**~~Pay~~ PRAY It Forward**

To **pay it forward** means that instead of paying someone back for a good deed, you **do** a good deed for someone else. ... Paying it **forward** inspires generosity and compassion. All too often, **we** think too much about our own needs without considering how our behavior affects others.

**Pay it Forward day**is April 28th. We believe that acts of kindness can change the world for the better. On April 28th countries across the world will unite with one common goal: to stand for kindness, together.

**Thus, the theme for Spiritual Connections in 2019 will be “Generosity”.**

You have now officially been challenged to make an effort to make someone’s day today and every day. You don’t have to spend a lot of time or money. Do not underestimate the power of small good deeds. There are plenty of activities you can do - and feel free to get creative. Here is a list to get you started:

 Pay for the order behind you in the drive-through.

 Leave encouraging notes/drawings on the shelves at the grocery store or the library.

 Send cards to teachers, longtime friends, the mailman, your plumber, your lawn care company.

 Write for [More Love Letters](http://moreloveletters.squarespace.com/).

 Donate some toiletries/clothes/money/books to individuals in need or reputable charities.

 Listen to someone (and don’t just try to solve all their problems.)

 Tell some jokes to a person that looks down in the dumps.

 Volunteer to visit patients in hospitals or nursing homes.

 Give a bottle of water or a can of soda to someone working outside on a hot day.

 Leave a coupon near its corresponding product at the grocery store.

 Call or text a friend you haven’t seen or talked to recently.

 Spend a little time at [FreeRice.com](http://freerice.com/).

 Let someone with only a few items or nagging kids cut you in line at the checkout.

 Bring food to someone you know is sick or grieving.

 Donate blood — you may just save a life.

 Share your umbrella with a stranger on a rainy day.

 Compliment a stranger unexpectedly.

 Tip your waiter or waitress generously and treat them courteously.

 Leave a little change (even if it’s just a dollar bill) on shelves at the store.

 Cut coupons and send them to military families through an organization such as [this one](http://thekrazycouponlady.com/coupons-for-military/).

 Put extra quarters in a parking meter that is going to expire soon.

**5 Reasons Why You Should Pay It Forward**

We All Want Better: The Focus Goes On Others: Giving is Better Than Receiving: Mutually Shared Joy: Hope:

As a participant in Spiritual Connections, we have agreed to ‘pay it forward’ at least 3 times each month. And as Jesus said, ‘do not practice your good works in public so all can see you.’ We are putting forth our efforts to practice humility; thus, only you and the Lord should know of your acts of kindness. You can record them here so you know what you have done and this could act as your reminder!

May God bless you for your Acts of Kindness and Generosity this year!

|  |  |  |
| --- | --- | --- |
| **Date** | **Act of Kindness** | **I payed it forward with Someone I know or a Stranger** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Date** | **Act of Kindness** | **I payed it forward with Someone I know or a Stranger** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |



|  |  |  |
| --- | --- | --- |
| **Date** | **Act of Kindness** | **I payed it forward with Someone I know or a Stranger** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

