



INTENTIONAL ACTS OF LOVE

21-DAY CHALLENGE

JOIN MT. ZION CHURCH AS WE ATTEMPT TO BE MORE INTENTIONAL ABOUT SHARING GOD'S LOVE WITH OTHERS. THIS GUIDE HAS 21 SUGGESTED INTENTIONAL ACTS OF LOVE. YOU CAN ALSO ADD YOUR OWN. KEEP THIS GUIDE SOMEWHERE YOU SEE IT DAILY LIKE ON A BATHROOM MIRROR OR YOUR REFRIGERATOR.

**THIS GUIDE IS ALSO AVAILABLE AT
WWW.MZUMC.NET**

**SHARE YOUR JOURNEY WITH THE CHALLENGE BY USING THESE HASHTAGS ON SOCIAL MEDIA
#MZUMC #21DAYSOFLove**

Check off each activity as you complete it

Read/Reflect on your favorite scripture		Pray with and for someone	
Read the Bible		Thank someone (teacher, pastor, etc.)	
Be patient		Share your testimony	
Do something helpful for someone		Give clothing, shoes, or socks to those in need	
Text a positive message		Say "Good morning" to a stranger	
Say "Hello" to a stranger		Have a conversation with a child or youth	
Post a positive message on social media		Read scripture with someone	
Help a neighbor		Be gentle	
Share God's Word with others		Bring someone to church	
Do something nice for someone older		Say "I Love You"	
Pay for someone's meal			

SCRIPTURES:

1 Corinthians 13:4-13 1 John 4:19
 1 Corinthians 16:14 1 John 4:8
 Luke 6:31-32 Colossians 3:12-14
 Luke 10:27

LOVE GOD

LOVE OTHERS

LOVE SELF