



Take a small length of string and tie five knots in it. Let each knot represent one friend or family member. Keep the string in your pocket and set an alert on your phone to remind you to pray for those five people every day. As you hold each knot, pray that that person would know God's love.

You may like to use the prayer below.

May your eyes be open to the miracle of each moment and a warm embrace hold you this day.

May you have the courage to know and accept yourself and others, and may beauty and friendship brighten your life.

May the kindness of God the Father complete you; the company of Christ the Son walk with you and the love of the Holy Spirit empower you today and always. Amen