

TEACH ONE
ANOTHER

Binga

DO YOU NORMALLY ENGAGE IN GOSSIP? TRY BITING YOUR TONGUE INSTEAD.		PRAY ABOUT A DIFFICULT RELATIONSHIP	READ THE DEEPER DIVE SHEET AND MAYBE TALK ABOUT IT WITH SOMEONE ELSE	PRAY FOR SOMEONE YOU DISLIKE.
READ COLOSSIANS 3: 12-17 EVERY DAY AND MAKE IT YOUR PRAYER.	PRAY THE LORDS PRAYER, SLOWLY, EVERY DAY.		ASK GOD, WHAT IS IT LIKE TO BE ON THE RECEIVING END OF YOU?	
SING YOUR FAVOURITE HYMN OR SONG OF PRAISE!			CONSIDER TAKING A SOCIAL MEDIA BREAK TO DISENGAGE FROM TOXIC SPEECH	GIVE THANKS EVERY DAY
ASK GOD TO HELP YOU TO LOVE SOMEONE WHO YOU FIND HARD WORK.		PRAY FOR SOMEONE WITH WHOM YOU DISAGREE ABOUT SOMETHING	MEDITATE ON PSALM 100	
	DO A RANDOM ACT OF KINDNESS			ASK GOD FOR AN OPPORTUNITY TO ACT WITH COMPASSION - AND DO IT.

MADE IN CANVA