

Day 7 Encourage

Quote

When we become more fully aware that our success is due in large measure to the loyalty, helpfulness, and encouragement we have received from others, our desire grows to pass on similar gifts. Gratitude spurs us on to prove ourselves worthy of what others have done for us. The spirit of gratitude is a powerful energizer. Wilferd A. Peterson

Bible Verse

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Romans 15:5-6

Inspiration

Black Beauty

<http://www.youtube.com/watch?v=ZPCKfARH2eE>

Gratitude link

20 ways

<http://jodiegale.com/20-ways-to-practice-gratitude-infographic/>

Journaling

Do you think of yourself as an encourager? Quite often those who have a gift of encouragement don't recognise it in themselves.

Who encourages you?

If you feel discouraged, what actions do you take to lift yourself up?

Technique

Colour Blocking Technique

<http://www.youtube.com/watch?v=5SSfyWLSKM4>

Action

Write a letter to a child who could use some encouragement or attention. Kid's love getting mail.