

S.O.U.L. Heart Sister Guidelines (Winter/Spring Session)

Thank you for deciding to participate in this ministry of caring and sharing with other sisters in Christ. A Heart Sister will be selected for you soon that you will be praying for and encouraging you from February 21st – June 21st. You will now be an instrument that God has placed in her life to give her the encouragement she needs - right when she needs it! "A word spoken in due season, how good it is!" Proverbs 15:23.

Here are a few guidelines to help explain what the Heart Sister Ministry is all about.

1. Know that this is a commitment.

Understand that you are choosing this ministry with a heart of giving. The Heart Sister that you are assigned to is expecting you to uphold her in prayer & receive encouragement through thoughtful gestures. If you are unable to fulfill this commitment, please contact me so that your Heart Sister can be reassigned. If you have any questions, please feel free to contact me.

2. Get to know your Heart Sister.

Review her questionnaire thoroughly. Even if you think you already know her, you will probably discover some wonderful new things that you never knew. If you don't recognize her name, please have someone point her out to you.

3. Uplift your Heart Sister in prayer daily.

Praying daily for her will strengthen YOU, & the blessings to BOTH of you will be immeasurable.

4. Encourage her.

The number of times you contact your Heart Sister is up to you. Try to contact her at least every 10 days to two weeks by sending a note or card to encourage & to remind her that you are thinking about her & praying for her. You will be brightening her day & reminding her that someone is thinking about & praying for her needs on a daily basis.

5. Remember your Heart Sister on her special occasions.

Mark any of her special dates on your calendar such as her birthday, anniversary, etc., as well as any holidays. If your Heart Sister's birthday should fall outside of Feb 21st – June 21st, please select any day you wish and "celebrate" her birthday then!

6. Keep it a Secret!

Remain secretive. Send mail to your Heart Sister's house for fun or leave her a note and/or gifts at the Church mailboxes. If you do leave something at the mailboxes & notice that it has not been picked up, enlist others to make sure your Heart Sister knows she has a delivery. We will have a special "Reveal Event" in June (location, specific date & details to be announced). Plan to bring one last card or small gift to this event.

7. Ideas for encouragement: ANYTHING FROM THE HEART!

Cards, thoughtful notes, poems, bookmarks, candy, candles, bubble bath, baked goods, a book, a small gift card to her favorite grocery store, restaurant, etc., anything you make yourself. Review her questionnaire, & remember: it's the *thought* that counts. We don't want this ministry to be a major expense to anyone – just a ministry that uplifts & encourages.

I hope you will look at this ministry as an opportunity for us to strengthen & grow in the prayer & fellowship aspect of our Church sisterhood. What better time to know that someone is praying daily & caring for us! It is my deepest hope that you may be blessed with new friendships, inspiration, & a renewed feeling of God's love through the Heart Sisters ministry.

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