

# Encouragement Envelope

By Courtney Still

We all have times when we feel like we can't do anything right or view ourselves as inadequate. By creating positive, handwritten notes you can remind yourself or a friend that we all have a purpose and unique qualities that God has blessed us with.

## For

Young Adult

## Season

Summer

## Needed

Any size envelope, paper, pen/marker

## Prepare in Advance

- If you find it tricky to come up with encouraging thoughts for yourself, start by making a mental list of strengths, personal triumphs or qualities you like about yourself.
- Think of a friend/family member that needs an extra dose of encouragement. You could also ask a few friends if they would be willing to write a note or two to complete an encouragement envelope.



## Experience

Read this passage from Paul's letter to the Corinthians before writing notes meant for yourself or read the passage to a friend for whom you are preparing an envelope (you could even write this passage on the outside of the envelope):

Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good (1 Corinthians 12:4-7).

If you are in need of personal encouragement, prepare notes that focus on your gifts (big or small) and place them in an envelope. See examples on the next page. Take one or two out each day for a week as a reminder that you are a unique child of God. This could be a great way to start off your day!

If you have someone else in mind, prepare multiple notes for her or him that you will either deliver in person or send in the mail.

## Consider

- How did you feel after writing notes to yourself?
- Was it difficult to be convinced by your own encouraging notes?
- Are you encouraged by the message in 1 Corinthians that our gifts are directly from God?
- If you gave an encouragement envelope to someone else, what was his or her reaction?

## Pray

Say this prayer after completing your encouragement envelope:

*Dear God, Thank you for the unique gifts that you have given us. Remind us that we are your beautiful creations and are each an important part of your story. Amen.*



## Encouragement Examples

Here are a few examples of encouraging notes you could write for yourself or a friend:

- I admire your ability to stay positive when going through a difficult time.
- I appreciate how carefully you listen when I need a friend.
- You are beautiful.
- You are a child of God and an important part of my life.
- I appreciate your gift of...

