

# LEAN ON ME – social support

## Remember:

**“As you have done it onto one of the least of these you have done it unto me.”**

1. Help in a soup kitchen for those who need to be fed.
2. Give to the homeless: food, sleeping bags, warm coats and gloves, a duffel bag, etc.
3. Go on a mission trip and build a church, or school, or small mission hospital.
4. Adopt a family, or a grandpa/grandma to help and invite for Christmas.
5. Be a volunteer where you are needed.
6. Volunteer in an orphanage.
7. Provide a suitcase for foster care children.
8. Open home for a prayer support group for neighbours, friends and co-workers.
9. Become a support person to cancer patients going through Chemotherapy.
10. Join a medical team to minister to the poor in a developing country.
11. Minister to mothers in a hospital's neonatal intensive-care unit.
12. Take teens and college students on disaster recovery trips to clean up and restore.
13. Start a support group for special needs groups in the community.
14. Relieve caregivers of the sick who need a break from night and day service.
15. Volunteer to listen to children read in school.
16. Provide food in time of sickness, death, and crisis in neighbourhood or church.
17. Encourage those who have lost a job. Pray, give hope, give material support.
18. Start a Wellness Health Club to help others to have an integrated balanced life.
19. Open your home to be a Home of Hope with healthful lifestyle instruction.
20. Call senior citizens in neighbourhood or church for chats, prayer, solve problems.
21. Send care packages or letters to service men and women.
22. Organize a teen group to help a group of senior citizens to use computer/internet.
23. Just be a true friend to someone can be considered “social support”.
24. Join a church community that reaches out to others in need and takes part in a support group for the poor and needy or a grief recovery group, or coaching teens for life situations, or holding sessions on handling finances appropriately.

Other \_\_\_\_\_