

# #SharetheLove Challenge - Ideas

<http://www.dayspring.com>



Here's a recipe for a great week! We challenge you to try at least one of these **ideas** every day this week! (Bonus points if you do one of these things in each of the three categories each day.) Note that most of these items can be completed in three minutes or less. Let's give it a shot and see what happens!

## The three categories:

- ♥ **Love God** (& accept His love for us)
- ♥ **Love others** (family, friends, strangers, enemies, everyone!)
- ♥ **Love ourselves** (Yes, we mean it. Seriously!)

## Ideas

### ♥ for God:

- Open the Word and read some of the scriptures on love. (Need a quick list? Google "scriptures on love.") Bonus points for doing this one each day this week.
- Write down 2 or 3 sentences about what you read about love in scripture.
- Turn off the stereo on your commute, and spend three minutes talking to God out loud, expressing praise, gratitude and love for him.
- When you're sitting still at a stoplight, seize that moment to quickly thank God for Jesus. Close your eyes and just whisper, "Thank you."
- Sing a praise/worship song and really think about the words. Make them your prayer!
- Jot down a prayer and save it in your Bible or another special place.
- Do a little extra to serve him with your money, time or both. Whether it's an extra \$5 to that ministry on your heart or an extra three minutes sharing your heart with someone, God will use that extra effort for his glory.
- Close your eyes and think about that *one* person in your life who is... *difficult*. Yes, that one. Quietly thank God for them and ask him to open your heart to love them more.
- Say *yes* to God. Ask him how he wants you to serve, and then simply say yes.

### ♥ for others:

- Share an encouraging scripture with someone you care about. Send a text, an email, a card or letter, speak it out loud, or use a handy-dandy DaySpring eCard.
- Leave your special someone a quick note to remind them how meaningful they are in your life. Leave it on the mirror, in the car, in their lunchbox, or anywhere unexpected.
- Send a card or note to a friend and let them know you're thinking of them. It can be as simple as that: "Thinking of you! Love, Me"
- Hug your honey or your child for at least 20 seconds in a row.
- Give someone "too much" of their favorite snack. Maybe he likes peppermints; maybe she is crazy for cashews. Whatever it is, get them a lot of it.
- Surprise someone with a small gift. Not expensive, just thoughtful or fun!

- Appreciate a coworker who made your week better or easier. Say thanks!
- Write down a quick prayer for someone you love and give it to them. (Email works too.)
- Take something off their list to make their day easier. Refill her coffee, run that errand, fold those socks, walk the dog or take out the trash.
- Relinquish control of the remote. For an entire evening. (Gasp!)
- Plan a date night for your honey. It doesn't have to be fancy, but you do all the choosing. Make it easy for them to just relax and enjoy the time together.
- Remember that difficult person we thanked God for earlier? Say something kind to them (or if they aren't nearby, say something kind *about* them).
- Next time you're about to text someone, pick up the phone and call instead.

### ♥ for self:

- Give yourself the gift of some quiet time - no electronics, people, reading material or busy work, and no apologies. Deep breaths and quiet. Start with 3 minutes and see how you feel.
- Stand up and take a 3-minute walk.
- Look in the mirror and say out loud to yourself, "You are loved."
- Give yourself a little gift. Pick up an uplifting new book or magazine.
- Drink a tall glass of water. Repeat three times throughout the day.
- You know that thing from your past that still makes you feel a little ashamed (or even a lot)? *Forgive yourself*. Write it down, or say it out loud, "I am forgiven."
- Try a new hobby fearlessly. Take a dance or painting class, try rock climbing, sewing, or plan a hike to an awe-inspiring destination. Don't criticize your effort or results; just go with it!
- Cut one less-than-healthy food or beverage choice out of your day today – just one. (Do that a few days in a row and see what happens...)
- Quick! Jot down 3 or 4 things you've been putting off. Pick the quickest one, and do it right now, and feel *awesome* when you check it off the list. Maybe even yell, "Oh yes I did!"
- When was your last physical? Last visit to the dentist? Quick – call and make that appointment!
- Finish this sentence: I feel better about myself when I \_\_\_\_\_. Now do that! Today.
- You know that little negative voice in your head? The one that says you aren't good enough? Tell it to *hush* today. Next time it whispers something negative to you, confront it with the truth. Say out loud or write it down and declare it: "I am fearfully and wonderfully made."
- Surrender a worry to God. Give it to him completely. (Still thinking about it? Write it down, and then cross it out or throw it away.)

How many items did you check off the list? Why not try again next week, maybe even add your own ideas to the list? Even better, share it with someone else and challenge them to join you to **#SharetheLove**.