

SURVIVING AND THRIVING ACTIVITIES

- ✓ Hope in Illness
- ✓ Hope in Pre-Term Delivery
- ✓ Rejoicing in God's Gifts

Hope in Illness

- ✓ Offer to do housework for those with illness.
- ✓ 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.
- ✓ Encourage those who are ill to listen to sermons, participate in their home church's online worship, and receive communion from their pastor.
- ✓ Offer to sit with someone when he or she is going through medical treatments.

Hope in Pre-Term Delivery

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

Rejoicing in God's Gifts

- ✓ Host a church talent show to learn about each other's talents.
- ✓ Send cards to people in your life and tell them why you are thankful for them.
- ✓ Create a bulletin board to focus on students' accomplishments.
- ✓ Take nature walks and recognize the beauty of God's creation.
- ✓ 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.