



25 Ways, 25 Days #LightTheWorld2017

Friday 12/01

Scripture: Matthew 10:8

Jesus taught: "Freely ye have received, freely give."

Concept: Jesus taught that all we have is a gift from God that He gives to us freely. Because of His freely giving to us so willingly, we should be grateful and give to others in the same attitude.

Ideas for serving Day 1 #LightTheWorld

Someone who is elderly, ill, single parent, or having a hard time could use your help with things that are overwhelming but simple or needed tasks. These can be done for a set time of say 1 hour if that's all you have, but what a difference it would make! If you cannot do them yourself, a gift certificate would be very welcomed

- Simple household chores
- Washing windows
- Yard work
- Offering to clean any area for 30 minutes
- Dusting
- Helping someone spruce up their house in the very basic ways would make all the difference for them and for you!

Family:

Make sure to involve the entire family in this project. You can see our family at work here for an idea: <http://amothersshadow.com/calling-all-the-family/>

Saturday 12/02

Scripture: Matthew 25:35

Jesus taught: "I was thirsty, and ye gave me drink"

Concept: So many people are thirsty physically and need water to maintain and hydrate their bodies so they can support themselves and their families.

Ideas for serving Day 2 #LightTheWorld

- 1- Donate a case of bottled water to your local shelter that helps families and individuals
- 2- It is devastating to realize that so many people in the world do not have access to clean water, and yet are willing to do all they can to have it. There is a wonderful program set up which allows people to donate, any amount of money, to help those who want to help themselves have clean water for their welfare and that of their families.

One example: Only 22 percent of the people living in the Democratic Republic of the Congo have access to clean water. Women wake up in the middle of the night to make the dangerous trek to small springs that are located miles away. Despite these efforts, many still become sick and sometimes die after drinking contaminated water. But in one community, people spent 1,000 long days digging the trenches for 18 miles (29 km) of pipe that would bring clean water closer to home. You can watch that video at:

<https://www.ldscharities.org/videos/a-thousand-days>

If you would like to be involved in providing clean water, improving sanitation and proper hygiene training – any amount of money makes a difference, go here:

<https://www.ldscharities.org/what-we-do/clean-water>

Family:

Your family could make something that they are good at; or maybe these rice krispie treats 'Fun Pops' on a stick would be a great option. You'll find them here: <http://amothersshadow.com/stay-soft-best-ever-rice-krispie-treats/> put 'Pop' side first into a cellophane bag & tied with ribbons, or purchase treats, etc. and sell them to some neighbors or your coworkers to earn the money for Clean Water. They could go with you to the bank to deposit it, then see you click and deposit the money on-line. This way they are actually participating. Same with the water bottles for donating to your local shelter.

Sunday 12/03

Scripture: Matthew 12:12

Jesus taught: "Wherefore it is lawful to do well on the sabbath days."

Concept: The Sabbath was designed by God as a special day for us to use our time and talents to bless others.

Ideas for serving Day 3 #LightTheWorld

- 1- Have family members over for a dinner or dessert to get together and strengthen relationships.
- 2- Skype or video chat family members so that you can 'see' each other if at all possibly; not only voice, but face also. There is something about seeing each other as we talk that brings a closeness that we need in our family bonds, despite any physical distance.

Family:

Have the entire family plan the food, help prepare it and serve it to those who are invited.



Mon 12/04

Scripture: Matthew 22:39

Jesus taught: "Thou shalt love thy neighbour as thyself."

Concept: Our neighbors are not only the people who live next door, but those who are across the world, which is why we should show Christlike service to all.

Ideas for serving Day 4 #LightTheWorld

- 1- If you do not know your neighbors that live next door for 1- 2 houses on either side, meet them and have an actual conversation.
- 2- Is there a neighbor that may be lonely or feel forgotten this holiday? Take them a treat or small gift.

Family:

Have the family help make the gifts to take to neighbors to meet them, or to the one (or more) who is chosen to take a small gift to. These No-Sew & Easy Sew Rice Heating Bags are perfect for everyone <http://amothersshadow.com/rice-microwave-heating-bags/>

Tuesday 12/05

Scripture: Matthew 15:4

Jesus taught: "Honour thy father and mother."

Concept: Show appreciation to your parent(s) by expression if possible. Honor them by living a life of integrity and following God's commandments.

Ideas for serving Day 5 #LightTheWorld

- 1- Call your parent(s) and have a meaningful conversation about something you are sincerely grateful for to them that they did to make your life better.
- 2- Do family history and learn about an ancestor. Share their story with someone in your family. **FamilySearch can help you get started. (Visit FamilySearch.org.)**

Family:

Tell your kids or grandkids one story about you that is positive and will help them remember you with honor. It's so important to know your relatives and the past to know yourself. I have some information to help you here: <http://amothersshadow.com/want-know-family-anyway/>

Wednesday 12/06

Scripture: Matthew 7:1

Jesus taught: "Judge not, that ye be not judged."

Concept: Only Jesus lived a sinless life. When others make mistakes, we need to be kind and compassionate. And It is hopeful they will show the same kindhearted attitude towards us when we fall short of our potential; regardless it must not effect ours.

Ideas for serving Day 6 #LightTheWorld

- 1- Sincerely ask for someone's forgiveness today. It can be difficult, but extremely worthwhile.
- 2- For one entire day, chase away negative and discourteous thoughts; and stop yourself from saying anything impolite or gossiping about any another person.

Family:

Have a 'kindness day'. Each person would have a piece of paper with their name at the top. Then each person in the family would write something on that paper that they are grateful for and admire about that person (no sarcasm allowed here). The person gets to keep their paper with their name on it. What a boost when it seems that family members too often do not tell each other how much they love them.

Thursday 12/07

Scripture: Mark 10:14

Jesus taught: "Suffer the little children to come unto me."

Concept: Children are one of the most precious of all commodities.

Ideas for serving Day 7 #LightTheWorld

- 1- Help with a Christmas project that ensures a child receives a gift this Christmas.
- 2- Donate a toy or a contribution to a children's hospital or organization.

Family:

Is there a family or child in your area that your family could secretly purchase a gift, to make a Christmas miracle? Contact a local shelter to see what the needs of children are who live there for a short time also.

Friday 12/08

Scripture: Matthew 5:44

Jesus taught: "Love your enemies, bless them that you, do good to them that hate you, and pray for them which despitefully use you."

Concept: Even when we disagree or don't get along with others, we never should be unkind or cruel in anyway. Jesus set the supreme example of loving enemies or those who are mean.

Ideas for serving Day 8 #LightTheWorld

- 1- Be extremely conscious of being kind to every person you deal with for the entire week, even those that might irritate you, or that you normally don't easily get along with.
- 2- Stand up for someone who is being bullied or intimidated at work or school.

Family:

Be kind to EVERY member of the family. Do not be sarcastic mean, or hurtful. Stand up for someone at school that is being bullied.



Sat 12/09

Scripture: Matthew 25:36

Jesus taught: "I was sick, and ye visited me."

Concept: There are so many ways to comfort the sick.

Ideas for serving Day 9 #LightTheWorld

- 1- Visit a local nursing homes, care center or assisted living center whether you know someone there or not. It is reported that 60% will never have a visitor while they are there.
 - a) I have a post about making simple decorations for the holidays here: <http://amothersshadow.com/october-kindness-month-family/>
 - b) Do a Family Time for the residents on the Christmas Story/Nativity, which I have here: <http://amothersshadow.com/nativity-jesus-christ-saviors-birth/>
 - c) Go caroling and let them join in too if they want.
 - d) Take a favorite Christmas story to the residents.
 - e) Play a musical instrument and Christmas music.
 - f) As a family or group perform the nativity. This works really well as parents read/tell the story and the children act it out with very simple props, even sack puppets would be wonderful.
- 2- Donate blood since there is a shortage for all types of blood during the holidays.
- 3- Pray for all of your family and friends who need to be strengthened in any way.

Family:

Most of #1 and of course #3 are for the family

Sunday 12/10

Scripture: John 5:39

Jesus taught: "Search the scriptures."

Concept: The scriptures contain the word of God, relayed to us through inspired servants. As we study the scriptures, we grow closer to God and gain a clearer vision of our purpose on earth.

Ideas for serving Day 10 #LightTheWorld

- 1- Commit to read the scriptures individually or as a family for 15 minutes every day.
- 2- Share your favorite scripture on social media today.

Family:

Make the children's version of the scriptures available for your kids to read and encourage them to read daily. Share as a family each person's favorite scripture.



Monday 12/11

Scripture: Matthew 25:35

Jesus taught: "I was a stranger, and ye took me in."

Concept: It is easy to be kind and serve others that we love and get along with. But following the Savior is showing kindness to people that we don't know.

Ideas for serving Day 11 #LightTheWorld

- 1- Do something today to pay it forward at the store, or in line.
- 2- Do something kind for someone at work you don't know very well.
- 3- Help refugees in your area here:

https://www.lds.org/refugees?lang=eng&cid=rdb_v_IWasAStranger_eng_IWasAStranger

Family:

Help refugees in your area, and look at this site for very easy ideas:

<https://lds.org/refugees/stories/40-ways-to-help-refugees-in-your-community>

I made sure to expose my kids to as many different types of foods/cultures as possible as they were growing up. We would look at the map and talk about what it was like in that part of the world. With technology today, you can really have fun learning about other people and help your kids develop a love for all of God's children – no matter what race, differences or where they live.

Tuesday 12/12

Scripture: Matthew 5:4

Jesus taught: "Blessed are they that mourn."

Concept: Tragic loss and overwhelming burdens can nearly crush people. Christ showed compassion and we can too by comforting those whose hearts are heavy.

Ideas for serving Day 12 #LightTheWorld

- 1- Take a loaf of good bread and soup (purchase if you'd like) to someone who is down or sad.
- 2- If you know someone out of work, do what you can to help them with a resume or to connect with employment.
- 3- Drop by and just visit with someone who could use a listening ear.

Family:

Here are a couple of great bread options the kids can get involved in making:

Easy Artisan Bread <http://amothersshadow.com/easy-no-start-sour-dough-artisan-bread/>

Cornbread and Honey Butter <http://amothersshadow.com/tasty-tuesday-cornbread-cake/>



Wednesday 12/13

Scripture: Matthew 7:12

Jesus taught: "All things whatsoever ye would that men should do to you, do ye even so to them."

Concept: The Golden Rule is "Do unto others as you would have them do unto you." If everyone lived by this, the world would be so much better.

Ideas for serving Day 13 #LightTheWorld

- 1- What would make your day better? Do that for someone else
 - a) Take a treat to someone
 - b) Take a gift card
- 2- If you have said something unkind, apologize and say you are sorry.

Family:

Apologize to a sister, a brother, a parent, a teacher, grandparent, friend or classmate for anything unkind or mean that you have said.

Thursday 12/14

Scripture: Matthew 6:21

Jesus taught: "For where your treasure is, there will your heart be also."

Concept: Things and possessions are just fine, as long as we don't lose focus on the important things in life and what really matters. That is how we have true joy and happiness.

Ideas for serving Day 14 #LightTheWorld

- 1- Make time today to spend time one-on-one time with someone you love.
- 2- Donate the cost of one meal to feed the hungry at a local shelter.

Family:

Explain to your family how much money you would spend on dinner and how much eating out costs. Tell them they could instead use that amount to donate to a local shelter so others can eat. For dinner that night, make it fun and call it 'The Best Of'. Meaning the best of whatever is in the fridge, cupboards, etc, and that's what's for dinner. Possibly cereal, leftovers for the third night; but it will be so worthwhile and the lesson learned here, the feeling that will come, will be worth the possible groaning☺



Friday 12/15

Scripture: Matthew 5:7

Jesus taught: "Blessed are the merciful."

Concept: Jesus gave the greatest example of mercy by his sacrifice on our behalf. By showing mercy and compassion as we can, we follow Christ's example.

Ideas for serving Day 15 #LightTheWorld

- 1- Are you able to help someone, or a family with Christmas so it is special?
- 2- Can you alleviate a financial burden someone has in any way?
- 3- Can you help a colleague with their workload?
- 4- Can you offer to help someone in any way to offset their burden?

Family:

Is there something that could be taken out of the usual Christmas traditions and voted on by the family, then that money given in secret to someone who is in need; possibly even someone who lives close by.

Saturday 12/16

Scripture: Matthew 25:36

Jesus taught: "[I was] naked, and ye clothed me."

Concept: Clothing is a basic essential. We can share with those who are in need.

Ideas for serving Day 16 #LightTheWorld

- 1- Go through your clothing and donate to a charity or thrift store anything that you are able.
- 2- Buy a winter coat for a local shelter, someone you know needs one, or for a 'giving tree' (such as a sub-for-Santa type program)
- 3- Make fleece scarves to take to an underprivileged school, shelter or where you know it would be used. I have an easy step-by-step tutorial here: <http://amothersshadow.com/how-to-make-a-fleece-scarf/>

Family:

All of three would be wonderful options for the family.



Sunday 12/17

Scripture: 3 Nephi 18:22

Jesus taught: "Ye shall meet together oft."

Concept: Families, communities and individuals have always been commanded to meet together and strengthen each other.

Ideas for serving Day 17 #LightTheWorld

- 1- If it's been awhile since you've been to a church service, make time this week to go.
- 2- Schedule time for your family to spend quality time together (without electronic devices) and talk. I have a post with free printables for Dinner Conversations here: <http://amothersshadow.com/dinner-conversation-jar/>
- 3- Do something to bring your neighbors / neighborhood together this holiday season. I have a post on how to host an EASY Hot Cocoa Bar we did that might help (you could do it on a much smaller scale of course) here: <http://amothersshadow.com/neighborhood-hot-cocoa-bar/>

Family:

#2 would be fabulous!

Monday 12/18

Scripture: Matthew 6:14

Jesus taught: "Forgive men their trespasses."

Concept: Anger, bad feelings and resentment are like a cancer. It grows and festers to destroy us and others if we do not take care of it. It is important to do what we can to make amends with people before important relationships are hurt or destroyed.

Ideas for serving Day 18 #LightTheWorld

- 1- Is there someone that really annoys and irritates you? Write down all the positive qualities that person has. Pray to see them as God does.
- 2- If a family member has hurt or insulted you, if possible, resolve your differences.

Family:

Make a family 'WANTED' poster. As a family, talk about the positive characteristics of the family members and write them down. Example: Stan has integrity, so integrity is written on the 'WANTED' poster because we WANT that quality and to keep it alive in our family and personally. Hang this paper/poster where they can see it during the week.

Tuesday 12/19

Scripture: Matthew 5:12

Concept: God loves each one of us, and wants us to be happy and have joy. Oftentimes we don't realize all of the reasons we have to feel glad. One way is to help others feel happy.

Ideas for serving Day 19 #LightTheWorld

- 1- Send someone a personalized care package in the mail. I have some ideas for you that will make them smile here: <http://amothersshadow.com/its-in-the-mail/>
- 2- Send a thank you card to someone who has blessed your life and tell them how grateful you are to them. I have a free printable card here: <http://amothersshadow.com/november-kindness-month/>

Family:

Both options here would be just right for everyone to do.

Wednesday 12/20

Scripture: Luke 12:15

Jesus taught: "A man's life consisteth not in the abundance of the things which he possesseth.

Concept: We can have a much more meaningful and fulfilling life if we get rid of the distractions to appreciate the most important things in our life.

Ideas for serving Day 20 #LightTheWorld

- 1- Do something meaningful with a person that is special to you to create a special memory. Possibly do what they would enjoy most: visit an art gallery, visit a few restaurants trying one food item at each one, go to a play. When looking to their interest, the experience is all the more enjoyable.
- 2- Is there a distraction that is holding you back from following Jesus Christ? Give up one material thing that is standing in the way of possibly attending meetings, paying tithes, serving more fully, being more humble in attitude, whatever the case might be.
- 3- Declutter one area and donate it to a local charity.

Family:

Decluttering together, or asking each family member, if old enough, to clean their room to take items to the local charity would help everyone and get the house ready for the holidays.

Thursday 12/21

Scripture: Matthew 25:35

Jesus taught: "For I was an hungred, and ye gave me meat."

Concept: Jesus offered people spiritual and physical nourishment. We can do the same.

Ideas for serving Day 21 #LightTheWorld

- 1- Donate nonperishable items to your local food bank. If possible your favorite.
- 2- Prepare a home-cooked meal, or purchase a prepared one and take to a neighbor who has recently undergone surgery, had a baby, had illness, or could use an act of kindness. I have some ideas for you here: <http://amothersshadow.com/tasty-tuesday-3/>

Family:

The family can do either of these together. Either each choosing a few canned items that are their own favorite and all donating to the local food bank together if possible. OR making food together to take to a person/family in need.



Friday 12/22

Scripture: 3 Nephi 27: 21

Jesus taught: "That which ye have seen me do even that shall ye do."

Concept: Jesus has given us the perfect example of how to pattern our life. As we daily try to follow what He would do, we can better our own life and improve the lives of all those around us also.

Ideas for serving Day 22 #LightTheWorld

- 1- Choose one characteristic of Christ and do all you can to focus on it and emulate it this week.
- 2- Of Jesus's teachings, pick one that is a favorite and share it with someone, or write your feelings about it in a journal or on a notecard.

Family:

Teach about Christ. Here are videos you might want to check out:
<http://jesuschrist.lds.org/SonOfGod?lang=eng>

Saturday 12/23

Scripture: Matthew 25:36

Jesus taught: "I was in prison, and ye came unto me."

Concept: There are prisons of all types: physical ones that are literal. And others that are "prisons" of a mental or physical nature that are addictions or of other forms of conditions. All of these leave the person feeling imprisoned and isolated.

Ideas for serving Day 23 #LightTheWorld

- 1- If you know someone who struggles with an addiction, offer your support and love.
- 2- If you have an incarcerated member of your family or a friend, visit them, or make contact to let them know that someone cares.
- 3- If you are not able to do any of the above, see Day 9 as that is a prison to those who are alone.

Family:

Here is a link that can help you explain addictions to children, which is important for them to understand so they can avoid the traps, know of help and hope.
<https://www.mormonchannel.org/blog/post/self-reliance-teaching-children-about-addiction>



Sunday 12/24

Scripture: 3 Nephi 18:15

Jesus taught: "Ye must watch and pray always."

Concept: Pray is the simple communication between God the Father and you and me – His beloved children. God promised to answer our prayers when we humbly ask.

Ideas for serving Day 24 #LightTheWorld

- 1- Say a prayer of thanksgiving today
- 2- Say a prayer asking how YOU can be a blessing, an answer to someone else's prayer
- 3- In a prayer this week, do not mention one of your own needs, but those of others.

Family:

Teach your family to pray, and have regular morning and night prayers together. Info on prayer <https://www.thoughtco.com/how-to-pray-p3-2159013>

And this video <https://www.youtube.com/watch?v=rzlhblIirCU&feature=youtu.be>

Mon 12/25

Scripture: Matthew 5:16

Jesus taught: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

Concept: Jesus Christ IS the Light of the World. However, every single person can, and should shine their own light into the world. We need to follow Christ's example and be a light in the life of those around us as we have this Christmas season, and ALL year long.

Ideas for serving Day 25 #LightTheWorld

- 1- Share one way on social media that Jesus Christ has been an example to you.
- 2- Write down on paper your plans of how you will continue to serve through 2018.

Family:

As a family write down how you will ALL work to serve others as a family and show kindness. I have a resource monthly, if you are interested <http://amothersshadow.com/kindness-month-family/>