



## READ 1 THESSALONIANS 5:11

## DAY 1

Who is a friend of yours that is going through a hard time? Or maybe it's your mom or your brother? Whoever it is, write their name down.

You're going to make an EP now—an encouragement plan! This week, make it your goal to encourage this person in as many ways as you can. Making a plan will help, so write down all the things you know about that person.

Favorite activity:

Favorite food:

Least favorite activity:

Favorite movie or music:

What is a Bible verse that might encourage them? (You can ask a parent for help if you need to!)

Now find ways this week to do, buy, make, or share things that will encourage this person. Maybe it's turning on their favorite movie while you do the dishes or making a piece of artwork with an encouraging Bible verse. Try to do several things on your EP this week and see how it might help your friend feel better.

**THANK** God for the people He has put in your life who encourage *you*.

## READ EPHESIANS 4:29

## DAY 2

Have you ever said something true, but it wasn't kind? Or has anyone ever said something to you that was true, but it wasn't helpful? Just because something's true, it doesn't mean we need to say it. Ephesians 4:29 tells us that the real test of whether we should say something is if it will build others up—or help them.

Ask your parent for help getting one cup or jar and label it with the words "TRUE," "KIND," and "HELPFUL." Challenge your whole family to play along. Every time someone says something that is all 3 things—true, kind, and helpful—drop a coin or a piece of candy inside. When it's full, come up with a special way to celebrate!

**ASK** God to help you only say what will encourage others.



**READ 1 THESSALONIANS 4:18 DAY 3**

What do you think of when you think of comfort? Maybe hot cocoa and blankets ... or a favorite t-shirt ... or a hug from your mom ... or a favorite book or movie when it's raining outside and you're cuddled up on the couch.

What do all these things have in common? Hopefully they make you feel relaxed, calm, and encouraged. How great would it be if our words could do the same thing for each other! Highlight or star the phrases below that make you feel good or better.

I'm praying for you  
It's not that big of a deal  
Who cares?  
I'm sorry  
I love you

I understand  
Get over it  
God loves you  
How can I pray for you?  
You're doing a great job

**LOOK** for opportunities to talk in ways that encourage and comfort others.

**READ HEBREWS 3:13A DAY 4**

Hopefully this week you've been putting your EP (Encouragement Plan) into action and at least one person in your life feels encouraged. But if you haven't, don't be discouraged—just start today! Set a clock or timer to be your reminder. (*Quick—put this paper down and do it now! We'll be here when you come back!*)

When the timer goes off, pick one thing from your plan to do: write a note, send a text, or do something you know they hate to do (like take out the trash or clean the bathroom!).

Every day you have lots of opportunities to be an encouragement to the people around you. And like how it is with most things, the more you practice, the better and more natural it will become. So start practicing and building the habit of encouragement today!

**KNOW** that God has given us people in our lives so we can build each other up.

