

# Breaking Good

By Lee Yates



For some people, spring break is filled with stories of drinking and clothes coming off. How can yours be different? Give some thirsty people some water. Give some needy people some clothes. Party on!

## For

Young Adult

## Season

Spring

## Needed

Bottled water, transportation, plastic grocery bags or boxes



## Prepare in Advance

- Carve out some time over spring break (or any other time) to donate your time and resources.
- Find a place that accepts clothing donations, perhaps an emergency shelter or nonprofit thrift store.
- Choose where you will give out bottled water, perhaps a place where homeless people congregate or a social service agency or shelter.

## Activity Plan

1. Open in prayer. Here are some words if you need them.

*God, help me to use my time to serve others. May my service bring me and you joy. Amen.*

2. CHOOSE AN OPTION (or try them all):

- Sort through your drawers and closet and pull out any clothing that doesn't fit or that you no longer wear. Invite friends and family members to do the same. Bag up the clothes and deliver them to an emergency shelter or other place that accepts clothing donations.
- Buy some bottled water. Invite friends and family members to donate some, as well. Give bottles of water to people who are homeless or in line at a social service agency or shelter.
- Take granola bars, fruit, or packaged crackers to an emergency room or 24 hour clinic and give them out. Water bottles work great here too.
- Make a sign out of cardboard (bottom of the water bottle box will do) that says, "Not homeless and thankful. Help me support those who need it!" Stand near a street corner or at a shopping center and collect money. If someone who is homeless is there already, volunteer to collect for them. Make sure to give your donations to a shelter or feeding ministry, or buy and give out more water bottles.

3. Close your day in prayer. Talk to God about your experiences and think about another day's service.

4. Got any good pictures from your spring break time of sharing? Tell about your service experiences at [VibrantFaith@Home.org](http://VibrantFaith@Home.org).

