



## CALL TO ACTION

### LENT 6: TRAUMA, RESILIENCE, AND DIVISIVENESS

- Listen to *The Neighbor Next Door* podcast episode “Justin Moore: Neighboring for Health” from March 17, 2020 (<https://www.stitcher.com/show/the-neighbor-next-door/episode/justin-moore-neighboring-for-health-68083699>) to explore how being in relationship with our neighbors increases our overall health.
- For one week, begin and end each day by praying the following breath prayer: (*inhale*) God loves me, (*exhale*) God loves my neighbors. Notice whether and how this changes your interactions with friends, family, and strangers throughout your day.
- Sit down with a piece of paper or a journal, and take a moment to pray over and answer these questions: Do the books, news, music, and social media you take in encourage peace or division? If they encourage peace, how do they do that? If they encourage division, what does it look like for you to seek peace instead?
- To investigate more ways to connect with people across our differences, go to <https://livingroomconversations.org>. They offer opportunities to participate in or host a conversation, as well as tip sheets on how to have respectful, peaceful conversations with others who may have different perspectives than you.
- 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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