demonstrates kindness over time, even when it's hard.

Overlooked Generosity

An act of giving or service that may have gone unnoticed but made a real difference for you or others.



Speaking Life: Making Your Appreciation Known

Simple, heartfelt words or gestures can leave a lasting mark on someone's heart. Just as Jesus noticed and honored the woman at Bethany for her act of love, we too can make a profound impact by expressing our gratitude now, not later. Don't underestimate the power of a sincere thank you, a kind note, or a genuine conversation—it might be exactly what someone needs to hear today.

What makes appreciation truly meaningful?

Explore the key principles that turn appreciation from a nice gesture into a life-giving practice. Expand each section to learn how to make your affirmation count.

Specificity Matters —

Affirmation is most powerful when it's rooted in what you've genuinely observed. Instead of vague compliments, focus on a specific action, character trait, or moment that stood out to you. This shows the

other person that you truly see them and value their unique contribution.

Timeliness Counts

Waiting for the perfect moment can mean missing the chance altogether. Expressing appreciation while you have the opportunity ensures your words can bless and encourage someone in real time. Don't wait for a special occasion—speak up now.

Receiving Well

Accepting appreciation with grace is just as important as giving it. When someone affirms you, resist the urge to brush it off or make a joke. Receive their words with gratitude, just as Jesus received the woman's gift at Bethany.

Putting Appreciation into Action

Expressing appreciation is a powerful way to strengthen relationships and encourage others.
Follow these steps to turn your gratitude into meaningful action.

Step 1

Identify Someone to Affirm

Think of a person whose kindness, faithfulness, or support has made a difference in your life. This could be a family member, friend, colleague, or anyone who has impacted you.

Step 2

Reflect on Their Impact

Consider the specific ways this person has influenced you. What did they do or say that mattered? How did their actions or presence affect your journey?

Step 3

Choose Your Method

Decide how you'll express your appreciation—through a heartfelt conversation, a handwritten note, a message, or another meaningful gesture.

Step 4

Speak or Write Your Appreciation

Share your gratitude sincerely and specifically. Let them know exactly what you appreciate and why it matters to you.

Step 5

Let Them Receive It

Allow the person to accept your affirmation without minimizing or dismissing it. Give them space to receive your words as a genuine gift.

Practice Makes Progress

The more you practice expressing appreciation, the more natural and impactful it becomes. Each step you take helps build a culture of encouragement and Christ-like love in your relationships.



The Ripple Effect: How Your Words Can Bless Others

When you express genuine appreciation, you do more than encourage one person—you create a ripple effect that can strengthen relationships, inspire others to kindness, and help people see themselves through Christ's eyes. Your words have the power to uplift, heal, and remind others of their God-given worth.



Your life is better because of the people God has placed in it
—don't wait to let them know.

Summary



James Prosoco

This course explores the transformative power of genuine appreciation and gratitude.

1

Pause to appreciate. Recognize the inherent worth of individuals beyond their actions.

2

Express gratitude regularly. Make it a habit to show heartfelt appreciation to those around you.

3

Strengthen relationships intentionally. Use your insights to deepen connections with loved ones.

4

Reflect on biblical wisdom. Ground your appreciation practices in scripture to enhance your understanding.

5

Be specific in your affirmations. Highlight particular actions or traits that matter.

6

Act promptly when expressing thanks. Don't wait for special occasions to show appreciation.

7

Recognize intrinsic worth. Every person has value simply because they are created by God.



By embracing these principles, you can foster meaningful connections and enrich your spiritual journey.



Thank you for completing the course!