

# 4acts Family wallchart

Sundays are rest or catch-up days

**#generosity** 1  
Find a 40acts buddy to check in with, share progress, and offer help

**#encouragement** 2  
Send someone a message of encouragement to let them know that you think they're the best

**#provision** 3  
Let's fully fund all requests for help on [www.acts435.org.uk](http://www.acts435.org.uk) today – we've done it before!

**#connection** 4  
Send a message or card to someone who needs a check-in

**#share** 5  
Share something that you own – your home, car, garden tools – with someone else

**#language** 6  
Learn a phrase in another language and use it in your next conversation with someone who speaks it

**#wonder** 7  
Leave uplifting post-it notes on mirrors, fridges, or other surfaces to tell someone how wonderful you think they are

**#offerings** 8  
Create a 'bag of blessings' with small joyful items and gift it with a bright bow

**#blessing** 9  
What jobs can you do for someone else? You could empty the bins, make a bed, or wash the dog!

**#support** 10  
Look for opportunities to open the door for those you encounter today

**#brew** 11  
Buy a coffee for a friend, mark it with their name and deliver it to them

**#seen** 12  
Prioritise conversation at the dinner table tonight and find out what everyone did today

**#bestow** 13  
Drop a food item from your pantry, or today's grocery shop in your local supermarket's grocery collection box

**#hospitality** 14  
Build a bug hotel or bird table and observe the visiting wildlife

**#appreciation** 15  
Send an email, send a WhatsApp, or a snap chat with a thank you word on it

**#equip** 16  
Ask a family member or a neighbour if they have anything that's broken that you can fix

**#feed** 17  
Write a message next to each placemat that lets the person that sits there know how much they mean to you

**#value** 18  
Send a card to your local school to thank staff for educating and supporting children

**#message** 19  
Paint a rock with an encouraging word, leave it for someone to find, and mark it with #40acts

**#kindness** 20  
What are you really good at? Could you use your talent to help or teach someone else?

**#wisdom** 21  
Connect with one individual that would benefit from your time. Let the first 3 questions be about them

**#converse** 22  
Learn how to say 'hello' in sign language. Use it to say hello to everyone that you meet in church tomorrow

**#family** 23  
Make a friendship bracelet and give it away

**#care** 24  
Create a compliments jar and give it to someone

**#gratitude** 25  
Write a mega-list of all the things you are grateful for and then decorate the paper

**#service** 26  
Create an 'office angels' group with a buddy system for anonymous, kind acts among friends, family, or coworkers

**#presence** 27  
Surprise someone with an unexpected act, like babysitting, helping with a project, or covering a need

**#prayer** 28  
Who could you be praying for to encounter the gift of Jesus today?

**#champion** 29  
Boost a local community business or social enterprise by leaving a glowing online review

**#neighbour** 30  
Introduce yourself to a neighbour and see where the conversation leads

**#nourish** 31  
Cook an extra portion of your next meal and share it with a neighbour or friend in need

**#believe** 32  
Make a bookmark with a Bible verse or words of encouragement written on it and gift it to someone

**#cake** 33  
Celebrate someone by buying them a cupcake, simply because they are loved by God

**#light** 34  
Create a comfort box with treats and thoughtful items to lift someone's spirits, then deliver it

**#welcome** 35  
Invite someone to go to lunch with you. Maybe even consider paying for their lunch!

**#percentages** 36  
Help a neighbour or colleague this week by doing a thoughtful task like taking out their bins or making them coffee

**#love** 37  
Look for a 2-for-1 offer in your local supermarket and gift the second item to someone, or donate it in-store

**#gifts** 38  
Throw a packet of tissues in your bag so that you have one on hand the next time someone needs one

**#time** 39  
Have a proper chat! Phone Granny, cousin or a friend you haven't spoken to in a while

**#reflect** 40  
Reflect on the past 40 days and share your experience with someone. How could you continue with acts of generosity?