

# Live It Out—Discover how to love like Jesus

## DAY 1

### Read 1 Thessalonians 5:11

Are you an encourager?

To encourage means to cheer someone or urge them on in with confidence. There are LOTS of ways you can encourage someone both with your actions and your words. Because friends encourage each other.

### Encouragement Jenga

Grab a set of Jenga® blocks. Write the words of today's verse on some of the blocks and stack them up for play. Grab a friend and play the game. Remember, the goal of the game is to try NOT to knock the structure down. As you play, say some of the phrases below (or others that you come up with on your own) to encourage your friend.

"You've got this!"

"Way to go!"

"You can do it!"

"You are so awesome at this!"

## DAY 2

### Read Proverbs 15:1

According to this verse, what happens when you answer your friend in a gentle way, choosing kind words?

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What happens when you choose mean words?

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Your words matter. Because once you've said something, you cannot take it back! Choosing words that help, words that are gentle and kind, can protect your friendships. Mean or unkind words can tear a friendship apart. You have the opportunity to encourage your friends with the words you choose.

### Choose Your Words Carefully

"Go Away"

"We dont like you"

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.....

"You're weird"

"You're dumb"

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"That's so lame"

"Get lost"

.....

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DAY 3

### Read Galatians 6:2

One BIG part of friendship is being a support to a friend when he or she is sad. This is the part that we don't always think about. The Bible tells us that one big way we can encourage our friends is by "carrying one another's heavy loads."

That doesn't mean you actually carry something around. It means that you think about them and pray for them. You can ask, "How are you feeling today?" and then LISTEN to their answer. You might just sit with them and say, "I'm so sorry." You don't have to fix the problem. You just need to remind them that you are there to listen and to offer a hug. Because friends encourage each other.

Can you think of a friend who is sad? What is ONE thing you can do this week to show that friend that you want to help carry his/ her heavy load?

DAY 4

### Read Ecclesiastes 4:9-10

When you offer encouragement to someone who's down, you will be the kind of friend that EVERYONE wants to have. Because good friends encourage one another. After all, as today's verse reminds us, two really are better than one. We are made for friendship!

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#### Backpack Tag

Cut out the tag on the right, decorate it with glitter or sequins or crazy neon colors, and cover it with tape on both sides. Punch a hole in the top, run ribbon or yarn through the hole, and then loop it through your zipper on your backpack.



Encourage one another.