# 31 Days of Loving One Another

*"Above all, keep loving one another earnestly." — 1 Peter 4:8*

A small, specific way to love someone — one day at a time. Pick your own start date and go in order, or shuffle the days as they fit your month.

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| **Day 1**<br>Send a message telling someone specific why you're grateful for them. | **Day 2**<br>Pray by name for three women in your life today. | **Day 3**<br>Reach out to someone you've lost touch with — just say hello. | **Day 4**<br>Confess a small struggle to someone you trust. |
| **Day 5**<br>Write down one way you were made "for" someone in your life. | **Day 6**<br>Ask someone how you can pray for them — then actually pray. | **Day 7**<br>Tell someone specifically what you see God doing in them. | **Day 8**<br>Sit with someone in a hard moment without trying to fix it. |
| **Day 9**<br>Say a kind, honest word you've been avoiding. | **Day 10**<br>Carry a practical burden for someone — a meal, an errand, a task. | **Day 11**<br>Encourage someone toward a next step you see them ready for. | **Day 12**<br>Ask forgiveness for something small before it grows. |
| **Day 13**<br>Check in on someone who seems to be pulling away. | **Day 14**<br>Write someone a note naming a gift you see in them. | **Day 15**<br>Listen to someone's whole story today without interrupting or advising. | **Day 16**<br>Offer to help carry something practical — childcare, a ride, a chore. |
| **Day 17**<br>Speak a gentle truth to someone who needs to hear it from you. | **Day 18**<br>Invite someone into your actual life — a meal, a walk, a coffee. | **Day 19**<br>Tell someone what you're struggling with instead of pretending you're fine. | **Day 20**<br>Celebrate someone's win out loud, publicly if you can. |
| **Day 21**<br>Ask a mentor or mentee, "What do you need from me this week?" | **Day 22**<br>Show up for someone's hard day without being asked. | **Day 23**<br>Say the encouraging thing you're thinking instead of just thinking it. | **Day 24**<br>Follow up on a burden someone shared with you last week. |
| **Day 25**<br>Name one way someone has shaped who you are — and tell them. | **Day 26**<br>Ask someone directly, "Is there anything unspoken between us?" | **Day 27**<br>Stir someone toward a good work you know they're capable of. | **Day 28**<br>Bear with someone's flaw today instead of growing frustrated by it. |
| **Day 29**<br>Thank someone for correcting you well in the past. | **Day 30**<br>Write a short prayer of love over someone in your life. | **Day 31**<br>Choose one "one another" command to keep practicing beyond today. | **You did it.**<br>*Keep loving one another.* |

*Want company as you go? Join us in the Christian Women Who Mentor | Bridge the Gap Facebook group and share how it's going.*