



**Perky's
HELP**



Life With Faith

Perky is aware that life regularly presents moments of uncertainty, difficulty, and challenge. In these moments it can sometimes be hard to know how to respond appropriately. A simple framework for recognising common human needs and choosing constructive, faith-guided actions in response may, however, be recognised.

Twelve common life situations with practical responses rooted in spiritual principles, such as patience, mercy, service, and reflection may be identified from the table below. This encourages thoughtful action that aligns with deeper values and faith.

Each entry begins with a need or challenge. This is followed by a suggested action and its intended outcome. Together, they form a pattern for living with purpose, strengthening personal character, with the chance of positively influencing the lives of others.

The ideas are not a basis for rigid rules, but Perky deems them as guidance that helps bring clarity, purpose, and resilience to everyday life.

Ref	Cornerstone	The Situation	Action
A	Community	Feelings of isolation, loneliness, or being misunderstood	Build trust through empathy and shared faith
B	Fortitude	A hard season or major setback in life	Practise patience and persevere through the trial
C	Growth	A sense of being stuck or spiritually stagnant	Commit to learning and spiritual maturation
D	Harmony	Holding a grudge or navigating ongoing conflict	Face the tension and seek peace-making
E	Healing	Being trapped in shame or negative cycles	Identify distortions and seek divine mercy
F	Identity	Feeling like a cog in the machine or invisible	Use your God-given talents to innovate
G	Initiative	Waiting for a sign but feeling paralysed to act	Take responsibility and take the first step
H	Order	Life turning into a chaotic to-do list	Manage your time and focus on what matters
I	Purpose	A grey sense of uncertainty about what is right	Reconnect to core values and divine will
J	Reflection	Reactivity, irritability, or being constantly on edge	Practise presence and self-regulation
K	Service	A desire for life to mean more than a paycheck	Support others and lead by example
L	Vitality	Physical and spiritual exhaustion	Use sacred rest to rejuvenate mind and body

Ref	The Outcome	Notes
A	Strengthened Relationships	Focus on loving neighbours and maintaining just, supportive covenant bonds
B	A Resilient Spirit	Modelled after the trust in God shown by Abraham and Job during trials
C	Empowerment Through Change	Achieved through continual repentance, learning, and spiritual maturation
D	Communal Peace and Emotional Safety	Centred on pursuing peaceful, righteous relationships
E	Freedom from Inner Limits	Focuses on restoring the heart through mercy and divine guidance
F	Sharing Your Authentic Spark	Living faithfully as a servant shaped by divine law
G	Purposeful Ownership of Your Story	Rooted in the duty to act justly and actively pursue good deeds
H	Clarity and Reduced Overwhelm	Follows divine guidance to bring order to worldly chaos
I	Inner Peace and Groundedness	Living righteously to worship and honour the Creator
J	Calm and Godly Intention	Developed through prayer, contemplation, and self-examination
K	Making a Meaningful Difference	Fulfils the command to help others through charity and justice
L	Recharged Spirit for Longterm Service	Based on the stewardship of the body and spirit to fulfil the Creator's will