



5 WAYS

TO CHANGE

A LIFE

(THAT DON'T INVOLVE MONEY)



DIGNITY FREEDOM NETWORK



5 WAYS

We've all experienced it.

We see a heartbreaking ad on TV or are moved to tears when we read a tragic story in the newspaper. People are suffering all around us and we feel all kinds of emotions: guilt, sorrow, sadness, anger. Most of all, we feel driven to **do** something.

In these moments, we might be eager to pull out our credit card and make yet another donation to another worthy cause. However, we realize that our bank balance usually doesn't allow us to keep up with the compassionate pull of our hearts. It seems we can never give enough. We just don't have the resources. There must be something more we can do, some action we can take, some way we can put our non-monetary resources to work for the betterment of society, the transformation of the world.

Yes! There **are** things we can do that don't involve money. And these are things which may be the most meaningful and transformative actions we can take to bring us together as creatures, as a global community, as people who struggle and live and love and learn together as one human race.

Here are five ways you can change a life forever that don't cost a dime.

1 BECOME AWARE

When an issue grips your heart, the best and first thing you must do is learn all you can about it. Oftentimes, we are moved to action emotionally and we rush into solutions without sufficient understanding. Read books, articles, and websites. The better informed you are, the more effective you'll be in lending assistance to the cause.

Without adequate awareness of the people you're seeking to help, your support may be well-intentioned, but ultimately non-productive.

Learn all you can, then move forward in changing lives with your new gift of awareness.



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2

REALLY LISTEN

All of us have innate emotional needs as humans: to be seen, to be understood, and to be heard. People living in poverty are no different. Sometimes, the biggest source of compassionate aid you can offer is a listening ear. Take the time to sit with someone who is in need and really listen to what they have to say.

Let them finish all their stories. Practice authentic empathy.

Withhold judgment.

Be a listener who wants to hear them. You will change a life forever just by giving patient, listening ears of encouragement and kindness.



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3 PRAY INTELLIGENTLY

Once you've gained knowledge and listened to their stories, you can come before the Throne of Grace knowing exactly how to pray for the needs of others. You can lift them up to the Living God with confidence, knowing that He will answer your call. He will provide for and protect those in need. He will guard them and offer them solace in a cruel world.

Dedicating yourself to daily prayer for those in need in your city, state, nation, and around the world will change lives radically and enduringly.

God is there, waiting for your plea. Let Him hear from you today.



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4 ADVOCATE FIERCELY

Once you have the knowledge and have developed a passion for the people in this world who are in distress, it's time to become an advocate. It's time to champion the cause.

*As an advocate, you share what you know, how you feel,
and what you've heard.*

Advocates work together as a team to develop workable, efficient solutions to the world's worst problems. Tell your story. Get others involved. Now you're not just changing one life. You're changing the lives of an entire community.



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5 WALK BESIDE

One of the most effective ways to change someone's life is to spend time with them personally in their own situation, learning from them, living with them, doing life together. You learn about their families and culture.

You learn not only about the realities of their life and their struggles, but also about their passions, their joys, and what they love.

You'll learn about the truth of their existence on a daily level. All of this will inform your advocacy, your prayer, and ultimately your financial giving when the time is right. Ultimately, as you walk compassionately with others, you'll receive that same gift back.

Receive this gift of presence with gratefulness and steward that time with love.



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