

# Love Notes

*“By this all men will know that you are my disciples, if you love one another.” John 13:35*

Commit to sending a handwritten care note every day during Lent. With the advent of e-mail in our lives, dropping someone a personal note has almost become a lost art. Nevertheless, few acts replicate the profound touch that occurs when someone finds an affirming or encouraging note in their mail box. As easy as sending a note daily sounds, being consistent for 40 days can be challenging. Follow the steps below though and you are almost assured of success.

**Step 1. Get everything you will need before you start.** Go out and purchase either some stationary or a box of care notes and 40 stamps. Get something nice. You want everything you need from the start because all it takes often times to derail someone is missing a day. Put some care and thought into it as if you were doing each note for Christ himself.

**Step 2. Create a spot for writing your notes.** Have a place where you can sit down each day and write your notes. The more visible that spot is to you, the more likely you are to keep at your discipline.

**Step 3. Pray about to whom you should write.** Ask God to begin filling your mind with people who would be blessed by a simple note.

**Step 4. Create a starter list to help you get going.** Add people to that list as they come to mind. On the back of this sheet are some suggestions of different people you could write to help you get your list started.

**Step 5. Focus on consistency, not on getting 40 done.** If you focus on forty you will most likely come out of the gate very enthused, have a burst of accomplishment and then drop off. That’s human nature. Resist doing a batch; instead, focus on getting one a day, every day, for 40 days. You will gain more life lessons from this approach and are more likely to accomplish your goal.

## Who could you possibly write?

1. Family members you are thankful for: parents, children, grandparents, grandchildren, etc.
2. People who have been an influence on your life: teachers, pastors, Sunday School teachers, mentors.
3. People who have cared for you: Friends who have prayed for you, done a favor for you.
4. People who have cared for your family: music instructors to your children, caregivers for your parents, baby sitters, coaches, doctors, nurses, therapists.
5. Strangers who just do their job very well like a business owner for a business that you like.
6. Co-workers
7. Neighbors
8. People grieving
9. People recovering from illness or surgery
10. People who are feeling down or depressed
11. People with a struggle in their life
12. Someone who has moved away
13. Students away at college
14. Someone in the military
15. Volunteers or directors at non-profit organizations in our community.
16. A deacon or an elder at our church who has contributed of their time and talent.
17. People with whom you enjoy volunteering.
18. Old friends from your past with whom you have lost contact.
19. Someone you admire.
20. Someone who recently accomplished a significant goal.
21. Someone who recently did a great job at a task.
22. Someone needing encouragement as they work toward a goal.

You can think of many more, but armed with just this list you should easily come up with a list of 40 people. Why don’t you sit down right now and start a list of specific names that came to mind for you as you read this list. Blessings to you on your Lenten Journey.