



March 16, 2019

Jesus answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'"

"You have answered correctly," Jesus replied. "Do this and you will live." (Luke 10:27, 28; NIV)

Suggested Acts of Kindness

Each church should focus on creating a GYD campaign that will inspire daily acts of kindness throughout the entire church. The goal is to integrate daily acts of kindness into our lifestyles, both as individuals and as a church.

Visit the Homeless

- Pack toothbrushes, toothpaste, soap, deodorant, snacks, gloves and warm socks, literature (books, magazines, etc.) and hand them out to the homeless in your church community.
- Prepare healthy snack bags (sandwiches, fruits, water, drinks, etc.)
- Donate new or good used clothing
- Give literature (check with your Personal Ministries Department ahead of time)

For Sick / Shut-ins / Persons in need of assistance

- Prepare food baskets
- Share literature (The Great Controversy, Steps to Christ, Desire of Ages, magazines, etc.)

At the Orphanage

- Share Bible stories
- Hand out toys (toys must be new or in very good, usable condition)
- Clothing (clothes must be new or in very good, usable condition)
- Share songs (sing-alongs)
- Give age appropriate books

Visit a Nursing Home

- Arrange to play an instrument or sing at a nursing home in your area.
- Help with crafts.
- Help serving meals.
- Pray for someone.
- Take flowers for the ladies.

Call or Visit Someone Who is Sick

- Call and ask how they are.
- Surprise them with a visit and bring flowers or a card.
- Bring a meal over.

Use Technology

- Post on Facebook the Act or Acts of Kindness you've done during the GYD.
- Post on Twitter the Act or Acts of Kindness you've participated in during the GYD.

Donate Your Locks

When you can't donate your blood, there is another way of donating a part of you. Donate your hair! If you have long hair, you can cut your hair short and donate your hair to a foundation that uses it to make wigs for people with cancer. For the best results braid the hair before you let the hairdresser cut it off. It will be easier [to make a wig out of it! \(put it the braided hair in a bag and bring it to church for donation that Sabbath\)](#) <http://www.locksoflove.org/donate.html>

Keep it Going. This can become a sustainable project and can be done individually. If you have a local organization that makes wig for children with cancer, you can become friends of the child who will be receiving a wig made out of your hair.

Food Drive

Organizing a food collection drive is an excellent way to help build a stronger community and show others that they really do matter. Through your generosity others will know that you, your youth group, and your church care.

There are so many ways to help your Food Drive project.

- Collect can goods and other non-perishable items.
- Every time you go to the grocery store, add a few cans or other non-perishable items to your list. Make a bin at home and put the items in there, when it is full donate it. Make giving a regular part of your shopping.
- Go door-to-door in your neighborhood and collect non-perishable items that can be donated to a food bank.
- Organize a can food drive at your office, school, or the local grocery store. Every can counts!

This is a sustainable project and can be done individually or as a group. You can volunteer at the Food Bank itself by stocking goods, preparing meals or manning the check-out counter. Remember, stock up at home so that when the chance arises [you are prepared to donate to the](#) food drive.

Check out the *Global FoodBanking Network* website: <http://www.foodbanking.org/>

Read to a Child

Time = Love . Giving your full attention to a child is a simple way to show them they are loved. Reading together can also be a very relaxing, and can serve as a bond with a child or children you care about.

Keep it Going. This is a very easily and inexpensive sustainable project. You can begin on global youth day and continue it throughout the year. You can spend quality time with the children, sharing positive messages with them, and ensuring that they are learning values they may not be learning elsewhere

Acts of Appreciation

Thank-you baskets or other acts of appreciation to the police and/or fire departments of your city/town