

Begin with a quiet prayer asking **GOD** to help you become aware of someone who is feeling hurt or left out. Write their name on a piece of paper. Using a flashlight, glow stick, or small lamp, shine its light on that person's name. Imagine the glow of the light as **GOD'S** love surrounding them. Ask **GOD** to bless them in whatever way is needed. Keep that person in your heart and prayers today.



What words could you say that might help this person feel better?
Write them in your journal.

Now, what could you do with these words?
