

February 2021 #SpreadtheLove

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MON

TUE

WED

THU

FRI

SAT

01

Send a text of encouragement to someone.

02

Send a card of encouragement to someone.

03

Email/message someone words of grace and hope.

04

Do a task normally done by a family member.

05

Know someone out of work? Send a gift card for food or gas.

06

Getting coffee? Pay for the person in line behind you.

07

Pray for someone you haven't spoken to in years.

08

Leave a post-it note of love for a family member.

09

Listen to someone and try not to talk about yourself.

10

Give a gift handmade by you.

11

Buy a small gift card and give it to someone in need.

12

Email/message someone words of grace and hope.

13

Call someone you know has lost a loved one.

14

Text/call 3 single friends telling them you love them!

15

Have a few gifts on hand to give out *just because*.

16

Pray for someone who is struggling.

17

Send a text of encouragement to someone.

18

Send a card of encouragement to someone.

19

Leave a post-it note of love for a family member.

20

Going to the store? Give words of grace to the clerk.

21

Smile at every person you see today.

22

Pray for someone who is hurting right now.

23

Offer to cook or buy dinner for someone (and their family).

24

Email/message someone words of grace and hope.

25

Send a text of encouragement to someone.

26

Send a card of encouragement to someone.

27

Tell someone (in-person) that you are thankful for them.

28

Tell a single parent that they are doing a great job.

Want to spread some extra love? Use #SpreadtheLove on social media!
Go to andwhilewewait.org for more resources and encouragement!

