



REDROCKSCHURCH

28-Day Love Your Neighbor Challenge

WELCOME

We are so excited you are joining our *28-Day Love Your Neighbor Challenge*

This 28-day challenge is designed to encourage your spirit, deepen your faith, and mobilize your giftings as you discover new ways to live on mission by turning ordinary, everyday moments into extraordinary opportunities to love those around you by putting your faith into action. 1 John 3:16-18 reminds us that God's love abides in us, not through our words alone, but through how we serve and love one another with our actions. "By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth."

Our hope during this challenge is that your life and the lives of those around you will be transformed by this experience. We pray as you serve and love your neighbor that your heart is softened and you begin to see the image of God reflected in the faces of those around you. Perhaps most importantly, we pray that being the hands and feet of Jesus for the next 28 days will stir up your spirit to live lives marked by service, generosity, community, and love towards those around you for the rest of your life. Remember, this is not a task on your to-do list that you're obliged to check off, it's an invitation to lean in, partner with the Holy Spirit, trust the process, and let your life be an act of worship through how you love those around you.

**“May my words and works
allure others to the highest
walks of faith and love.”**

- Valley of Vision (Christlikeness)

GETTING STARTED

WHAT IS THE 28-DAY LOVE YOUR NEIGHBOR CHALLENGE?

*It's very simple:
Be the hands and feet of Jesus by doing one simple
act of kindness each day. That's it!*

PRAY Spend 5-10 minutes each day praying for an opportunity to serve or bless someone in your life. This could be a family member, a friend, a classmate or co-worker, a stranger, or even someone you consider an enemy.

ACT Do one loving act of kindness for someone in your life. It can be a large and extraordinary act of kindness, or a small and simple expression of love. No act of kindness is too small—let the Holy Spirit lead you.

We have broken down the challenge into
4 categories:

Week 1: Your Family and Friends

Week 2: Your Neighbors

Week 3: Your Arena (work, school, etc.)

Week 4: Your City

Each week includes a list of serving ideas to get you started. Feel free to use as many as you want, repeat a few multiple times, or come up with your own ideas by taking some time to pray for God to point out a person you can love or a need you can meet. Get creative, but remember to be open-handed with how the Lord may want to move through you to love someone in need. This guide is just a template to get you started if you want it; the only requirement of the challenge is to do one act of kindness per day.

REFLECT Grab a journal and set some time aside each week (or each day!) to answer the reflection questions provided and see what God is doing in and through you during this experience.

LOOKING FOR MORE IDEAS?

Scan the QR code and check out the Red Rocks Church Outreach Instagram to see what other people are doing!



Share your daily acts of kindness with us and get entered into a raffle!

WEEK ONE:

Love Your Family & Friends

**“DO NOT DESPISE THESE
SMALL BEGINNINGS, FOR
THE LORD REJOICES TO
SEE THE WORK BEGIN.”**

Zechariah 4:10

There are so many people in need and causes to support that it can be overwhelming to figure out where to get involved. An easy place to start is with those who are closest to us like our family and friends. Start small this week by actively and intentionally performing one act of kindness each day that blesses a friend or family member in your life. Use the list of activities below or come up with your own! And don't forget, this is just a guide. God may nudge you to serve someone in need outside of your inner circle—don't pass up this opportunity if it comes, instead rise to the occasion.



Ring and Run Blessing

Create a care package for a friend or family member. Place it on their porch and send them a text telling them to “check their porch :)”

Want to be anonymous? Ring and run!

(examples: 1. Soup, Gatorade, a cute mug and a note for someone who's sick 2. Chick-fil-A and a loving note to a friend 3. A gift basket with a note, candle, and some of their favorite candy.)

Hype 'em Up

Speak a word of encouragement into the life of someone around you. Do you see a talent or gift in them that they have not recognized in themselves? Tell them what you see. Tell a family member all the reasons you appreciate them. Words are powerful—use your words to fill someone up today.

Quality Time

Spending intentional time with someone is one of the most loving things we can do. God has given you people to pour time and love into. Who might need your time and love most right now? Maybe it's a close friend, your children, your spouse, a parent, or someone else. Spend today giving them the gift of your love, time and attention.

I Will Give You Rest

Who do you know that needs a break? Maybe

it's a close friend, a child, your parents or a caregiver. Reach out to them and set up a time for you to give them a break. Help them with a task, take them for a break, take care of something for them so they don't have to.

Restoring Relationships

Pray for a family member or friend whom you may need to be reconciled with, and if appropriate, ask God to show you one way you could extend kindness toward this person.

Prayer Warrior

Intercession is one of the most powerful ways we can come alongside people. Pick 3-5 people and text/call them and ask if they need prayer for anything. Then spend 10 minutes (or more!) per person praying on their behalf.

Secret Kindness

Perform an act of kindness in secret and don't tell anyone.

Choose Your Own Adventure

There are thousands of ways to love those around you. Get creative and put your own flavor on serving those you love!

“I have never met a person whose greatest need was anything other than real, unconditional love. You can find it in a simple act of kindness toward someone who needs help. There is no mistaking love, it is the common fiber of life, the flame that heats our soul, energizes our spirit and supplies passion to our lives.”

- Elisabeth Kubler Ross

WEEK ONE

CHECKLIST

How many acts of kindness did you complete during Week One: Love Your Friends & Family?

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Sunday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | |

REFLECTION:

- 1. Reflect on what it was like to participate in this experience.*
- 2. How did you see God show up in your life and in the lives of those you served through your obedience this week?*
- 3. Is there something you did for someone else this week that you can incorporate into your faith and life on a daily/weekly basis? What is it?*

WEEK TWO:

Love Your Neighbor(s)

“FOR YOU WERE CALLED TO FREEDOM, BROTHERS. ONLY DO NOT USE YOUR FREEDOM AS AN OPPORTUNITY FOR THE FLESH, BUT THROUGH LOVE SERVE ONE ANOTHER. FOR THE WHOLE LAW IS FULFILLED IN ONE WORD: ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’”

Galatians 5:13–14

What would the world look like if we got to know our neighbor, cared for our neighbor, reconciled with our neighbor, and genuinely loved our neighbor? Would our street or block become a little more united? Would our neighborhoods be a safer and more vibrant place for our children? Would our communities start to look a little bit more like the love of Jesus? We certainly believe so. This week, find one simple way to love your neighbor(s) each day.



Build a Longer Table

Do you view your home as a possession or a resource? Are you building a higher fence or a longer table? Jesus spent tons of time around

dinner tables with people and so should we. Invite one of your neighbors into your home for dinner sometime this week. Consider picking a neighbor you don't know very well or one you have a hard time getting along with.

A Helping Hand

Is there a widow, a single parent, an elderly couple, or someone with a disability in your neighborhood that could use some help? Reach out to them and ask if they need help with any errands or chores/maintenance around their house, then take care of it for them.

Hey Neighbor

We all have a neighbor we don't know. This is your sign to get to know them! Bake cookies, build a tiny care package, or just go say hi!. Not sure what to say? Here's a suggestion: "Hi! My name is ___ and I live ___. I'm doing a 28-day Love My Neighbor Challenge with my church and I realized I haven't had the opportunity to meet you yet..." Want a challenge? Meet 3-5 new neighbors.

Prayer Walk

Pick a time to walk around your neighborhood

and pray for your neighbors/neighborhood. Invite someone to go with you and pray for blessings, families in need, aspects of your neighborhood you hope will change, etc.

Encourage the Heart

Pray about a verse or note of encouragement God would like you to write and where to leave it, then scatter as many around as you want. Use sidewalk chalk, post a sign on a mailbox or a park bench, or leave a note at someone's door.

Secret Kindness

Perform an act of kindness in secret and don't tell anyone.

Extend an Invitation

Who do you know that might be lonely or struggling to find community? Invite them to church, into your friend group, small group, etc.

Choose Your Own Adventure

There are thousands of ways to love those around you. Get creative and put your own flavor on serving those you love!

“Jesus talked to His friends a lot about how we should identify ourselves. He said it wouldn’t be what we said we believed or all the good we hoped to do someday. Nope, He said we would identify ourselves simply by how we loved people. It’s tempting to think there is more to it, but there’s not. Love isn’t something we fall into; love is someone we become.”

- Bob Goff

WEEK TWO

CHECKLIST

How many acts of kindness did you complete during Week Two: Love Your Neighbor(s)?

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Sunday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | |

REFLECTION:

- 1. Reflect on what it was like to participate in this experience.*
- 2. How did you see God show up in your life and in the lives of those you served through your obedience this week?*
- 3. Is there something you did for someone else this week that you can incorporate into your faith and life on a daily/weekly basis? What is it?*

WEEK THREE:
Love Your Arena

“IMITATE GOD, THEREFORE, IN EVERYTHING YOU DO, BECAUSE YOU ARE HIS DEAR CHILDREN. LIVE A LIFE FILLED WITH LOVE, FOLLOWING THE EXAMPLE OF CHRIST.”

Ephesians 5:1–2

This week is all about loving the people in your arena—the people between complete strangers and close friends/family. These are your classmates and coworkers, your teammates and people you see at the gym, the barista who gives you your coffee and the cashier that checks you out at the grocery store. These are also people and areas of our life Jesus called us to love.



I See You

The world is quick to point out mistakes and slow to acknowledge people going above and beyond. Spend today encouraging people in your life who have faithfully and enthusiastically showed up each day to do their best. This could be a coworker finishing up a project, someone at the gym who has been working really hard, a cashier or server who is

always extremely kind and helpful, etc. Tell them face to face or write a note and bless them with a small gift card.

Blessed With a Break

Who do you know that needs a break? Maybe it's a new or single parent, a coworker or classmate, or an acquaintance. Reach out to them and set up a time for you to give them a break. Watch their kids for the day, give them some movie tickets for a night out, take them out to dinner or bring dinner to them. Be creative!

Return The Favor

Think of a time someone outside your inner circle made your day or positively impacted your life in some way. Maybe they acknowledged your effort, turned your mood around by being unexpectedly kind, or poured into you in a way you didn't know you needed. Return the favor today. Write a note or tell them face to face how what they did impacted you, and bless them with a word of encouragement, a nice note, or a small gift of appreciation.

Steward Your Gifts

We were all blessed with gifts, passions, and resources according to our calling. Today, use your gifts or passion to pour into someone. Do you like to teach/coach others? Find someone to mentor/pour into today. Are you a handyman or problem solver? Use your gifts and skills to meet someone's needs. Are you super talented at something? Find someone who is a beginner and show them the ropes.

 Olive Branch

Today, challenge yourself to extend kindness to someone who might not deserve it. Remember, none of us deserve the gift Christ gave us, but he gave it freely anyway—we are called to extend the same kindness to those around us. You could send them a note, give them a genuine compliment, or buy them a coffee. Find a way to bless someone who you have a hard time with.

 Choose Your Own Adventure

This week spend one day praying for God to reveal a unique way you can serve someone—then go do it!

**“A single act of kindness
throws out roots in all
directions, and the roots
spring up and make
new trees.”**

- Amelia Earhart

WEEK THREE

CHECKLIST

How many acts of kindness did you complete during Week Three: Love Your Arena?

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Sunday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | |

REFLECTION:

- 1. Reflect on what it was like to participate in this experience.*
- 2. How did you see God show up in your life and in the lives of those you served through your obedience this week?*
- 3. Is there something you did for someone else this week that you can incorporate into your faith and life on a daily/weekly basis? What is it?*

WEEK FOUR:
Love Your City

“WHAT SHOULD WE DO THEN?” THE CROWD ASKED. JOHN ANSWERED, “ANYONE WHO HAS TWO SHIRTS SHOULD SHARE WITH THE ONE WHO HAS NONE, AND ANYONE WHO HAS FOOD SHOULD DO THE SAME.”

Luke 3:10–11

This week is designed to stretch you beyond your comfort zone and help you find ways to serve people you may have never met before. Whether it's a public servant, someone on the street experiencing homelessness, or a random stranger having a tough day, each person you see is an opportunity to extend the love and grace of Jesus. Take this week to love the people in your city by allowing the Holy Spirit to stir up good works within you.



Homeless Care Packs

Bless someone experiencing homelessness. Create a small care pack with a note of encouragement and basic essentials. (Ex: One-gallon Ziploc bag, a pair of large socks, toothbrush and toothpaste, small tissues, chapstick, bottle of water or sports drink,

sunscreen or lotion, pack of crackers or cookies, a granola bar, and hand wipes). Include a card or a note of encouragement. (Ex: “Your situation does not determine your value. Jesus loves you and has good plans for you...”)
Learn their name and ask to pray for them.

Spontaneous Generosity

When you're out and about, pray for an opportunity to bless someone unexpectedly. The next time you're at the grocery store, consider quietly purchasing someone else's groceries, buy gas for someone at the pump, or pay for someone's coffee/meal at the drive through.

Here's Your Sign

Let your words bring life to those who need it. Pray about a verse or note of encouragement God would like you to write and where to leave it, then scatter as many around as you want. Use sidewalk chalk, post a sign on a mailbox or a park bench, leave a note at someone's door, or stand on the corner of an intersection with a sign of love/encouragement. Examples: “Even though things are difficult, your life matters and Jesus has good plans for

you. Don't give up." "You are enough." "You are loved." "You are not alone."

For Those Who Sacrifice

Today, find a way to bless a police officer, firefighter, EMT or paramedic, 911 dispatcher, doctor, nurse, or anyone who shows up every day to keep us all safe and healthy. Pick up a few gift cards to some restaurants (Subway, Chick-fil-a, Tokyo Joes, etc.) so when you have the opportunity to bless someone, you can! Feel free to include a thank you note. **VERY IMPORTANT:** For obvious reasons, please never approach a public safety worker while they are in the middle of a service call (traffic stop, active fire, medical emergency).

Prayer Walk

- Pick a place within your community to go on a prayer walk. This could be a park, a community center, your neighborhood, your favorite hiking trail, or somewhere else. Spend 20-30 minutes praying for the people you see on your walk. If this seems scary, pray for people from a distance by yourself. If you're feeling bold, pray for God to point out people who might need prayer, and then go introduce yourself and ask

to pray for them. Consider using this as an opportunity to invite them to church!

Choose Your Own Adventure

- This week, challenge yourself to come up with at least two ways to serve your community on your own. Pray for God to reveal an opportunity to you, repeat one of the daily challenges, or do something that has been on your heart.

**“Love is never wasted,
for its value does not rest
upon reciprocity.”**

- C.S. Lewis

WEEK FOUR

CHECKLIST

How many acts of kindness did you complete during Week Four: Love Your City?

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Sunday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | |

REFLECTION:

- 1. Reflect on what it was like to participate in this experience (both this week and the entirety of the challenge).*
- 2. How did you see God show up in your life and in the lives of those you served through your obedience this week/month?*
- 3. Is there something you did for someone else this week that you can incorporate into your faith and life on a daily/weekly basis? What is it?*

