

Here's an activity to help us put our faith into action.

Let's practice Compassion as a Lifestyle. Don't forget to use #NCMCanada

- 1 There are 38,400,000 people living with HIV since 2021. Give 5 cents for every medication you have in your house.
- 2 You are blessed if you own a bible. 1/3 of the world does not even have access to one.
Give 25 cents for every Bible you own.
- 3 People living in developed nations consume 3x as much meat, 9x as much paper, 11x as much gasoline as someone in a developing country. How can you consume less? Give 10 cents for every can of food in your home.
- 4 Pray for the work and ministry of Nazarene Compassionate Ministries Globally
- 5 Wars, violence or persecution force millions of people to flee their homes throughout the year, creating a total displaced global population of almost 80 million. Give \$1 for every year you have lived in your current dwelling.
- 6 Today, if you have food in the fridge, clothes in your closet, a roof overhead, and a comfortable safe place to sleep. You are richer than 75% of the world. Give 50 cents for every bed in your house.
- 7 24,000 people die every day from hunger-related causes. Give 50 cents for every meal you ate today and 10 cents for every snack.
- 8 Jesus said, "I am the light of the world" - John 8:12. Electricity is not a luxury in many world areas. Give 5 cents for every lightbulb you have in your house.
- 9 For some people in Russia, it takes 6 months to save enough money for a coat.
Give 25 cents for every coat or jacket you own.
- 10 About 1 billion people in our world are infected with intestinal hookworms because they walk barefoot.
Give 10 cents for every pair of shoes or boots that you own.
- 11 Were you able to attend church without the threat of persecution, torture or death? Give \$2 so that others might have the same privilege.
- 12 By the end of December 2022, there were 671 million confirmed cases of COVID-19. Give 50 cents for every family member who has not contracted COVID-19.
- 13 Pray for the Nazarene Compassionate Ministries Canada team. Visit our website to learn more about this ministry.
www.ncmcanada.ca
- 14 More than 1/3 of the world's population lives on less than \$1 per day. Give \$1 if you have a job.
- 15 130 million children living today will not receive an elementary education. Give \$1 for each high school graduate & \$2 for each college/university graduate in your household.

COMPASSION. AS A LIFESTYLE.



- 16 \$34 billion annually would provide adequate food, water, and basic education for the world's poor - less than people spend on makeup, ice cream and pet food annually. Give \$1.
- 17 The National Zero Waste Council of Canada tells us \$49 billion worth of food is sent to landfill or composted each year. Help reduce food waste (i.e. create a meal plan and purchase only what you need, save and eat left overs).
- 18 In 2022, more than 2.3 billion people face water stress; almost 160 million children are exposed to severe and prolonged droughts. Give 50 cents for every tap you have in your house.
- 19 Pray for those who endure racist comments & abuse because of their skin colour, race, ethnicity, etc.
Think about how you treat people who are not like you. Practice kindness.
- 20 Pray that God will help your household practice compassion as a lifestyle. Discuss and plan for something to do this week for someone in need.
- 21 Throughout Asia nearly half a billion people struggle to meet daily nutritional needs. Give \$1 for every time you go to the grocery store this week.
- 22 Over 30% of the world's population cannot read. Give a 5 cents for every book you have in your house.
- 23 Most people in the developing world have to work every day just to survive. Give 50 cents for every day you will be off on vacation this year.
- 24 Give 10 cents for every gift you gave this year. 50 cents for every gift that was given to you.
- 25 We have so many blessings. Praise God with a thankful heart for all your blessings and for the best gift of all - His Son!
- 26 Today give a gift or do something for someone who is below the poverty line in your community.
- 27 An estimated 1.7 billion people do not have access to adequate sanitation. Give 25 cents for each time you use a toilet today.
- 28 For many in the developing world, walking is their only form of transportation. Give 50 cents for each time you drove or rode in a car in the past 3 days.
- 29 About 20% of Canadian children do not have enough to eat. Learn about hunger in your community.
Give to a local food bank.
- 30 Last year Canadian Foodgrains Bank provided food to 494,700 hungry people. Learn more about Canadian Foodgrains Bank at www.foodgrainsbank.ca
- 31 Pray that God will reveal to you how you can live with compassion towards your relatives, friends, neighbours and community in the coming year.

Thank you for taking the time to reflect, pray, advocate, take action and
give through the use of this calendar.

We invite you to visit www.ncmcanada.ca and choose a project that you would like to give to.

You can make donations online, by phone at 905-602-8220 ext 2,
or cheque: NCM Canada 3657 Ponytrail Drive, Mississauga, ON, L4X 1W5