



LOVE

EXPERIMENT

WEEK 1



EXPERIMENT

ENCOURAGE SOMEONE

Encouragement means “to put courage into”. Find someone this week and make a substantial deposit. Think about how you can give them courage for some area of their life.

WEEK ONE



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EXPERIMENT

GIVE SOMEONE A BREAK

We're all busy, but this week find someone you can help. Babysit for a night to give a couple a date night, help a friend paint a room. In other words, add something to your list that lightens the load of someone else's.

WEEK ONE



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EXPERIMENT

SAY YOU'RE SORRY

This week find someone to apologize to.
Not in an “I forgive you in my heart”
kind of way, but with a note, a text or an
actual conversation.

WEEK ONE