



## Week commencing 23<sup>rd</sup> March

"So encourage each other and build each other up, just as you are already doing."  
(1 Thessalonians 5:11).

Not only is this a message for the Thessalonians but for us too. Phone and video calls, emails and texting are really important to let people know you're thinking of them.

Our challenge is to contact someone each day to say hello and encourage them. You can also light a candle, (a battery one is safer), pop it in your window each evening at 7pm and say a prayer for your friends or those in your community, to show you're thinking of them.

You could say your own prayer or you could repeat this one;

Father God,

We pray for our friends and neighbours today, that they may be encouraged and uplifted by our thoughts and prayers. Help us to remember to message and call them and send them peace. Give us the right words to make them smile and bring them joy today.

In Jesus' name,  
Amen