

# *40 days* **ON MISSION**

## **LIVE ON MISSION: EVERYONE, EVERYWHERE, ALL THE TIME**

Read through the list below and have each person choose one of the following activities. Keep an open mind and allow the Holy Spirit to lead and guide you. Feel free to make up one of your own!

1. Go for a walk, or go to the park at the same time each day. Be sensitive to the people around you, say hello, and learn the names of other regulars you see.
2. Avoid gossip; be a voice of thanksgiving. Let someone know you are thankful for them as a friend.
3. Spend a week praying for those who are in leadership in your life. Let them know you are praying for them.
4. Handwrite a letter to someone in your life who you know is struggling with a hopeless or depressing event.
5. A great way to build friendships is to share activities together. Think of a few people in your life (work/neighbourhood) whom you could get to know better. Find a common interest, or see if others share yours, and do that activity together.
  - a. Organize a running/walking group before or after work
  - b. Attend a seminar or event related to a particular interest
  - c. Tackle the challenge of an locked room activity
  - d. Host a games night
  - e. Have a 'cook-off'!
  - f. Attend/watch a sports game together
  - g. Participate in local festivities and celebrations

6. Children's author Todd Parr wrote *The Peace Book*, a very clever and mature look at the different ways peace can be made in our world. Buy a copy at your local bookstore and pick one of the book's peace examples to focus on with your family.
7. Go with one or two friends on a 30-minute prayer walk. You can choose any location – a mall, a train, downtown, or your community. Quietly observe the Calgarians around you and pray for them. In your heart, hold a conversation with God requesting blessings of all or specific kinds to touch their lives. Don't rush. Be present to each prayer and allow the Holy Spirit to guide you.
8. Keep it simple; do a random act of kindness.

### **FAMILIES ON MISSION: WEEK 1**

- Visit or contact a friend or relative you haven't seen or communicated with in a long time. Or, go to a local seniors' home and spend some time with the residents. Want to go the extra mile? Pick up something nice for them on your way.

*For more info, check out DiscoveryLand's GodTime handout. You can pick these up outside your child's classroom or online:*

*[faccalgary.com/kids/index.php](http://faccalgary.com/kids/index.php) (under Grade School Parent Resources).*