



**Friday 8<sup>th</sup> August 2025**

## **Kindness Connects – Sis Moreen Duckworth Samuels**

**“In His kindness, God called you to share in His eternal glory by means of Christ Jesus. So, after you have suffered a little while, He will restore, support, and strengthen you, and He will place you on a firm foundation.” 1 Peter 5:10**

**Encouragement: Life can be incredibly tough at times, with challenges that feel overwhelming. In those moments, take a moment to reflect on how far you have come through past struggles. Embrace your journey, and reach out to someone who might be struggling**

**Challenge: Prepare them a warm meal, invite them to watch a movie, or offer to run errands for them. Sharing your experiences not only helps them feel less alone but also fosters connection and hope, reminding both you and them that brighter days are ahead.**

**Prayer: Father, may we always find the strength and compassion to uplift one another. Amen**