









CULTIVATING HOPE during a challenging time [PRAY & ACT]

MONDAY 	<p>PRAY for first responders, medical professionals, those on the frontlines</p> <p>ACT: Post an uplifting shout-out on social media for your local medical folks and others on the frontlines. Organize your neighbors to show support by picking a certain time each day to give a shout-out from your yards/windows, holding up signs, etc, and making videos to post.</p>
TUESDAY 	<p>PRAY for those working to keep things running (post office, stores, factories, truck drivers, restaurants offering to-go options, etc.)</p> <p>ACT: Leave a handwritten thank you note, child's drawing/coloring page, or grocery store gift card in your mailbox for the postal worker (or anyone making a delivery at your home). If you venture out to the store, show a little extra kindness to the workers. Make sure you thank them.</p>
WEDNESDAY 	<p>PRAY for your neighbors and community</p> <p>ACT: If you are able to take a walk, PRAY for each home you pass or the neighborhood in general. If you're in a rural community, PRAY for local farmers, those who live on your road, etc. If you're not able to walk, make a prayer list of community leaders and others to pray for, and pray outside or by a window.</p>
THURSDAY 	<p>PRAY for those who are out of work, working reduced hours, and/or working from home</p> <p>ACT: Reach out to someone you know. Who needs some extra encouragement today? If able, can you purchase a gift certificate now from your hairstylist or from your favorite restaurant / local shop to help them during this time? Be creative!</p>
FRIDAY 	<p>PRAY for your pastor, church leadership, the helpers and "do-ers"</p> <p>ACT: Send your pastor an encouraging (short!) text or email, reach out to someone who is always helping others.</p>
SATURDAY 	<p>PRAY for those who are alone and lonely</p> <p>ACT: Send a handwritten letter or child's creation to someone in your church or your community.</p>
SUNDAY 	<p>PRAY for students (all ages) and teachers.</p> <p>ACT: If you know college students or high school seniors, for example, check in on them! Send an encouraging text or something on social media... let them know you are thinking of them and that they're not alone. Know a teacher? Send a note or post a shout-out on social media!</p>
EVERY DAY 	<p>PRAY for your family and friends</p> <p>ACT: Make time to do an activity together and HAVE FUN! Be present and in the moment. Facetime or call a friend – have a cup of coffee together, virtually.</p>