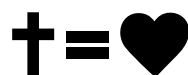


#SPREADKINDNESS

HERE ARE SOME SMALL BUT PRACTICAL IDEAS HOW TO BE A BLESSING TO OTHERS:

- Put a note through your neighbours letterbox and offer them some help if they need it
- If you see an elderly person at the supermarket, ask them if they need help with getting groceries
- Send someone an encouraging card (online or on a postcard)
- Bring someone a meal
- Deliver flowers to someone who can't leave their home
- Share your skill online (eg. Acting class for kids)
- Offer to babysit (if they have one of the vital professions)
- Pray (online with a couple of friends) on a regular basis
- Have online coffee with 1 person every day and encourage them
- Offer to go to the pharmacy for people
- Bring garbage to the trash for people who are sick
- Walk someone's dog
- Write a letter to your sponsor child (or if you don't have one – this is a great moment to start!)



HILLSONG.NL

