

# 500 Acts of Love



## Ways to Love Your Family

1. Don't fight. Take a deep breath. Count to 10. Talk it through from a place of calm. This is patience and is an act of love.
2. Share your toys. This is kindness and is an act of love.
3. If your sibling gets something and you don't, let them enjoy their treat. This is what it means to not be envious and is an act of love.
4. Don't talk back. This is what it means to not be rude and is an act of love.
5. Spouses—try doing something the way your spouse would do it. This is what it means to not insist on your own way and is an act of love.

## Ways to Love Your Community

1. Watch your social media language. Practice deep breaths and choose to scroll by those posts that are just adding noise.
2. Let the church know if you know of a family or individual who may need some extra love and support.
3. Practice patience with understaffing, with those who are struggling, with those with whom you disagree
4. Stand up for justice—this is rejoicing in the truth and is an act of love.
5. Do an act of kindness for a neighbor, stranger or even someone you don't like.

## Ways to Love Your Church Family

1. Send a card to someone who is on the prayer list or call them to check in
2. Take a chance and reach out via phone or mail to someone you don't yet know. Introduce yourself as a fellow member of NJLC who just wanted to say hello.
3. Send parents with school aged children a card praying for them and their children.
4. Children can draw pictures or make crafts and send them to others in the church.
5. Call that person you haven't talked to in a while and see how they are
6. Invite an individual or small group of folks to have coffee or tea or read a book with you
7. Do a surprise porch drop or lawn gift of some creative goodies or item
8. Visit or call one of our older members who might be alone
9. Bring soup to someone who is sick
10. Based on comfort levels—invite another family for a "play date"