Take What You Need

What obstacles might get in the way of keeping a promise you have made, to yourself or to others?

Once we have chosen goals to reach or promises to keep, we can find it hard to keep going. Sometimes we need help and encouragement to not give up.

Christians believe that they can help others by encouraging them to use their skills, talents and abilities and noticing when people need their help.

If you would like to, have a look at the encouragements on the slips of paper. Choose one to tear off and keep with you in your pocket. Read it and think about or say a prayer to have more of this in your life. Then think about someone who you could encourage. In your mind, choose something to say or do for them. Feel free to write it on a post-it note to share your ideas. Try and do that today!