

Living on Mission

Tips for families during COVID-19 (and anytime!)

1. **Go on a prayer walk in your neighborhood.** If you have children, include them in praying specifically for neighbors. For example, "God, please be with our neighbors and let them feel your presence today."
2. **Write a simple note and leave it on a neighbor's doorstep.** A short message like "Just wanted you to know we are thinking about you" along with a colorful drawing will brighten someone's day!
3. **Since the kids are home from school, take some time creating artwork to share with neighbors. Then drop it off at someone's door.** If you don't know your neighbors by name, leave a note with your first name "introducing" yourself. For instance, "Hi! I know we've not met but just wanted you to know our family is thinking about you! We are the Jones family and we live down the street. Hope we can meet in person soon!" Then make a note in your calendar to follow up when we are all able to be out and about.
4. **Spread cheer and inspiration by decorating and writing uplifting messages in your driveway with sidewalk chalk for your neighbors to see.** Take a photo and tag us on FB so we can all be encouraged!
5. **When praying before a meal, take a moment to pray for our healthcare professionals, like doctors, nurses, paramedics, and administrative staff.** They are in a profession that takes care of us when we are sick so they are more susceptible to illness. Pray for their physical health and peace as they serve our community. Take it a step further and send a card or note to your doctor's office letting them know you are thinking about them.
6. **Let our first responders know you are praying for them.** Every day, they are on the front line in protecting us and our great communities. Pray for their physical protection and encouragement during this time. Send a note to the fire station nearest your home to let them know you are praying for them. Send a note to the police station and/or sheriff's office near your home. Thank our law enforcement officers for what they do for our community. Write an encouraging word and maybe even have one of your children draw a picture!
7. **When you encounter cashiers at the store, take 30 seconds to genuinely engage.** Call them by name and ask how they are doing. Thank them for what they do to serve our community! Notice how such a simple, quick act changes how you interact with those who work in the service industry.
8. **Develop a family prayer list.** Leave it in a visible place like the refrigerator. Include all your family members in adding names to this list. Include people like family and friends, our church family, your neighbors, friends at school, first responders, and healthcare professions.