

# “Bear one another’s burdens...”

## *Galatians 6:2*

- 1. **Prepare a Meal** – Cook or deliver a warm meal to someone who may be grieving, overwhelmed, or facing financial challenges.
- 2. **Listen Actively** – Offer your time to simply listen without judgment to someone sharing their struggles.
- 3. **Offer Practical Help** – Help with errands, such as grocery shopping or childcare, for a busy or overwhelmed family.
- 4. **Send an Encouraging Note** – Write a heartfelt letter or card reminding someone they are loved and not alone.
- 5. **Pray with Them** – Set aside time to pray for their needs and struggles, either in person or over the phone.
- 6. **Pay a Bill** – Cover a utility bill or another expense for someone facing financial hardship.
- 7. **Visit the Lonely** – Spend time with those who are isolated, such as seniors or someone unable to travel during the holidays.
- 8. **Provide Transportation** – Offer a ride to appointments, church, or holiday gatherings for someone without reliable transportation.
- 9. **Donate Thoughtfully** – Give to a family in need, such as providing gifts for their children or warm clothing.
- 10. **Volunteer Together** – Invite someone to join you in serving at a local soup kitchen, food drive, or shelter.
- 11. **Include Them** – Invite someone who may be lonely or new to the area to your holiday celebrations.
- 12. **Help with Household Tasks** – Assist with cleaning, decorating, or setting up for the holidays for someone with physical limitations or emotional exhaustion.
- 13. **Offer Emotional Support** – Be present for someone navigating grief, depression, or anxiety during the holiday season.
- 14. **Give Thoughtful Gifts** – Choose meaningful gifts, like devotionals or journals, that uplift and encourage.
- 15. **Babysit** – Offer to watch children for a parent who needs a break or time to prepare for the holidays.