

DECEMBER 1 - 7, 2023

4

WAYS TO BRING JOY THIS SEASON



SPREAD SOME KINDNESS.

Display random acts of kindness to those outside of your inner circle. When you do, it will create a ripple effect of joy by showcasing God's love to those who may not know Him.

SET ASIDE TIME TO CONNECT.

Bring warmth and joy by reaching out to your family, friends, & co-workers with a heartfelt message letting them know how much you appreciate them. Send a video by text, write an email, pick up the phone, or schedule a visit!



LOVE YOUR NEIGHBORS.

Help those in need. Volunteer or donate to organizations you trust this season. Plan a visit to a nearby nursing home and read the Christmas story or arrange a date for carolers to bring some music to the streets. Showing God's love creates a positive impact that brings joy to all.

CHECK YOUR GRATITUDE LEVEL.

During this week, take a moment and write down one thing you are grateful for each day. Cultivate a mindset of gratitude for things both big and small. Maybe it's the fact that God woke you up this morning. Maybe you are thankful for that first sip of coffee or warm cup of tea before you go to work. Whatever it is, experience the joy of a grateful heart.



Spend the Season with FMBC In Person & Online!

FMBC-CONCORD.ORG