

Day 7: Encouragement

Starting Point:

The most encouraging people are often unaware they have this gift, because encouraging others is a natural part of their existence.

Who are the people who have encouraged you in the past?

Who encourages you now?

Who are you most grateful to have in your life now?

Quote:

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. Albert Schweitzer

Bible verse: For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 1 Timothy 1:6-7

Inspiration:

Video http://www.ted.com/talks/lang/en/laura_trice_suggests_we_all_say_thank_you.html

Technique Challenge:

You can make your own stencils using thick card, sheets of acetate or the acrylic windows from packaging. You can draw a shape onto whatever you are using and then cut out the shape using a sharp knife. Or you can use a die cutter and a die.

Make your own stencil to use on your page today.

Gratitude Challenge:

Send a letter or a card, by snail mail, expressing your gratitude to someone who encourages you.

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