

This past fall, we started a movement in West Michigan called Love Can. It made a difference in our lives, in our community and even around the world with our Christmas project. So we are continuing the movement this summer.

We want to let God's love infiltrate our lives & the lives of others. One practical way to do that is through our Love Can Random Acts of Kindness. We're asking everyone at The Journey to participate in these acts over the rest of this summer. It will make a difference in the lives of others and it can help develop who we are becoming by growing in our Core Essentials like Live Generously and Look Beyond Yourself.

You'll find some ideas on the back of this sheet. Grab a couple friends, go out with your family or do something on your own. When you perform one of these acts of kindness, if possible, leave a Love Can card with it. The Love Can card will direct people to the Love Can Facebook page where you or the recipient can share stories of what love can do.

Remember: Love can make a difference one person, one act at a time.

random acts of kindness

- 1 Mow someone's lawn for free
- 2 Throw a block party or a water balloon fight for the neighborhood kids
- 3 Give a big donation to a group doing a car wash fundraiser
- 4 Hand out popsicles at the beach or water bottles at a summer event
- 5 Buy ice cream for other people in your line at the ice cream stand
- 6 Give a gift or treat to your mail carrier
- 7 Pay for a car wash for the people behind you
- 8 Grill out and invite someone like an elderly neighbor to join you
- 9 Tip someone who wouldn't normally get a tip for their service
- 10 If you're camping, deliver s'mores packages to other campsites
- 11 Have your kids do a free lemonade stand
- 12 Donate bathing suits and beach towels to local organization
- 13 Babysit for free for another family
- 14 Help someone weed their garden
- 15 Deliver a potted plant for the porch to multiple neighbors
- 16 Leave a big tip when you are out to eat this summer
- 17 Volunteer at a local organization or at a summer/day camp
- 18 If the ice cream truck comes to your block, buy for everyone
- **19** Take a cooler of water bottles/flavored ice tubes to a local school band/sport team that is practicing this summer
- 20 Put books in the lending library around town
- 21 Leave quarters to pay for the next person's wash at the laundromat
- 22 Pay for someone's gas at the pump
- 23 Make summer supply baskets for co-workers
- 24 Go to the dollar store and tape a Love Can card and a dollar to various items in the store, essentially paying for it for someone
- 25 Buy flowers and hand them out to older ladies at the store or farmer's market. Bonus if you can have your kids do this.
- **26** Bring in the neighbors trash cans & yard waste cans.
- 27 Shower the pediatric wing of a hospital with coloring books & crayons
- 28 Distribute gift cards to random people
- 29 Hold doors open with a flourish for people and compliment strangers
- 30 Donate diapers to a pregnancy center or Every Women's Place
- **31** Drop off summer fun buckets to kids with bubbles, chalk & toys.
- 32 Do a free car wash
- 33 Play ding dong ditch! Put a box of ding dongs on someone's doorstep with a note, ring the doorbell and run!
- **34** Host a free garage sale: instead of prices, put a Love Can card on each item
- **35** Host a garage sale but give away what you make to a good cause