



## CALL TO ACTION

### WEEK 3: COMMUNITY IN THE TEMPLE OF GOD

- Take a 20-minute walk in your neighborhood. Before you walk, say the following breath prayer: (*Breathe in*) God, help me notice (*breathe out*) how to love my neighbors. Amen. As you go through the neighborhood, notice what God points out to you about how to love your neighbors.
- Practice asking the question, “Can you tell me more about that?” in your daily interactions with others. Cultivating curiosity about a person’s situation and/or emotions can help de-escalate or prevent conflict, while also cultivating an openness to difference.
- Connect with a local non-profit serving women and children or a Community Health Worker and inquire about how you can be involved with connecting low-income families in your community with goods, services, and education opportunities that will help them flourish.