












































 1. Phone someone you haven't spoken to for a month.	 2. Spend a day with the TV turned off.	 3. Have a picnic indoors.	 4. Bake something new.	 5. Pamper / indulge yourself.	 6. Say sorry to God for a regret that you have.	 7. Forgive someone.	 8. Pray for leaders (Church and political).	 9. Listen to the birds dawn chorus.	 10. Where has God been at work today?
 11. Dance to a fun piece of music	 12. Read a book from start to end.	 13. Create a piece of art or drawing.	 14. Do some exercises.	 15. Have a good cry.	 16. Look through old photos.	 17. Smell some flowers.	 18. Read a gospel in one sitting.	 19. Shop locally.	 20. Plant some flowers.
 21. Write a letter of encouragement to someone.	 22. Join in with an act of worship.	 23. Keep a diary.	 24. Memorise a verse in the bible.	 25. List what you plan to do when this is over.	 26. Fill a bag of "stuff" for the charity shop.	 27 Do a random act of kindness	 28. Take a nap and don't feel guilty.	 29. Write a poem.	 30. Pray for five people in your church.
 31. Sing a hymn out loud.	 32. Spend time watching the clouds.	 33. Read a whole book out of the bible.	 34. Laugh out loud.	 35 Listen to a classical music concert.	 36. Tell someone that you love them.	 37. Rewrite a psalm in your own words.	 38 Share your faith	 39 Make a donation to a foodbank.	 40. Always look for the good in people.
 41. List 5 things that you can thank God for.	 42. Do something that you have never done.	 43. Pray for the key workers (NHS / Care / etc).	 44. List five people that you will invite to church.	 45 Write down your faith journey from birth.	 46 . Make the recycling bin fuller than the trash bin.	 47 Have an extra prayer time one day.	 48 Say "God bless you" to everyone that you meet.	 49. Read one of the letters in the New Testament.	 50. Remember the good times.

50 Acts.

I thought that it would be nice to have a few challenges during these difficult times. Many of these challenges remind us of our Christian faith, and while things may seem bleak and hopeless, that we may feel useless, there is actually quite a lot we can do.

"Believe in God, believe also in me" says Jesus to his faithful followers and to us, and it's in believing in God that we can respond through prayer, through strengthening our knowledge of the bible, by looking up and looking around to see that there are others in need, and yes we can do things to help them.

We just have to believe in God and believe in Jesus.

There are absolutely no rules about these 50 acts, you can do the same one many times over, you can skip some, you can try some and then move on, you can do one and come back to it later on. You can tick them off, cross them through, mutter about the impossibility of some. You can share them or do them on your own. You can even make some more up of your own.

But at the back of it all is our faith, and as you do them you may like to ask "Where is God in these acts?" or "Where would God like to be in these acts?" or even "Is God listening / watching / joining in as I do them?"

So may God bless you in your endeavours.

Rev Julian