

Ministry to Women



# Mission Moving Women

MISSION INTENTIONALITY COMMUNITY

[sawomensministries.org](http://sawomensministries.org)



# Hey y'all!

The USA Southern Territory's Ministry to Women department is excited to present an innovation on our popular Mission Moving Women (MMW) video interview series, with this companion resource guide.

From these amazing interviews have sprung forth a multitude of possibilities for missional application that inform how we as a Salvation Army impact our communities for Christ. We hope that these resources can help you navigate through current events and that you will be blessed and use them to bless others.

Ministry to Women  
USA SOUTHERN TERRITORY

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# Intentionality



"Prayer  
is one of  
the most  
powerful  
tools we  
have"

CADET GESSICA PIERRE

*In our interview with Cadet Gessica Pierre, she shared that she's using her time during the pandemic to intentionally pray for and reach out to others. In this section, you'll find ideas and sample messages that will help you connect with and care for those in your community!*

The Bible is chock full of verses that command us to love and encourage one another, to lift each other up and bear each other's burdens. But when the world seems to be falling apart and so much in our lives seem uncertain, how do we begin to shift and expand our focus to include others?



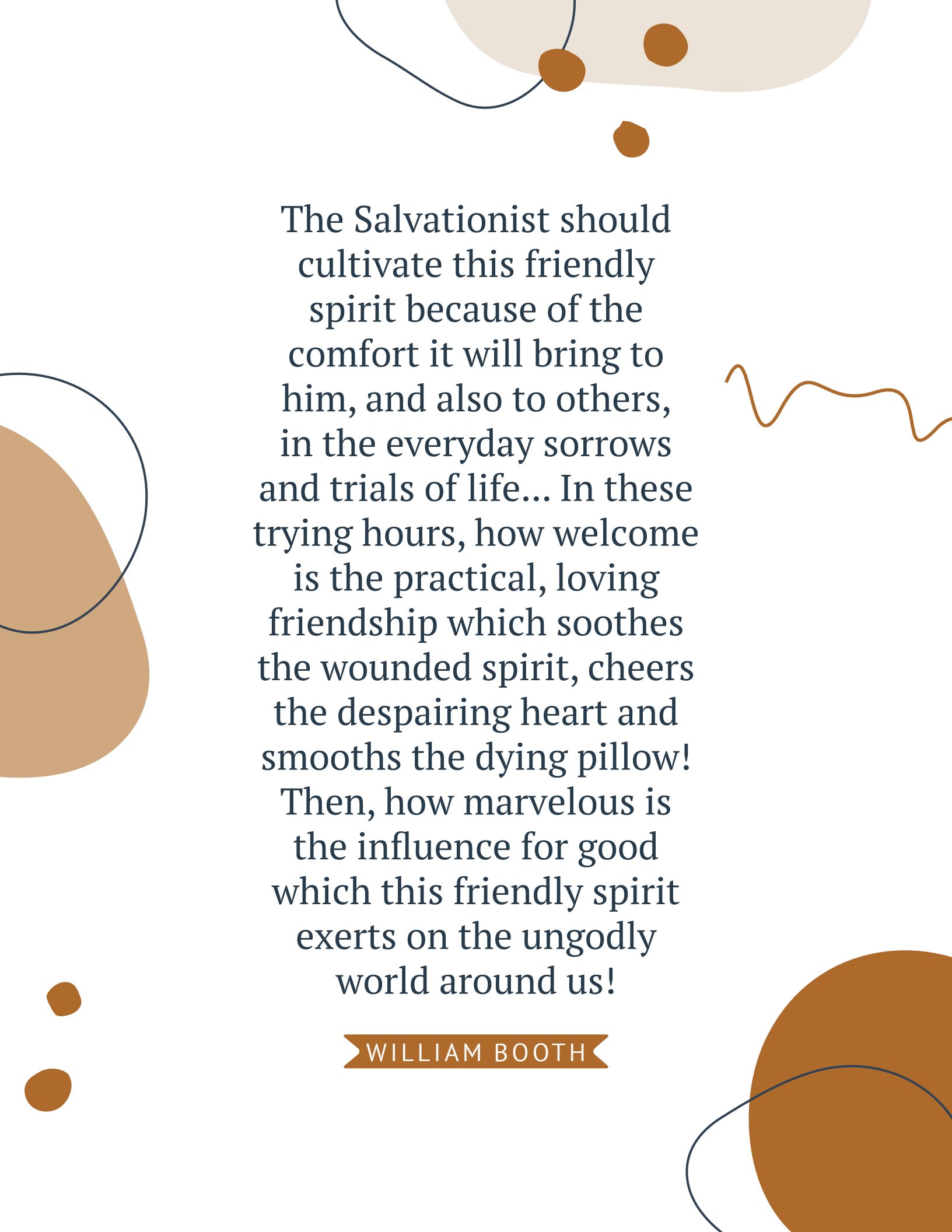
## Praying for Others

As Cadet Pierre said, "Prayer is one of the most powerful tools we have," and it's among the easiest ways that we can care for others. The list below offers a wide variety of people to pray for. As you read through it, challenge yourself to identify names for each bullet point, consider the situation they're in and pray for them. Try incorporating a few names into your daily prayer time - we've even made a free print to help you keep track, available at the end of this section.



### PRAY FOR SOMEONE WHO

- Is over the age of 60
- Recently lost their job
- Is sick
- Is quarantined alone
- Is home teaching their kids
- [Whose] Marriage is suffering
- Is separated from loved ones
- Is serving on the front lines
- [Whose] Business is suffering
- Is a government leader
- Is serving overseas
- Is experiencing intense anxiety
- Is battling depression
- Was looking forward to summer camp
- Works at a grocery or 'essential' store
- Is pregnant or has a newborn
- Had to cancel their wedding
- Lives in your neighborhood
- Works in law enforcement
- Works in transportation
- Is in a life transition
- Operates a small business
- Is probably not safe at home
- Resides in a nursing home
- Is getting ready to go to college
- You haven't touched base with in forever
- You feel is unkind to you
- Is a youth at your corps
- Works with you
- Oversees your health (your doctor, etc)
- Is a teacher or works for a school district
- Makes deliveries to your house/work
- Has lost loved ones and is grieving
- Is the primary caretaker of a relative
- Is retired
- Is part of your family
- You've cut ties with
- Is going through a divorce
- Is struggling with change/the unknown
- Is struggling with their faith
- Is struggling with their sexuality
- Has mentored you
- Is a church leader
- Is a person of color
- Is raising a person of color
- Is learning about racism
- Was a victim of violence
- Is in a position to make change
- Has different beliefs than you



The Salvationist should cultivate this friendly spirit because of the comfort it will bring to him, and also to others, in the everyday sorrows and trials of life... In these trying hours, how welcome is the practical, loving friendship which soothes the wounded spirit, cheers the despairing heart and smooths the dying pillow! Then, how marvelous is the influence for good which this friendly spirit exerts on the ungodly world around us!

WILLIAM BOOTH

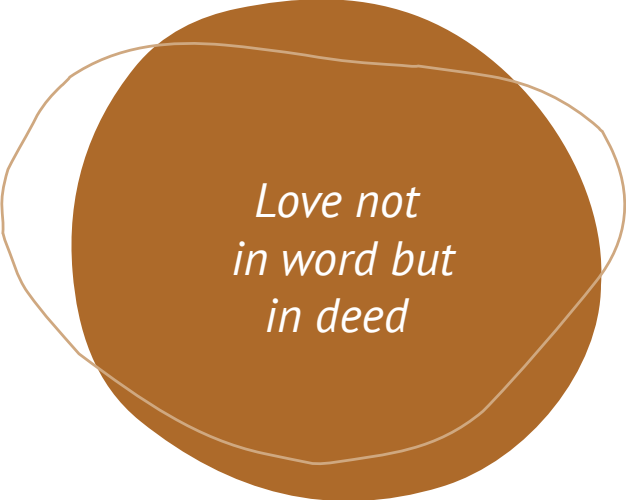


## Reaching out to Others

It's safe to say that we didn't expect our lives to be disrupted quite as long as they have. As we go forward, keep in mind that - between the pandemic and protests - everyone at your corps and in your community is struggling in some way. Be intentional about checking in with them once or twice a week. Find ways, however small, to anchor them during this storm. Help them feel neither forgotten or alone, but instead, accepted, loved and supported.

### CONSIDER

- **Sending a text.** Share a funny joke, ask for a tv show or recipe recommendation, or simply inquire into what they've been up to. Offer words of encouragement, share a Bible verse or even a favorite memory of that person/their family! Ask them how they're *really* doing and how you can pray for them.
- **Offering support.** Reach out and let them know you're sorry for what they must be experiencing and that you want to support them. Let them tell you how you can do that in the best way.
- **Engaging with them on social media.** 'Like' and comment on content they share, tag them in something you think they'd enjoy, or simply send a message!
- **Gifting them something.** Run by their house and drop off a plant, baked goods, toilet paper or cleaning supplies. Send them a digital gift card to UberEats. Order games or small toys off Amazon and ship them to their house as a nice surprise for the kids (and a welcome break to parents!).
- **Gifting them your time.** Mow their lawn, wash their car; offer to run to the store for them or do any errands they need. Play your instrument (or get a little group together) outside their house or even in your own neighborhood. Visit those in assisted living centers/nursing homes, even if it's simply chatting through a window.
- **Teaching them something new.** Do you have a talent, skill or interest that you can share? Create a video or go 'live' and show how to make a DIY project, cook an interesting recipe, meal-prep or even go through an exercise routine together!
- **Listen.** Listen to the stories and experiences of others. Put their feelings ahead of your own by not taking personal offense or doubting or discrediting what they've gone through.
- **Demonstrating compassion and sincere interest.** Reach out to friends who you know need a safe place to lament and process all that is going on in the world right now. Welcome dialogue - discuss and pray over the things that cause fear and concern and assure each other you'll walk through it together.



*Love not  
in word but  
in deed*

1 JOHN 3:18

Be mindful, as you reach out to others, that you don't make it about you. Be kind, patient and compassionate. Know that everyone's going through a hard time and it's okay if they don't respond or react in a manner you expect. Your messages may go unanswered, your gifts may never elicit 'thank you's', and your attempts to engage may fall flat. It's okay. Keep going.

WEEK OF \_\_\_\_\_



WEEKLY  
*prayer*  
PLAN

SCRIPTURE  
\_\_\_\_\_

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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DATE \_\_\_\_\_



TODAY I AM PRAYING FOR SOMEONE WHO

\_\_\_\_\_

THEY MAY BE EXPERIENCING

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WAYS I CAN SUPPORT THEM BEYOND PRAYER

\_\_\_\_\_

\_\_\_\_\_

MISCONCEPTIONS I MAY HAVE ABOUT THEM

\_\_\_\_\_

\_\_\_\_\_

HOW I CAN WORK ON MY HEART

\_\_\_\_\_

\_\_\_\_\_

MY PRAYER  
\_\_\_\_\_

# Reaching Out

*Sample messages and texts you can use to reach out to people and give love, support and encouragement!*

Hi [NAME]! I miss you and can't wait to celebrate [OCCASSION] with you when this is over!

[NAME], just wanted to check in and let you know that I've been thinking about you! Is there anything I can help you with this week?

Hey, I think you're an amazing human doing the best you can with some really hard things right now. Love you!

Just dropping by to tell you I miss you! Let me know if there's anything I can be praying about for you.

In case you've forgotten, you're the strongest person I know. I know you'll be back to your best self soon! Love you!

I miss your face. I hope you have a fantastic day!

Morning! I have some extra toilet paper/PPE - do you need any? I'd be happy to drop them off!

Hey, lovely! Just dropping by to say I miss you and I really hope we can get together soon. I know things are crazy, but I'm sure we'll make it work!

Wanted to let you know you're on my mind. I'm so proud of you. You're doing your best in a tough situation and I hope you know how strong you are! Let's talk soon!

I know this must be a difficult day for you. No one has an expectation that you're going to be in this meeting today, or any other work-related commitment, for that matter. How do you need to be supported in this moment?

Hey, just checking in to let you know I'm thinking of you and miss you (yada, yada) and I hope things aren't too crazy right now. Let me know if there's anything you need!

I'm thinking of you. It may not seem like things will get easier, but they will. I promise you. Let me know if you ever need anything.

I was reading my Bible today and a specific verse made me think of you, so I wanted to share it. [SCRIPTURE]. Hope you're doing well!

[NAME], just in case no one has told you today: You're doing a great job! You're not alone and things will get better. Call me anytime you want to chat, I'm here for you!

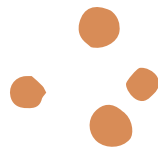
I'm so sorry for what you must be experiencing right now. I want to support you. I will wait for you to tell me how I can do that in the best way.

With everything going on, I don't want to add to any stress. I just want you to know that I care about you and would like to support you in whatever ways would be helpful. I'm here to talk, cry, watch a funny movie, or leave you alone. If you don't know what you need, that's okay too.

I wanted to check in and see how you are doing. I'm sending my support and solidarity. Amidst all this horror, I am here if you want to talk or not talk.

I'm here for you. Tell me what how best I can help you during this time.





# Doing *Mission*

*In our interview with Major Nakisha Carr, she spoke on the importance of equipping soldiers and corps members to do mission. This section expounds upon that by offering ways that the entire church can practice discipleship and minister to our communities during this time.*

"It's a really good time not just for the officer to be out, but to equip our people to serve too."

MAJOR NAKISHA CARR

To start, figure out what your corps needs based on the ministries that are already going on. If your corps runs a food pantry or is handing out supplies, you can volunteer to help sort and box up the items. Many of those in need may not be able to leave their homes and need someone to transport these items to directly to their houses as well. You can also volunteer to assist your officer and local officers in making phone calls to check in and chat with corps members.

If you have a network of businesses, people, or friends who want to help, make those connections so they too can engage in the mission and ministry of the Army!

Does your neighborhood utilize the NextDoor app or have a Facebook group? Create a post introducing yourself and your involvement with the Army, what the church is doing to help the community and how your neighbors can contribute. This would be a great way to source food, clothing and money, using your own sphere of influence to the benefit of the corps and those around you.

Consider starting new initiatives, such as small groups or prayer gatherings, in your neighborhood! If you play an instrument, you can put on a little concert right from your front porch. Or get some friends together and play outside the homes of corps members!

If you have ideas on new initiatives, present them to your corps officer. Maybe you are gifted in photography and are interested in doing porch portraits to help raise money. Or maybe you see a need for a canteen ministry that goes out and feeds the hungry or hands out water to protestors and police.

Whatever it is, ensure that what you're doing is meeting needs and meeting them well. Do not stick with 'what you've always done' if it isn't serving your community sufficiently. Being in unprecedented times means that we're encountering new challenges and greater needs beyond just food and housing. Spirits are broken, hearts are hardened and faith depleting.

In following page, we offer a variety of ministry ideas; be creative, take action and **DO SOMETHING!**



*So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind.*



# Doing Mission

*in the midst of a pandemic*

## MAKE DELIVERIES

Food boxes to those unable to leave their homes or are without transportation.

Groceries and other essentials for elderly, single parents, the ill, etc.

Gifts - plants, flowers, desserts, gift cards - on the porches of those who are mourning, overwhelmed, furloughed or recently laid off.

Extra masks, toilet paper and cleaning supplies to hospitals, animal shelters, vulnerable populations.

Art kits and toys for those at home with their children.

## BRING PEOPLE TOGETHER... SEPARATELY

Start a sidewalk chalk coloring contest! This can be done online with people posting their finished creations, or within your neighborhood, encouraging residents to walk around, enjoy and vote on the artwork!

Invite your neighbors to a weekly time of prayer. Set up the day and time, and invite them to step out onto their driveways or the parking lot of your apartment building, and pray over your community.

Teach a virtual cooking class or complete a DIY project. You can easily set this up through Facebook live or Zoom and invite people to tune in to learn a new skill!

Get a group together - virtually - to create an awesome video! Sing a song, play a piece of music, or record messages for someone moving away, mourning the loss of something or even to celebrate a milestone!

## BRING CHEER

Put on a front porch concert for your neighbors or get a group together to play instruments outside of nursing homes, in the yards of those quarantined, etc.

Decorate your car, make signs, grab a small gift and do a drive-by of someone's home to help celebrate their birthday, anniversary, graduation or other milestone.

Make phone calls! Go through your contact list or corps directory and call to check in and chat with people you haven't touched base with in awhile (this would also help lighten the load of your officer!).

Post on social media or in your online neighborhood groups. Be a voice of hope - share scripture and encouragement, even silly jokes!

*For more ideas, refer back to the Intentionality section of this book!*

## JUST DO SOMETHING

Grab a mower and mow the lawn at your corps, the home of someone out of town or unable to do it themselves, or simply for someone you know is just simply overwhelmed.

Enjoy photography? Offer to do porch portraits for your neighbors or members of your church. Families either pose by their front doors or in their lawns while you photograph from a safe distance.

Help sanitize the corps and corps vehicles!

Offer to help your officer by calling or writing Thank You notes to donors and volunteers.

Be on the lookout for and pass along any job opportunities that open up!

# Doing Mission

*by taking a stand against racial injustice*

## DEAR SALVATIONISTS,

Ask your corps officer if a canteen (or group) can go out to areas where people are gathering and distribute food or drinks. Local authorities may have already requested the Army's help, but you can come alongside to hand out items, or speak and pray with those you encounter.

If your community has been hit by looting, vandalism and littering, go help clean up! Take initiative to go by yourself or invite some friends to join you.

Organize a prayer walk or march through your community.

Be incarnational - create or find opportunities to minister and invest in urban neighborhoods and diverse areas of your community.

Write to your elected officials and demand that they take action to end social injustices.

Attend city council or neighborhood meetings. Be an advocate for those without equal or fair representation and offer support and encouragement to your officials and community leaders.

Spread the message of reconciliation. Speak up and speak out. Build relationships with people who don't look like you. Ask questions and listen. Pray for our brothers and sisters who have experienced injustice.

Take a good look at your corps and identify ways to bring greater diversity in your programs and in leadership. Expand opportunities for minorities there within your own sphere of influence.

Call out racism with love when you see it online, in public or in your own home or social circles. Be proactive rather than reactive and engage others in conversations about prejudice.



”

Every  
Christian has a  
responsibility  
to lead in  
some way.

—  
*Lt. Col. Connie Canning*







# Engaging Youth

*"It's very important to keep in touch with our young people. We don't want to lose them through this." Lt. Colonel Connie Canning's warning may have struck a chord, but how do we act on it? This section will highlight three avenues in which you can connect with, bless and empower the youth in your community.*

1

*Meet them  
where they are*

Engage with young people on the platform they already use: social media. Not only will you have better success connecting with them but you'll also be showing that they're worth connecting with.

2

*Make space  
for them*

Make space for youth and young adults in your corps by asking them what they want, what their talents and interests are and then make space for that. Give them opportunities to do what only they can do.

3

*Find ways to  
bless them*

Bless youth with something you know they need or will enjoy. Small 'thinking of you' gifts like their favorite candy or a gas card help to reinforce that you support and care about them.

## Meet them where they are

Youth and young adults find community and connect with others through digital means. Included below are ideas on how to engage with them in these spaces.

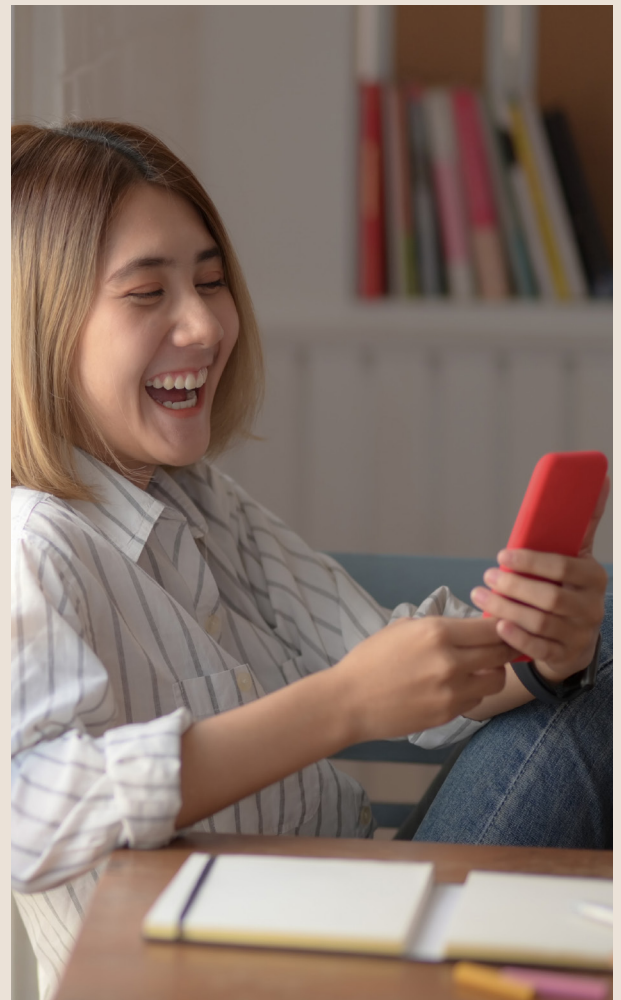
### YOUTH LEADERS

- **Be present** on the top social media platforms - Facebook, Instagram, Twitter, TikTok, Snapchat and Houseparty.
- **Create fun 1 minute video devotionals**, post on TikTok and share to Instagram and Snapchat to widen your reach.
- **Through these platforms, play games and hold contests**, keeping them engaged with a variety of content and occasional incentives.
- **Go live on Instagram!** This method is extremely popular, in part because on this platform viewers can join the live video, allowing for some great interaction. You can hold a Q&A, do stand up, etc.
- **Gather everyone together on Zoom** (or Houseparty, etc). Spend some time allowing everyone to catch up, and end with a short devotional and time of prayer.
- **Schedule a time of lament for your youth.** This isn't a gathering to fix things or fight, but instead an opportunity for them to share their thoughts and feelings, process what's going on and pray for each other.
- **If your corps livestreams their services, invite your youth to join a Zoom video call** where you meet and discuss that day's sermon. This helps reinforce the message and adds accountability.
- **If you create video content, 'Premiere' it on Facebook or YouTube.** This allows viewers to all watch, chat and experience the video together.
- **Arrange a Netflix Party**, a new feature that allows friends to watch the same movie together from their homes and chat in real time!
- **Reach out** to individually invite each youth!

99

PSALM 78:4

*We will tell the next generation about the glorious deeds of the Lord, about his power and his mighty wonders.*



## CORPS MEMBERS

- **Touch base on social media!** Let them know you're thinking about them, sorry for what they're missing out on (graduation/camp/etc) and that you're praying for them.
- **Interact with them on social media.** 'Like' their posts and/or comment to be an encouragement.
- **Get a group together** for an online game night!
- **Take a skill that you have and find a way to impart that on them,** such as a group video chat tutorial on baking, crafting, whatever!
- **Ask them to share what they've been enjoying online and have been blessed by** in terms of worship, Bible teaching, etc.

Reach out to the youth in your corps to determine what their interests and talents are. Once you begin building those up and making space for them, your programs and services will be all the richer, and the body of Christ will be strengthened and become more effective! We've created a sample survey (see end of this section) that can help you in this endeavor.

## Make space for them

Look for ways that young people are already displaying their gifts, anointings, callings, talents - and make space for that. Our youth are valued and necessary parts of the body, and we shouldn't just give them opportunities to do what adults do, but also what only *they* can do!

Another thing you can focus on is making space for relationships and growth. You may not know what youth are going through, but you can sit with them through it. You can be there for them with the heart and willingness to listen, and, as scripture urges, to 'carry one another's burdens'.

What does that look like during this time? It'll differ corps by corps, but some examples would be:

Eagerly listen and support their ideas and initiatives. Encourage young people and work alongside them. Let them know they are valued and respected at the table.

- **Invite them to take part in your online worship service or even help plan it.** You could also incorporate 'preliminaries' into your online Sunday services, and use this as a time and platform for youth to share their favorite Sunday School song, Christian joke-of-the-day, give shout-outs to their leaders and everyone they miss and so on.
- **Ask them to help generate graphics or content** for your corps social media accounts.

## Find ways to bless them

Bless youth with something you know they need or will enjoy. Help them celebrate school starting by dropping off treats at their house or equipping them for college with a gas card or some dorm supplies. For kids, water balloons and popsicles will be welcome during those long, hot days of summer. The following page features a more in-depth list of these types of ideas!



## Kids

Water balloons, Popsicles, Coloring books, Glow sticks, Sidewalk chalk, Stomp Rocket, Nature kit, Hot wheels, Legos, Stickers, Hula hoop, Bubbles, Craft supplies, Paint, Outdoor toys, Misting fan, Dessert kit, Books, Brain Teasers, Cards, Dress Up clothes

## Teens

Gift cards (Starbucks, Amazon, Apple, Gas station), Baked goods (homemade cookies, brownies, cake), Board games, Letter boards, Popsockets, Manicure kit, Beach supplies, Tumblers, Succulents, Sundae ingredients and supplies, Movie night treat box, Scrunchies

## Young Adults

Gift cards (Starbucks, Amazon, Apple, iTunes, Gas station, UberEats), DIY gift, Dorm supplies (detergent, blankets, decorative items), Flowers or succulents, Devotional book, Mug with bag of coffee, Baked goods (homemade cookies, brownies, cake), Board games, Meal from favorite local restaurant, Gift for their pet

Amazon Lists are very popular right now as a way for corps or people to identify their needs and allow others to provide for them. It could simply be a can of soup, some shampoo, diapers - with a 'click', those items can be purchased from Amazon and shipped directly to the homes of those in need.



gift  
ideas

“ Years passed away before William Booth and his wife came to the point where they could step out, shake off traditional methods and means, and begin to carry out evangelistic work on lines forbidden by churches... in the same way, officers and soldiers think of and carry out numberless little ideas of their own that the leaders or higher officers in the Army never dreamed of, in ways which the General acknowledged would be to him well-nigh impossible. ”

MAUDE BOOTH

# corps participation and leadership **SURVEY** for youth and young adults

*Check all that apply*

## ***Please ask me to***

- Take Junior Soldier classes
- Take Senior Soldier classes
- Teach Sunday School
- Read Scripture in meeting
- Be an usher
- Be a greeter
- Help with youth programs
- Help in the nursery
- Lead a song on Sunday
- Play in the band
- Sing in the songsters
- Help clean the corps
- Help with corps social media
- Assist with corps meals
- Help plan a fundraiser
- Help plan corps events
- Help with running sound
- Help run Sunday's slides
- Assist with Home League
- Assist with Kettles
- Help with Angel Tree
- Help with Toy Distribution
- Help with translation
- Join a Bible Study
- Start/join a timbrel brigade
- Perform a dance/drama
- Photograph corps events

Name

Age

Phone Number

Email

- Participate in VBS
- Chaperone
- Help pick up corps members
- Help with the canteen ministry
- Help fold programs
- 

*Check all that apply*

## ***Areas of interest***

- Photography
- Videography
- Dance
- Drama
- Music (performance)
- Service
- Praise and worship
- Prayer
- Fundraising
- Graphic design
- Cooking
- Crafting
- DIY projects
- Woodworking
- Leadership (training)
- Ministry (training)
- Tech
- 
- I believe I have nothing to offer

## ***Did we miss anything?***

# TIME FOR DISCUSSION

TEENS AND YOUNG ADULTS WANT TO  
FEEL SEEN AND HEARD, AND KNOW  
THAT THEY HAVE A SAFE SPACE TO  
PROCESS AND LAMENT WHAT THEY'RE  
GOING THROUGH.

SO SIT WITH THEM IN IT. LISTEN.  
VALIDATE AND ACKNOWLEDGE THEIR  
FEELINGS. ENCOURAGE DIALOGUE AND  
INCORPORATE PRAYER.

INCLUDED IN THE FOLLOWING  
PAGES ARE DISCUSSION QUESTIONS  
TO UTILIZE WITH YOUTH.



WHAT'S BEEN THE HARDEST THING ABOUT THIS TIME FOR YOU IN REGARDS TO NOT BEING ABLE TO ATTEND THE CORPS?

WHAT HAVE YOU FOUND HAS BEEN HARDEST TO TRUST GOD WITH DURING THIS TIME?

IN WHAT WAYS DO YOU THINK YOUR GENERATION WILL BE DEEPLY IMPACTED BY THIS TIME?

AS A YOUTH, HAS THIS TIME CHANGED YOUR PERCEPTION OF ADULTS/LEADERS IN ANY WAY?

WHAT WAYS HAVE REACHED OUT AND SUPPORTED OTHERS DURING THIS TIME?

WHAT'S ONE LESSON THAT YOU'VE LEARNED DURING THIS TIME THAT YOU'D LIKE TO TAKE BACK TO YOUR CORPS?

WHEN IT COMES TO THE FUTURE, WHAT ARE YOU AFRAID OF?

WHICH OF YOUR RELATIONSHIPS HAVE BEEN STRENGTHENED DUE TO THE CIRCUMSTANCES OF THIS YEAR?

WHAT HAVE YOU BEEN MOST SURPRISED BY?

DISAPPOINTED BY?

IF YOU COULD GO BACK IN TIME, WHAT WOULD YOU TELL YOUR 2019 SELF ABOUT WHAT'D BE COMING?

HAS YOUR TIME SPENT IN THE WORD DECREASED OR INCREASED?

WHY DO YOU THINK THAT IS?

WHAT'S THE MOST VALUABLE LESSON THIS TIME HAS TAUGHT YOU THUS FAR?

HOW CAN WE BEST BE THERE FOR YOU DURING THIS TIME?

WHAT'S YOUR HOPE FOR YOUR CORPS DURING THIS TIME?

IN WHAT WAYS DO YOU SEE YOUR SPIRITUAL GIFTS EVOLVING DURING THIS TIME?

WHAT NEW OPPORTUNITIES HAVE YOU HAD TO UTILIZE THEM?

SHARE THREE EXAMPLES OF WAYS YOU HAVE SEEN GOD WORKING DURING THIS TIME.

HOW CAN WE PRAY FOR YOU AND THIS UPCOMING/CURRENT SCHOOL YEAR?

WHAT STEPS ARE YOU TAKING TO PROTECT YOUR MENTAL HEALTH?

WHAT WAYS HAVE YOU FELT MORE CONNECTED TO OTHERS DURING THIS TIME?

WHAT SCRIPTURE VERSE OR WORSHIP SONG HAVE YOU BEEN CLINGING TO?

DISCONNECTED?

WHAT THREE WAYS GOD HAS BLESSED YOU THAT YOU MAY NOT HAVE RECOGNIZED BEFORE THIS YEAR?

HAS SOCIAL MEDIA NEGATIVELY OR POSITIVELY IMPACTED YOU THIS YEAR?

WHEN DO YOU KNOW TO DISCONNECT?

DO YOU FEAR THAT THE ISSUES IN OUR COUNTRY/WORLD ARE TOO BIG RIGHT NOW FOR EVEN GOD TO HANDLE?

IF YOU COULD PRAY FOR ONE THING AND ONE THING ONLY, WITH A 100% GUARANTEE THAT GOD WILL GIVE IT TO YOU, WHAT WOULD IT BE?

WHAT FEELS IMPOSSIBLE?

# Practicing *Self-Care*



*In our interview with Captain Liz Blusiewicz, she shared on the topic of self-care and the importance of resting and spending time with Jesus. This section will lay out various ways you can practice and implement forms of self-care in your day to day life.*

## **Self-care is not something that happens by accident**

Self-care needs to be included in what you *should* be doing. It is a necessity and should be prioritized as such! However, many of us neglect to take care of ourselves because we feel guilty that it takes us away from other things. But even Jesus said 'no' to people! He frequently leaves crowds to go up on a hill by himself. Prays by himself. Jesus had a self-care routine. And so should we.

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”  
Matthew 11:26-30 (MSG)*





*Be in tune with  
Jesus, listen to the  
Holy Spirit &  
be present.*

CAPTAIN LIZ BLUSIEWICZ

## Self-care isn't selfish

Self-care isn't saying 'no' to everything, it's saying 'yes' to the *right* things. It's choosing to be intentional with our time and honest with ourselves and those around us about our giftings, skill sets and priorities. It's letting go of what leaves us emotionally, physically, mentally and spiritually drained.

In the Bible, Paul says to 'honor God with our bodies.' But if your body and soul are so overwhelmed and tired that you can't live out your calling, then that's not really honoring Him. You're neglecting what He's given you in the name of busyness. Self-care will restore these things and will help enable us to be good stewards of the talents and giftings that God has given us.

In the midst of a pandemic and protests, self-care is even more vitally important. This is a unique and uncertain time in history and it's okay to need or want time to take care of yourself, to process everything that's happening and how you feel. Guilt may come as you focus on yourself instead of those in your community. But as the saying goes, 'we cannot pour from an empty cup,' so then too, we cannot sufficiently serve others when we neglect ourselves.

## Self-care should not elicit guilt

If you struggle with feelings of guilt, try these steps:


- **Give yourself permission to take time for you.** Remember what we said about not being able to pour from an empty cup?
- **Share your need for self-care with someone.** Friends or your spouse can help you identify the best times in your schedule for self-care and also hold you accountable.
- **Make the time and then be intentional about protecting and honoring it,** even if it means telling someone 'no'.
- **Do it.** Begin investing in yourself and practicing self-care.
- **Keep doing it.** Keep practicing until it becomes a lifestyle. The people in your life, when they look at you, will soon see the light of someone who is stewarding their gifts and talents joyfully!

## Self-care will look different for everyone

A few years ago, Lt. Liz felt God urging her to practice Sabbath. She refers to it as the start of her 'personal revival', and ever since has set aside a full 24 hours each week to rest.

"Sometimes I've gotten a little flack for it because some things need to be let go. And to me - that's okay, because I know I need that 24 hours to just be with Jesus and to just rest."

Not everyone's experience will be the same as Lt. Liz's, but here are additional practices to consider:



*Taking time to  
replenish your spirit  
allows you to serve  
other from the  
overflow*

- **Sleep.** Be intentional about ensuring you're getting enough rest.
- **Be still.** Spend time with God. Leave your phone and devices behind, find a quiet space and simply *be*. Listen for His voice, process, pray.
- **Exercise.** Eek, we know! But take time during the lunch hour or early mornings - *whenever* - to do yoga, go for a walk or take a Zumba class.
- **Eat.** Healthy food is fuel for your body - so be kind and don't overload it with things that will slow you down.
- **Go to the doctor.** Be intentional about making and making it *to* all the appointments that you like to avoid. Refill prescriptions, take your vitamins and be honest with your doc about what's going on with your body.
- **Leisure.** Go do what's fun for you! Lay in a hammock, go for a bike ride, sit by a lake, call a friend to catch up, start a new puzzle. Do things that simply bring you peace and joy.
- **Journal.** Take notes during church, write down prayers and random thoughts. This will force you to slow down and write out what you're feeling, as well as help you process those feelings.

- **See a counselor.** It may not be for everyone, but therapists can help you be gracious with yourself, remind you of important truths and help you get to know yourself better. They'll also challenge you to take time for yourself, because they know when you're at your best, you can serve others in your life *well*.

## Self-care can be really easy... or really hard

It may not look like what you expected. It could be about treating yourself to something good, or even letting go of something bad.

- **Close the door on toxic relationships.** Step out of friendships that drain you and negatively impact your life and mental health.
- **Change your thinking habits.** Don't beat yourself up or tear yourself down. Remind yourself that you have a Father who loves you and you have worth.
- **Commit to an early bedtime** at least three to four nights a week.
- **Take control of your finances** - save more, spend less.
- **Plan something** to look forward to.
- **Meal plan.** Sit down every weekend and plan out next week's meals. This will cut out stress, impulsivity and poor decision making later on.
- **Take a break** from dating.
- **Create and enforce boundaries,** personally and professionally.
- **Celebrate the wins,** no matter how small.
- **Leave your phone** in the kitchen when you go to bed.
- **Complete** daily/weekly gratitude lists.
- **Limit your exposure to the news.** Stay informed but know when to turn it off.
- **Unfollow people** on social media who spark negativity, make you feel bad about yourself, or who you follow for the wrong reasons.
- **Take care of yourself by taking care of others.** Volunteer at the corps, hand out baked goods, pay for random parking meters, etc.
- **Honor your inner child.** Revisit the games and activities you used to love as a kid.
- **Turn your phone off** and treat yourself to a meal, a nice bath or go see a movie.
- **Sit at Jesus' feet.** Take a lesson from Mary and Martha: get out of the kitchen and kneel before Jesus. Get in the Word and make it a daily habit to spend time with Him.
- **Before even getting out of bed,** start every day in prayer.
- **Learn to say 'no'** to things that threaten your mental or emotional health.
- **Declutter your space** and deep clean!
- **Drink water** and limit your caffeine intake.
- **Get in the habit of repeating positive affirmations,** such as 'I am strong and resilient,' 'I am grateful for what I have and what I can accomplish.'
- **Make sure you're meeting your basic, daily needs.** Set reminders throughout the day to stretch, get up and walk, enjoy a cup of coffee or even to go to bed early.
- **Let yourself feel your feelings.** Consider taking a personal or sick day (or even a few hours) and using that time to recharge, reset, or just sit with your grief.
- **Release tension from your body.** Practice inhaling deeply and exhaling slowly. Let go of that tension - stretch your limbs, roll your shoulders. Intentionally release the stress and weight that is weighing you down.





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*CHOSEN TO BE A SOLDIER*

It is a serious mistake to be so preoccupied with living **for** God as not to have time for living **with** God, adoring Him, listening to Him, worshipping Him, and consciously resting in His love.

DATE \_\_\_\_\_



**a.m.**

DID I GET ENOUGH SLEEP?

YES  NO

RIGHT NOW, I FEEL

TODAY'S SELF-CARE ACTIVITIES

**p.m.**

I PRACTICED SELF-CARE TODAY

YES  NO

AS A RESULT, I FEEL

WHEN IT COMES TO SELF TALK, I WAS

KIND TO MYSELF  TEARING MYSELF DOWN

TODAY TAUGHT ME THAT I AM

3 THINGS I'M GRATEFUL FOR TODAY

- 
- 
- 

PRAYER  
FOR TODAY

\_\_\_\_\_

OVERALL  
THOUGHTS  
ON TODAY

\_\_\_\_\_

PRAYER FOR  
TOMORROW

\_\_\_\_\_



*I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back.*

PHILIPPIANS 3:13-14

# Moving *Forward*

*In our interview with Captain Monica Seiler, she pressed that this [time of pandemic] is an opportunity. An opportunity to grow, to look back at what was and figure out how to move forward. The following section will speak into what that looks like and the steps we can take to create positive change in our lives and in the world.*

It's fair to assume that everyone has been wondering the same things these past few months: when will this all end? When will it all go back to normal? What's the world going to look like when the dust settles?

Frankly, we don't know. But God does. He is in control and we are not. The best we can do in these days is to look inward, focus upward, reach outward, and ultimately *move forward*.



## Looking Inward

Instead of continuing to worry over what comes 'after,' we need to take a breath and think about the 'now'. Our world as we know it has changed - how are we processing that? We haven't been able to see friends or family in months - how are we dealing? Everything on the news and on social media is stressing us out - how are we protecting our mental health? We've created a guide, available at the end of this section, to help you examine these types of statements further.

While we would never hope for the circumstances that have led us here, we must grasp this opportunity to become *better*. Look at all aspects of your life as they stand now, and as they were before. Are they all worth holding onto going forward?

Consider:

- Am I stuck in an endless routine or cycle I want/need to break away from?
- Have I been pigeonholed and how do I overcome it?
- Are there people in my life who are toxic to my well-being and mental health?
- Have I been ignoring God's call on my life?
- Have I started new and healthy habits that I want to hold onto?
- Have I discovered things about myself I didn't know before?
- Am I happy in my job/career?
- What does my family/relationship look like now that we've been spending a lot of time together?
- In what ways have I been self-sabotaging?
- How does my corps feed into me and how do I feed into others?
- What have I been doing with my time?
- What is God exposing in your life?

Take time for some self-introspection and pray over different areas of your life. Ask God to show you what needs to change and to guide you in moving forward.




## Focusing Upward

2020 has been... a lot. We've been dealt a series of political, financial and personal blows and now find ourselves fixed between two major crises: a world-wide pandemic and a battle for racial equality. And on top of all that, there's no manual. There are no instructions. Zip. Nada.

In all of this, as we're filled with fear and uncertainty of what the future will bring, we have to continue to focus upward. We must start our days with prayer, end our days with prayer, and pray over and over in between. It should not be seen as a last resort, but our first line of defense.

There's a song you might be familiar with that says, "Somebody went to the throne of heaven, somebody lifted my name. Bringing me into His holy presence, saying what I could not say." Pray outside your own circumstances and be that 'somebody' for others. A list of people to pray for can be found in the Intentionality section of this booklet.

If you've been following our *Mission Moving Women* video series, you'll have heard it said that there's hope we all emerge from this *better*. So we challenge you, now is not the time to just pray for the easy things, the things you ask of God that require no effort on your part. Pray too for the hard things, pray that God breaks your heart for what breaks His. Pray that He opens your eyes to any hatred or fear you may have in your heart for others. Pray that He convicts you to action, pray that He moves you with compassion. Pray that we move forward a changed people, a changed Army who will truly 'fight to the very end'.



Don't burn out; keep yourselves fueled and aflame... Don't quit in hard times; pray all the harder.

ROMANS 12:11-13

### GOD, I PRAY THAT YOU

- **Open my eyes** to ways I may not be fully loving others and showing them Your love.
- **Break my heart** for what breaks yours.
- **Make your calling on my life clear.**
- **Direct me and equip me** to do Your work.
- **Move in my heart** and the hearts of those at my corps, help us to embrace, make space for and to celebrate diversity.
- **Give us peace in the time of pandemic.** Help us to be patient, mindful and ever leaning on You.
- **Give me the courage to have hard conversations** with others and the wisdom to know what to say.
- **Give me patience and understanding** as officials work through how to best protect and equip my city during this pandemic.
- **Give us strength and courage** to speak out against injustice, and to work for the transformation of unjust systems that keep some in bondage.
- **Help us at every opportunity to love as you loved and to serve as you serve.** Give us courage to speak of our hope in Jesus, who suffered for us, rose from the dead, and is coming again.
- **Move in the hearts of those who do not yet know you.** May those who are filled with worry and fear come to find peace that only You can give.



## Reaching Outward

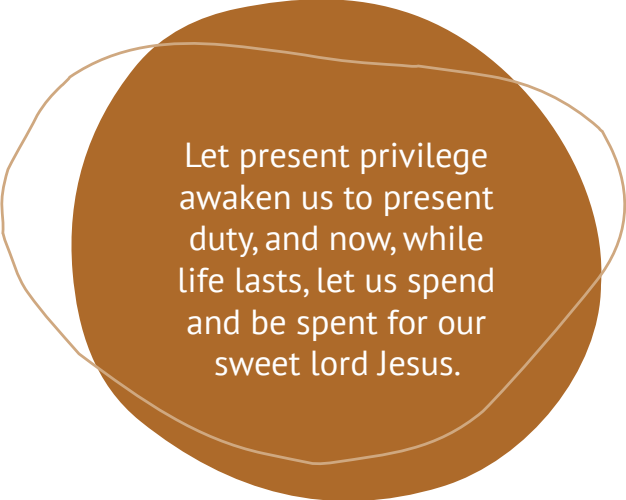
1 John 3:17-18 says, "If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God's love? It disappears. And you made it disappear... Let's not just talk about love; let's practice real love."

God has called us to reach out with this real love. When we follow Him, we resolve to love even if it costs us. And it does - it costs us our financial resources, our time, our preferences, our stereotypes. Oftentimes our popularity, respect, relationships, safety and more. He has called us to love without bounds, no longer categorizing people by 'lovable' or 'unlovable', but loving without exception.

So when we encounter someone at the grocery store who is hoarding essential supplies, we love.

When we watch footage on the news of disputes between police and protestors, we love.

When things get tense in our homes from being cooped up alone together for too long, we love.



Let present privilege awaken us to present duty, and now, while life lasts, let us spend and be spent for our sweet lord Jesus.

CHARLES SPURGEON

An extensive list of ideas for reaching out to others is available in our Intentionality section. But here, we want to go beyond texting and dropping off treats, to love in action that will create change in the hearts of our neighbors and in our communities.

### RACIAL EQUALITY

In time of nation-wide division and unrest, how can Salvationists reach out and help promote racial equality and healing?

*We must acknowledge that the deeper root of racism is sin, and only God's love can root that out and begin to heal the nation.*

*We must show the radical love of Jesus.* Make the secular world sit up and take notice by supporting groups that you don't have a vested interest in. Take this time as an opportunity to defend and support those who are most targeted and marginalized. Be like the Good Samaritan and love your neighbor.

*We must actively listen, then speak up to create space for relationships and growth.* As Christians, we're called to carry one another's burdens. We may not truly understand what others are going through, but we can sit with them in it. Have the heart and willingness to be there for them. We can listen and support the ideas and initiatives of people of color. Encourage them, work alongside them. Let them know they're valued and respected at the table.

*We must support black businesses.* Protests, while encouraging, don't put food on the table. We can be active in financial support and put our money where our mouth is. Many lists are available online that detail black-owned businesses in your area. When you find them, share them on social media and with your friends!



*We must partner with black community leaders and pastors of predominantly black churches. Only by doing life with them will we ever really know how to help all our brothers and sisters. If you attend a predominantly white church, engage with members who don't look, think or act like you. Chat on the phone, go on walks, invite them to dinner - get to know them as friends and equal image-bearers of God. Share life and share struggles with people who have completely different lives and struggles than you. When partnering with predominantly black churches, let them lead the way because they know their community's needs. Remember, only a united church can heal a divided nation.*

*We must diversify our lives.* If the books you read, the shows you watch, the people you follow on social media and the toys your children play with all look like you, begin the work of diversifying these things.

*We must utilize our own spheres of influence.* This was briefly mentioned in our Doing Mission section, but it's worth repeating. When it comes to combating racism and promoting racial healing, we often overlook the opportunities that only we have access to. For instance, you may live in a predominantly black neighborhood. You have the opportunity to engage and establish relationships with your neighbors that your corps otherwise wouldn't, and the same is true for your workplace, school and so on. It may *cost* you something, but God has placed you there to *do* something.

*We must remember that while the world's spotlight is currently focused on black lives, there are others who need us to fight for them too.* Learn from what we're experiencing *now* to help make space and create change for all races within our community moving forward.

*Diversity isn't just about who we invite to the table, but about who has a voice at the table.*

LATASHA MORRISON

*We must fight to the very end.* The news cycle will end and eventually move on, but the Army should not. Continue to use your voice, your platform, your giftings and your sphere of influence to reach outward, effect change and love others.

## **AS THE PANDEMIC CONTINUES**

Unfortunately, COVID-19 has not yet run its course. When the pandemic first hit our country earlier this year, we could hold onto the assurance that "we're all in this together." But as cases rise and a potential second wave is imminent, we're facing going back into quarantine as a nation divided and at war with itself.

Therefore, it's even more important now for us to love one another. To sit with others in their loneliness and anger and grief, to listen to their stories and their pain; to mourn when they mourn and rejoice when they rejoice.

Stop for a second and think about the future. Not about what you'll be doing or where you'll be - but *who* you'll be. How will this time have shaped you? When you look back, what will you be glad you did and what will you regret not doing? Do you want to be able to say that you spent this year on the couch feeling sorry for yourself, binging tv, or that you worked to love others, emulate Christ and make the world better?





A photograph of a protest. In the background, a large, ornate golden dome is visible against a blue sky with light clouds. In the foreground, a crowd of people is seen from behind, holding various flags. One prominent flag is red and blue with a yellow star and the word "ALPHA" visible. The scene is outdoors, with a street lamp and a building visible on the right side.

”

We look ahead.  
We fill our days with resolves.  
We are always intending  
to do better and be better  
tomorrow, next week, next  
year, next corps instead of  
saying **now.**

*CATHERINE BRAMWELL-BOOTH*





*"There's an opportunity for there to be new things, to start over, to perhaps get back to the core of who we are... The Army has a beautiful opportunity to be seeking the Lord and to see what this looks like for the mission and the momentum of the Army moving forward."*

CAPTAIN MONICA SEILER

## Moving Forward

We've reached the summit. We've talked about intentionality, doing mission, how to look on the inside and take care of ourselves; how to reach out to God and others... Now how do we wrap all that up with a nice little bow and move on with our lives?

Well... we don't. We cannot come out of this pandemic, out of this racial unrest, or even finish reading this booklet and just move on. That's not how this works. We are called to 'fight to the very end' - period. Not to the very end of our patience or our time or resources, but *to the end*.

So hold tight to the lessons you've learned this year. Cling to the empathy and compassion that have taken hold in your heart. Be intentional in going to the Lord in prayer and trusting Him with your life. Move and take action and be Christ to a world that needs Him like never before.

A quote we saw on social media (author unknown) says, "Instead of back to normal, let's go forward to better." That is our wish for you and our hope for the Army. May this booklet bless you and challenge you and help you in moving forward!

The following pages offer you more food for thought, as well as ideas and actionable steps in 'going forward to better'.

## CORPS, EMBRACING DIVERSITY MIGHT LOOK LIKE:

- Inviting all types of people to the corps
- Hosting multicultural events
- Diversifying your leadership and staff (with people who qualify)
- Embracing different types of worship
- Featuring photos of people of all races in your printed materials, website, etc.
- Entering into accountability and mentoring relationships with someone who doesn't look like you
- Preaching about it
- Creating diverse small groups
- Offering Diversity and Inclusion courses for corps members

## CORPS MEMBERS, AS WE MOVE FORWARD:

- **Don't forget** what it was like to not be able to attend church or be around people. This time has attuned us to

the experience of those who live in isolation or with loneliness every day of the year. Through this pandemic, we've learned how to reach out to people when resources and opportunities are seriously limited. More importantly, we've learned how to share the Gospel effectively through digital means. We must go forward utilizing these methods to reach the 'forgotten' and 'unseen' members of the body.

- **Don't shame others** for not being ready to return or for being slower to take action.
- **Don't stop showing love for others.** Continue to be others-focused in sending notes, dropping off baked goods, making phone calls, and so on.
- **Don't let go of your newfound priorities and perspective.** Refuse to fall back into old habits or take things for granted again once your schedule begins to fill up.
- **Don't lose hope.**



PSALM 33:20

*We're  
depending  
on God; he's  
everything we  
need.*



## STAYING CONNECTED WHILE SOCIAL DISTANCING

- **Get lost in an art form.** What can you create at home? Is there something you've been wanting to read or write? Try creating a space within your home where you can be creative and then structure time each day to dive into something you're passionate about.
- **Spread kindness, not germs.** In a time that feels so isolating and divisive, small acknowledgements like eye contact, a warm smile or good deed can go a long way.
- **Consider those around you.** What are they feeling a lot of and how are they really doing? How can you use this time to deepen relationships?
- **Perform (digital) acts of kindness** for people you can't see face to face. Make a phone call or send a funny meme to spread some love!
- **Set and define boundaries.** Determine when you need to take a break, how much news coverage viewing is too much, and so on. Balance gathering relevant information with uplifting content to stay in good mental health.

## LISTENING (BETTER)

- Limit distractions.
- Before jumping in to make your point, ask follow-up questions.
- Don't be discouraged by disagreements, instead, see them as opportunities to grow.
- It may be uncomfortable, but be open to changing your mind when receiving new information.
- You may not like what the other person is saying or even agree with it, but listen to learn.
- Resist the urge to make it about you.
- Be more interested in understanding others than being understood.

- Don't just acknowledge the things you disagree with, as that's destructive to active listening and leads to unproductive argument. When it's your turn, make sure to bring up what you agree with them on.
- Consider what you appreciate about good listeners. How can you take on those qualities and be that for someone else?

## DOING SELF-WORK

- Ask yourself, what's been the best and worst thing for your mental health lately?
- What have I been sensitive to? What hurts? What do I need to acknowledge?
- Right this moment, what am I grateful for? What privileges do I have in these current circumstances?
- How can I practice self care today?
- How can I be a blessing to others today?
- Who do I feel safe with my vulnerability?
- In terms of goals, what would be the most exciting one to accomplish by the time the pandemic has passed? Or by the time this day is over?
- Before this year, what things did I take for granted? What am I looking forward to in the future?
- Big or small, what blessings have I seen come out of this situation?

## GOING FORWARD, LET'S HOLD ONTO:

- Supporting local small businesses
- Taking time to rest
- The realization that we're all in this together
- Checking in on people
- Maintaining perspective
- Reaching out to and loving vulnerable populations
- Keeping Kingdom values and God's word an urgent priority
- Listening. Learning. Growing.
- Innovative ministry
- Taking a stand against injustice and calling out hate with love



### ANATOMY OF AN ALLY

- **Eyes** - identify injustice
- **Mouth** - speak out against injustice
- **Nose** - sniff out implicit bias
- **Ears** - listen to the experience of others
- **Heart** - empathize for the oppressed/hurting
- **Hands** - take action and make change

### HELPING KIDS UNDERSTAND CURRENT EVENTS

- **Know that this will be a continuous conversation.** When it comes to racism or the pandemic, it's best to make educating you and your family an ongoing practice.
- **Check in with your kids often** and invite them to come to you with any questions or fears.
- **It's okay if you're not sure what to tell your children.** Just stick with it even when you're uncomfortable or confused.
- **Validate their feelings - don't assume you know how they really feel.** Start by asking them broad questions and go from there. "How did you feel about what we saw on the news? What did it make you think about?"

### TEENS AND REOPENING

- **Get ahead of situations that may arise.** Sit down with your teen and talk through what this new phase in the pandemic looks like.
- **Have them practice what to say** if their friends are breaking the rules or are trying to get your teen to as well.
- **Brainstorm ideas with them for how they can safely see their friends.** Make a list of places they can meet outdoors, places that are off-limits, and places that you feel safe with them going inside of (such as a relatives home or the corps).
- **If they're out without you, reinforce the importance that they take initiative** to bring and wear their own mask, being mindful of what they touch, utilizing hand sanitizer and wipes, and knowing what six feet looks like.
- **Hear your teen out.** They may be frustrated by the restrictions and that's okay - you are too!

## UTILIZING SPIRITUAL GIFTS

*Administration* - task- and detail-oriented leaders, organizers and planners.

- Organize meal or grocery deliveries for people in need in your corps or community.
- Set up and coordinate methods for people to connect, such as virtual game nights, group chats, video calls, etc.
- Help your officers and local leaders plan the logistics of transitioning into the 'new normal'.

*Apostleship* - influencers and innovators who envision and develop new things for the Church.

- Connect with others who share this gift, and begin to look at how the world is adapting.
- Brainstorm ideas for your corps, community or even your workplace.
- Encourage others to embrace new things by being the voice for change.

*Discernment* - able to distinguish whether something comes from God or if we are being led astray.

- Reach out to those who live alone, are isolated, quarantined, etc. and remind them of God's love.
- Be attentive to the behavior of those around you. If someone is acting out, you may be able to discern that it's coming from a place of fear and anxiety, and be able to pray with/for them.
- Utilize your sphere of influence on social media to remind people of God's love and His promises.

*Evangelism* - gifted in communicating the gospel and engaging others in conversation about Jesus.

- Post on social media about what you're reading in the Bible and what you're learning about Jesus. Encourage dialogue!

*God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.*

1 PETER 4:10

- Pray that God will direct you towards someone who's looking for meaning, questioning their faith or searching for Jesus. Reach out and engage with them.
- Reach out to your corps officers or local officers and offer to assist in church services, speak to those coming in for financial or food assistance or help represent the corps at community events/gatherings.

*Exhortation* - encouragers; help motivate or challenge others in growing their faith.

- Encourage those around you! Friends, strangers, co-workers, neighbors. For ideas, review the Intentionality section of this magazine.
- Be an encouragement to those who are at the forefront of current issues - doctors, nurses, police, local leaders, and so on.
- Encourage others to take action.

*Giving* - enjoys providing for others' needs; are good stewards and give generously and joyfully.

- Be faithful in tithing, even if your corps is not meeting in person.
- Pray and ask God to help you discern what, where and how to give.



*Service* - fills gaps in ministry, often behind the scenes. Serves to express love for their community and to create space for others to flourish.

- Cook and deliver meals to someone in need, someone having a bad day, or just because!
- Assist with your corps or community food drive/distribution. Jump on your neighborhood group and ask if there's anyone who needs food assistance/delivery, or essential items picked up.
- Visit our Intentionality section for more ideas.

*Wisdom* - able to see through confusion and help point people in the right direction; has an intimate understanding of God's word.

- Help others understand the basics of what's going on in the world, in order that they may be equipped to make wise choices and plans.
- Offer counsel to those who ask.
- Talk people through the realities of the pandemic or protests and how they can best help in these situations.



## RESPONDING TO RACIST COMMENTS

In times when you feel convicted to respond to offensive comments, know that it doesn't have to be confrontational. It also won't be easy or comfortable but in the end it's the right thing to do. Make time to have a conversation with them. Clarify their stance (don't start with misunderstandings), listen to their perspective, don't be aggressive and if possible, offer them resources that may be informative.

- "Do you really believe that? If so, why?"
- "I didn't want to single you out earlier, but your comment made me uncomfortable. Here's why..."
- "I know you were just trying to be funny, but that joke was offensive. Here's why..."
- "Hey! I just wanted to follow up on my comment on your post. I think you should check out this article I read - it'll explain things better than I could."
- "Hey, listen, I really don't feel comfortable when you make those types of comments."
- "Hey [name], that post you put up today made me a little mad. Here's why..."
- "Hmm.. do you have evidence to support that belief?"

## HOW ARE YOU COMMUNICATING

When engaging in discussion with others, check:

- Your tone.
- Your body language.
- Your emotional/mental state.
- If the conversation/your attitude is Christ-like.
- If the conversation is feeding into the problem or leading to a solution.
- If it will effect your character or integrity.
- If you're actively listening to and taking in what others are saying.
- If you're reacting or responding.
- If you're self-aware enough to know when to step away from the conversation.





HOW AM I PROCESSING THIS 'NEW NORMAL'?

HOW AM I DEALING WITH SEPARATION FROM FRIENDS OR FAMILY?

IN WHAT WAYS HAVE I BEEN PROTECTING MY MENTAL HEALTH?

AM I STUCK IN AN ENDLESS ROUTINE OR CYCLE I WANT/NEED TO BREAK AWAY FROM?

ARE THERE PEOPLE IN MY LIFE WHO ARE TOXIC TO MY WELL-BEING AND MENTAL HEALTH?

HAVE I, IN SOME WAY, BEEN IGNORING GOD'S CALL ON MY LIFE?

IS THERE AN AREA IN MY LIFE WHERE I'VE BEEN SELF-SABOTAGING?

WHAT ARE NEW AND HEALTHY HABITS I'VE FORMED THIS YEAR THAT I WANT TO HOLD ONTO?



WHAT HAVE I BEEN DOING WITH MY TIME? HAS IT BEEN FRUITFUL?

AM I HAPPY IN MY JOB?

WHAT'S THE MOST FULLFILLING PART OF MY LIFE RIGHT NOW?

HAVE I BEEN STANDING UP FOR MY BELIEFS?

HOW MUCH TIME HAVE I BEEN SPENDING WITH GOD?

WHAT REGRETS MIGHT I HAVE LOOKING BACK AT THIS TIME TWENTY YEARS FROM NOW?

HAVE I BEEN INTENTIONAL IN LEARNING FROM AND LISTENING TO OTHERS DURING THIS TIME?

HOW AM I, REALLY?



Don't copy the behavior  
and customs of this world,  
but let God transform  
you into a new person  
by changing the way you  
think. Then you will learn  
to know God's will for you,  
which is good and pleasing  
and perfect.

ROMANS 12:2

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