






Walking the Way challenge

<p>How many challenges can you do? Colour the box with a heart as you complete each challenge. Each box focuses on one of the five love languages</p>	<p>Love God (and God's world)</p>	<p>Love others</p>	<p>Love self</p>
<p>Words of affirmation</p> 	<p>Go for a walk and see if you can spot ten signs of God's love — shout out how great God is!</p>	<p>Be a ninja affirmer. Sneakily give words of affirmation to others. Perhaps you could slip a note into someone's bag or pocket or peg a message to their clothes without them noticing. Tell them something good about themselves — something you like about them or which would make them feel good.</p>	<p>Sometimes it is hard to say nice things to yourself. Decorate a mirror, a notice-board, a notebook with words to remind you that you are good enough, you are loved by God just as you are, you have gifts and talents and characteristics that others appreciate in you. Look at it every day.</p>
<p>Physical touch</p> 	<p>Explore God's creation using your sense of touch — hug a tree, walk in the grass without shoes on, stroke a pet.</p>	<p>Understand that not everyone is comfortable with touch — you may not be either. Could you give away a teddy to someone who needs a hug, knit a scarf to keep someone warm, or make a heart out of soft material for them to hold.</p>	<p>Get some nice hand cream and give your hands a massage, or paint your nails with some nail varnish, or wrap yourself up in a snuggly blanket (like a hug) to watch your favourite movie on TV.</p>
<p>Giving and receiving gifts</p> 	<p>Think about the gifts you have been given by God. Take five minutes and count how many things you could say thank you to God for. If you are in a position to, can you give 5p for each thing in your list to a charity of your choice?</p>	<p>What gifts can you give to others? Can you donate a tin or more to the foodbank or some outgrown clothes or toys to the charity shop? Knit some tiny hats for premature babies at your local maternity hospital or make up a bag of toiletries for your local homeless shelter.</p>	<p>A gift can be a present but the word gift also refers to something God has made you good at. Think about your gifts — perhaps you're good at playing an instrument, good at taking care of people, good at cooking or baking, good at making things. Take some time to practise the things you are good at and think about how you can use your gifts for God.</p>
<p>Quality time</p> 	<p>Spend some quality time with God — find ten minutes every day for a week to read a Bible story and talk to God.</p>	<p>Try to make proper contact with two of your friends and family — maybe phone them instead of sending a text message, or arrange a play date or get together. Spend a day trying to speak and listen to the people you meet.</p>	<p>Set aside fifteen minutes every day to do something you really enjoy such as reading a good book, chatting to a friend, doing your hobby, riding your bike etc. Tick this box when you have done this five days in a row.</p>
<p>Acts of service</p> 	<p>Can you do some guerrilla gardening (find a neglected area, tidy it up and plant some plants or wildflower seeds) or make a feeding station for birds or hedgehogs.</p>	<p>Watch out for opportunities to do good or help people around you. Can you do a random act of kindness for someone else every day for a week?</p>	<p>Put some effort into making your environment nice — tidy your room, make your bed properly, clean your shoes, plant some pot plants for your windowsill.</p>