Encouragram

These days we spend a lot of time on social media. This is a great way to stay connected with others, but often it gets used as a way of being offensive to each other.

One part of reflection and prayer is being aware of the impact we can have on others. We can use our influence to have a positive impact on the lives of others, or we can use it to have a negative impact. Today we are focusing on how we can have a positive impact on others.

In the bible it tells us to ‘encourage one another and build each other up’.

If you would like to, take the piece of paper from someone else in the class, and leave them a positive “comment”. It can be a simple hashtag, or several sentences, but use the opportunity to tell them what you think is great about them. You could take some time to think or pray about different ways to encourage people around you.