



Love God



The Salvation Army  
NZ, FIJ, Tonga & Samoa  
Women's Ministries

Read the day's scriptures  
from the Lectionary.  
Write down words about  
God and thank God.  
Sing a worship song.



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Love Others



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Listen to Holy Spirit speak  
names for prayer.  
Write down words about  
them and thank God.  
Reach out to them.



Love Others



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Love Yourself



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Re-read one of the  
Lectionary scriptures.  
Write down what Jesus is  
saying to you in them.  
Forgive, go in peace.



Love Yourself



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Love Others



Love Yourself



Try it with us.

Need prayer?  
Want to share?  
Connect with us online  
[@SalvationArmy.WM](https://www.salvationarmy.wm)  
We are for you.



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New Zealand, Fiji, Tonga and Samoa Territory