

Be aware of your mental health. Learn how to stay well physically, emotionally, and spiritually. When you become unwell, see a doctor, Christian counselor, or Lutheran pastor.

Attend Chats 4 Life and What about . . . Mondays? through Y4Life.

Ask others to teach you a skill or help you understand a concept.

Read articles on the sanctity of life. Know why you're for life and practice speaking from a Gospel-motivated perspective.

Engage in for-life apologetics training.

Learn about vocation and the many opportunities God has provided for you to serve and be served.

Establish a Bible reading plan. Make it a goal to read the entire Bible in a year.

Reread Genesis. Note how God forms humans by hand and takes care of them, how He forgives them and is always working for their good. Recognize how He is doing the same for you.

Recognize that others need you in the world.

Day 7: I am Indispensable!