



WHO NEEDS YOUR LIGHT TODAY?

Welcome to Light the World 2022!

During December, we're going to ask you, "Who needs your light today?" to celebrate the birth of our Savior, Jesus Christ. Each day we hope to inspire you to think of someone you can serve, and we'll share something uplifting to encourage you to go do good.

Find more inspiration at

churchofjesuschrist.org/comeuntochrist/uk/LightTheWorld

1

To start training your kindness muscles - keep your eyes open for someone who needs a helping hand.

2

A small action can make a big difference. See how many people you can give a smile today.

3

Go for a walk to catch the scarce daylight - and invite a friend to come along.

4

Jesus is the best example of light and love. Watch the story of His birth here: LightTheWorld.org

5

Music brightens the mood. Bring more light into the world by sharing a song with someone.

6

Take a moment to reflect on a time someone was a light to you. Share it with us on social media with [#LightTheWorld!](https://LightTheWorld.org)

7

Compliments make us feel good - both giving and receiving them. Show your appreciation by sharing sincere compliments.

8

Kindness is contagious! Studies show that those who see good are more likely to do good. List 5 good things you can see right now!

9

Before you open your mouth today, think how you can use kinder words.

10

Everyone loves to be heard. Show interest by asking more follow-up questions.

11

Share today's online Christmas concert with your friends, neighbours and family. Access it here: LightTheWorld.org

12

Who's on your mind today? Find a way to brighten that person's life.

13

What makes your light shine brighter within yourself? Write a list of 10 things, and pick one that you can focus on today.

14

"Every time you notice someone in need and... reach out in love, [God's] light expands and swells." —Elder Dieter F. Uchtdorf

15

Charities are especially busy during this time of year. What can you do to support a local charity with time or other resources?

16

How can you spread your light this Christmas? Take 30 seconds to reflect, then go and do!

17

"The Lord is my light and my salvation; whom shall I fear?" (Psalm 27:1). Draw further light by reading Psalm 27.

18

This Sunday, join us for a Christ-centered Christmas service. All are welcome to worship with us. You can even invite a friend to come with you!

19

God has given us a beautiful world - even in the middle of winter. Share on social media how you see beauty all around you right now.

20

When you are kind, your brain's reward center lights up as if you were the recipient rather than the giver. Give your brain a boost today!

21

What is a favourite Christmas treat? Who could you share it with to brighten their day?

22

Think of those who make your pathway bright: How can you express your appreciation to them today?

23

Do you have a Christmas tradition? Invite someone to join in or create a new one.

24

As you celebrate Jesus's birth, remember His words: "I am the light of the world: he that followeth me . . . shall have the light of life" (John 8:12).



THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS