

# *10 things* that make a difference when a friend is in a hard place

1. Pray (don't just offer, but commit to it)
2. Show up
3. Take care of a physical need (naps, food, hug, warm blanket)
4. Pitch in to help with a financial need (fill the tank, gift card)
5. Send a handwritten card/note
6. Acknowledge her family (prayer, kind words, bring or do something special)
7. Listen without offering advice
8. Let her cry
9. Write out a scripture verse and tuck it where she will find it
10. Keep praying (the initial battle is rarely the biggest battle)