

# **Everyday Acts of Kindness**

- Check in on a neighbour A simple "How are you?" can go a long way.
- Bake or cook for someone Deliver a meal to a new parent, an elderly neighbour, or someone going through a tough time.
- Offer practical help Mow a lawn, take out rubbish bins, or help carry groceries.
- Write a note of encouragement Handwritten notes can brighten someone's day.
- Share what you have If you have excess food, clothing, or household items, pass them along to someone in need.

#### Supporting your Local Community

- Support small businesses Choose local shops, cafés, and markets.
- Get involved in local events Attend markets, fundraisers, or festivals that support the community.
- Engage with schools Offer to tutor, volunteer at events, or donate supplies.
- Donate blood A simple way to make a life-saving difference.
- Join or start a community group Organise clean-up days, walking groups, or a community garden.

## Long-Term Impact

- Advocate for change Support policies and initiatives that improve the lives of vulnerable people.
- Offer employment support Help with resumes, interview coaching, or job networking.
- **Invest in young people** Sponsor a child's education, support a youth program, or mentor a teen.
- Commit to ongoing generosity Set aside time, money, or resources regularly for community impact.

## Helping Those in Need

- **Prepare care packs** Assemble hygiene kits, food parcels, or seasonal packs for those in crisis.
- **Donate to shelters** Clothing, blankets, and toiletries are always needed.
- Mentor or befriend someone Support a young person, new migrant, or someone facing loneliness.
- Pay it forward Cover someone's coffee, meal, or groceries.
- **Give your time** Volunteer at a food bank, a crisis centre, a church team, CityCare or a charity organisation.

### Practical Ideas for Connect Groups

- Host a community meal Invite people from different backgrounds to share a meal together.
- Run a fundraising drive Collect food, clothing, or school supplies.
- Create a buddy system Pair volunteers with isolated individuals.
- Organise a Wrap & Pack event Assemble care packs for specific community needs.
- Equip & empower others Train and resource people to continue acts of kindness in their own circles.

## Pray

Pray first! Prayer transforms situations, softens hearts, and creates opportunities. Bringing needs before God invites His guidance, provision, and intervention.

"I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them." – 1 Timothy 2:1 (NLT)

#### **Prayer Points:**

- Safety & Protection Ask God to watch over their homes and families, keeping them safe from harm.
- Health & Well-being Pray for their physical and mental health, and for healing where needed.
- **Provision & Stability** Pray that their needs are met, including food, shelter, and employment.
- Faith & Spiritual Growth Ask God to draw them closer to Him and reveal His love and grace.
- Lonely & Isolated Pray for those who feel alone that they may find companionship and support.
- Children & Youth Seek God's protection over the next generation, praying for their education, safety, and growth.
- Elderly Lift up the older generations in your community, praying for their health, safety, and that they feel valued and connected.
- **Opportunities to Serve** Pray about what is in your hand to do and for ways to be a blessing through acts of kindness and generosity.

We'd love to hear your stories—tell us how you're making a difference in your community by emailing: lovethyneighbour@hillsong.com