

**“I would like to help in any way I can. I can....”**  
**or**  
**“I don’t know what you need, but I know what it takes to  
make my household run, so may I....”**

(This list was originally written by Ruth Moran and edited by Christina Brown.  
Additions have been made)

1. Take your children to the park/playdate/movies
2. Help kids with homework/school.
3. Take over your carpool duties
4. Make/pack school lunches/bring lunches
5. Do your dishes
6. Pick up laundry and bring it back clean
7. Clean your bathrooms
8. Wash/detail your car(s)
9. Clean your house
10. Housekeeping chores and cleaning whatever needs cleaning
11. Fix \_\_\_\_\_ in your house. (Things seem to break down more when there is no one to fix it)
12. Bring the church bulletin and tell you about the sermon/service/church family
13. Gather a cheer basket of movies, books, magazines (loaned so home doesn't get cluttered permanently)
14. Have the oil changed in your car
15. Get your cars inspected
16. Do your grocery shopping
17. Feed pets and water/fertilize plants inside and outside
18. Take pets to vet



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19. Sit in the hospital waiting room with your family

20. Handle updates and field phone calls and communications for you. One or more people should obtain updates and then distribute them (one for the phone and one for email or whatever suits their needs). This usually needs to be a close friend or even a family member who is capable. I can’t overstate the importance of this help because it kept all the prayer warriors informed without our having to repeat the news unnecessarily and then to have to field various questions we may or may not have been able to answer.

21. Coordinate the church’s mercy ministry aspect.

- One of the most helpful things done for me was that our shepherding elder’s wife coordinated the schedule of meals being brought in and communicated with the church office about our needs (even arranging transportation to appointments).
- It was far easier to communicate in this way than to answer several well-meaning phone calls wanting to schedule this.
- She managed the meal/driving schedule and could field the inquiries from my church family.
- We supplied her with a list of favorite foods, number of people in our home, allergies, meal times, and radiation treatment schedule.
- We simply made it known by email to the church family that she was doing this and then she gave us a schedule to know what to expect.
- This also helped to have a written record later of who did what so we could appropriately send thank you notes.

22. Plant flowers and/or do a yard makeover.

23. Mow/trim the yard.

24. Provide a hospital parking pass(es). There are few things as insulting as family members of critically ill patients having to pay daily to park to oversee the care and visit with their loved one.

25. Hospital cafeteria vouchers.

26. Care bags for waiting room. (Puzzle book/word game, water, snacks, change for phone calls, scripture pamphlets, pen pencil notepad.)

27. Create signs for hospital rooms:

- **Psalm 27:13** Yet I am confident that I will see the Lord’s goodness while I am here in the land of the living.

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- **Psalm 4:8** I will lie down and sleep in peace for you alone or Lord make me dwell in safety.

28. One of the wisest recommendations we received initially was to not postpone couple time together for each of my diagnoses, Tim and I have taken time to be away alone together. These are precious memories for us both and serve to strengthen our bond in our faith in times that were otherwise chaotic. Some folks contributed to an overnight and special dinner for us one time.

29. One dear friend gathered our closest friends together for dinner together where we enjoyed one another and prayed together before my surgery. (This may not always be feasible and wasn’t the third time around but was a precious gift.)

30. Guest book for visitors to sign and write notes. This is good even if a patient is sleeping for visitors to leave notes and encouragement even after they’re gone. I still read mine.

**I’m far away. Is there anything I can do? Absolutely, yes!**

There is no limit to the blessings we share and even distance can be overcome in showing grace and mercy to one in need. For anyone close or far away there are other things that don’t need coordination.

31. Gas cards.

32. Grocery store cards.

33. Visa gift cards. These allow anyone in the home to run these errands for the patient and family without having to worry about money exchanges. Anything to defray the expenses is helpful. Even with excellent insurance, illnesses in crisis create unforeseen expenses in additional financial hardships.

34. Soothing music, playing harp, CDs.

35. Bible on CD.

36. Audible Account, books on CD (Someone sent me an iPod with audiobooks already programmed on it.)

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37. Humorous cards and signs. Laughter is a great medicine and it’s not possible to over emphasize this aspect. But, please be sensitive to the particular personality in your own relationship with the person.

38. Pamphlets that share the Gospel to give to medical personnel and others. (John Piper’s Quest For Joy— Six Biblical Truths). Something relevant to illness and hope. (I had an IV tech nurse come back to me for counseling following my giving her the John Piper pamphlet.) There’s no time like a crisis to share the hope of the Gospel!