

Just as...I AM

Hope in Illness

Offer to do housework for those with illness.

Offer to sit with someone when he or she is going through medical treatments.

Celebrate the hope and healing that we have in Christ.

Encourage those who are ill to listen to sermons, participate in their home church's online worship, and receive communion from their pastor.

Engage in conversations that highlight the value of a person's life beyond illness. Remind others that our value resides in God's work to create, redeem, and call us rather than in our works, abilities, or health.

Invite someone to speak on long-term illness.

Celebrate good days, such as the end of a treatment cycle, low pain days, etc.

Sing hymns with those who are ill.

"My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh." - Proverbs 4:20-22



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Hope in Pre-term Delivery

Offer childcare to families who may have other children at home.

Invite parents of a baby delivered pre-term to speak about their experiences. Cover what to expect, how to help, etc.

Throw a celebration when the baby comes home.

Provide Y4Life and LFL resources on pre-term delivery, miscarriage, and stillbirth.

Lead a fundraiser for families with babies in the NICU who may have to take time off work to care for the child.

Plant a memory garden where couples can go to grieve.

Write or read devotions for miscarriage, stillbirth, and pre-term delivery.

Pray for babies and their families.

"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you." - Jeremiah 29:11-12



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Mental Health

Offer to drive people to counseling sessions.

Share the Y4Life infographic on anxiety.

Offer to accompany others as emotional support, especially to events that may cause anxiety or stress.

Teach the Lesson Plans 4 Life on the topic of suicide.

Create positive habits to deal with mental health, such as taking walks, talking to friends, journaling, etc.

Celebrate the end of stressful times with dance parties or other activities.

Take time to rest spiritually and mentally.

Lead a Bible study on how other Christians dealt with mental health, such as Martin Luther, Paul, etc.

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." - Isaiah 41:10



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Rejoicing in God's Gifts

Host a church talent show to learn about each other's talents.

Create a bulletin board to focus on students' accomplishments.

Offer a potluck for fellowship opportunity at church.

Send cards to people in your life and tell them why you are thankful for them.

Take nature walks and recognize the beauty of God's creation.

Start a social media praise chain.

Choose a life topic to learn about each month and share it with others.

Create gratitude journals. Each day, write a prayer of thanks for a gift that God gave that day or make a list of the joys you experienced.

"Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you." - Psalm 71:6

