



Look at your **HANDS**. What do you do with your **HANDS** each day? Place one of your **HANDS** on your journal page and trace around it. Ask God to help you think of a person your touch could help. In the middle of your **HAND** outline, write their name and how you will use your helping **HANDS** for that person.

What happens as you use your helping hands.
How does it make you feel?
How does the person you help feel?
