



CALL TO ACTION

LENT 2: WHAT IS RESILIENCE?

- Listen to *The Neighbor Next Door* podcast episode “Relationship: Re-Examined” from September 14, 2021 (<https://www.stitcher.com/show/the-neighbor-next-door/episode/relationship-re-examined-86780277>) to learn more about why having relationships with our neighbors makes a differences in our lives and the life of our community.
- Take a moment during the week to pray and/or journal around the following questions: Who are the people, programs, or organizations who have helped you build resilience during hard times? What did these people or organizations do that helped you the most?
- Offering resilient love to a friend, family member, or neighbor when they are struggling does not require grand gestures. Brainstorm a list of things that would be easy for you to do to help that you keep on your computer or on your refrigerator. That way, if you hear of a need, you have a list of options to choose from that are within your capacity to offer.
- If you feel the need to seek further mental health services at any point in this sermon series, you can contact the pastoral staff for recommendations or go to the National Alliance on Mental Illness website (<https://nami.org/>) for recommendations on how to find a therapist, and support group opportunities to aid you in your journey.



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