

## A Few Simple Ways to “Offer it Up”



If you give up Dessert

Make a special dessert or meal for a friend/neighbor and offer up the effort, cost and time it takes for those who are hungry.



If you give up Facebook

Call old friends or relatives you haven't seen in a while just to say hello, or send a hand-written card to brighten someone's day. Offer up the time it takes out of your busy schedule for a specific person you know who is lonely or alone.



If you give up Shopping

Go through your closets and find unused items in good condition that you can donate to charity. Offer up the effort for the homeless in our area.



If you give up Gossip

Go out of your way to compliment co-workers or to say something pleasant to that person who drives you crazy! Offer it up for someone specific who is going through a tough time right now.



If you give up Junk Food

Add an extra mile to your run, extra push-ups to your workout, or sign up for a charity walk/run. Offer up the pain for those who are facing physical challenges or medical issues such as our wounded veterans.



If you give up Complaining

Volunteer to help with an activity or to help solve a problem. If a co-worker annoys you, say a quiet prayer for them and offer up your silence for those who are abused.

