



THE 2016MERCY CHALLENGE

Welcome to the 2016MERCY Challenge! We're excited to have you join in as we work to impact culture through simple Acts of Mercy!

Below is a list of 7 Acts of Mercy, followed by an 8th step called F.A.M.I.L.Y. – Forget About Me I Love You.

1. To begin the challenge, select an Act of Mercy from the list below. Read the “Suggestions to Inspire Action” to help give some ideas on how to perform that Act of Mercy in your community.
2. GO OUT AND DO THE ACTION!
3. Record the date the action was completed and move on to the next Act of Mercy.
4. Once you've completed each Act of Mercy, move onto #8, which captures the heart of the entire 2016MERCY Challenge. We encourage you to adopt F.A.M.I.L.Y. as a lifestyle. By living a lifestyle of selflessness and sacrifice, we can transform culture!

F.A.M.I.L.Y. - Forget About Me, I Love You.

We've included some journal pages for you to record any thoughts or experiences that came up as you perform each Act of Mercy. It's sometimes best to record those as you go; when you've completed your challenge, you can easily recollect and reflect on the Challenge as a whole.

We'd LOVE it if you'd share some of those thoughts & experiences through social media (#mercyinmotion) or directly through the site's contact page at mercyinmotion.com/pages/contact-us

Thank you so much for joining us in taking on the 2016MERCY Challenge. Be sure to challenge friends & family to join you! Together, we can impact culture by helping others in a world where mercy is unexpected.

- The One Strong Family Team

#1 - FEED THE HUNGRY

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Educate yourself about Global Hunger Issues*
- *Donate to a Local Foodbank*
- *Serve a meal at a homeless shelter*

2 - GIVE DRINK TO THE THIRSTY

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Give bottled water to the homeless person on the corner*
- *Conserve water in your home to encourage sustainability*
- *Support a local clean water initiative*

3 - CLOTHE THE NAKED

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Donate gently used clothing to a local shelter*
- *Ensure you are purchasing clothing from sustainable sources*
- *Hand out socks on Skid Row*

4 - WELCOME THE STRANGER

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Reach out to the new kid at school*
- *Invite the family across the street over for dinner*
- *Donate to a verified charitable organization that cares for refugees*

5 - HEAL THE SICK

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Visit a hospital or retirement community*
- *Bring soup to your next door neighbor who has been home with the flu*

6 - VISIT THE PRISONER

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Contact a local prison ministry and find some ways you can get involved*

7 - HONOR (BURY) THE DEAD

Date Completed:

SUGGESTIONS TO INSPIRE ACTION:

- *Befriend someone who has recently lost a loved one*
- *Visit a grave site to honor someone who has passed*
- *Serve at a local hospice*

F.A.M.I.L.Y. – Forget About Me I Love You

CONTINUED ACTION:

- *Continue looking for ways to serve others through acts of selfless, unconditional love*

