

## Sample Letter of Encouragement

*Below is a sample letter of encouragement. You are welcome to use some of the same language but this letter will be most meaningful if you write it in your own voice.*

Dear friend,

I write this letter to you to let you know that one of your fellow students cares about you. The last few months have completely flipped life over for many of us, myself included. This is my senior year at APU and things certainly aren't the way I expected them to be. I am not sure how you are coping with all that is going on but I know we could all use some encouragement.

[Share about some of your difficult experiences during the pandemic].

Examples:

- I'm not gonna lie – life has been tough these past months.
- I lost my campus job and so haven't had much money coming in.
- I was living on campus and had to move out all of a sudden – and back in with my parents. I love them but I feel like a high schooler again.
- I'm a social person and so not seeing my friends as much has been difficult. I keep wishing that this all would be over soon.
- For me, it was difficult to watch the videos and hear the stories of police violence against black lives.
- It just seems that this political season with the election coming up has been so divisive and negative.

[Share about how you have found strength during the pandemic]

Examples:

- Even though it's been difficult, I have found ways to stay strong.
- I have found strength by reading Scripture that reminds me of how God has overseen many pandemics prior to this and how He still cares for us.
- Although at first I wasn't being very healthy, a couple months into the pandemic I realized that I should start taking care of myself by watching what I eat and exercising any way that I can.
- Lately I have made a conscious effort to be grateful for the things I took for granted before. I have been making lists – writing them on my notepad – of all the things that I am grateful. I try to focus on the small and overlooked things, like the way grass feels when I walk on it barefoot.
- I have strength in this Bible verse:

[Share what gives you hope]

Examples:

- Strange as it may seem, I look forward to the time when we can look back and say we made it through this pandemic. Even though it seems to be divisive now, I imagine it will eventually bring us all together that we struggled through many of the same challenges.
- It's easy to get sucked down by memes and social media that bring us down. Yet I find hope in trusting that this time will make us all a little tougher and more resilient. Challenges can bring us down or can build us up – I'm going to do what I can to become more capable of coping with difficult circumstances and strong emotions.
- In this time, I am surrendering to God's will and trusting that he is watching over us.
- I am trusting that there will be a medical breakthrough that will allow life to get back to normal.
- I feel hopeful as I sense that our culture is recognizing that Black Lives Matter and is doing more to show it.

Closing Thoughts - Share how the act of writing the letter impacted you and what you hope it means for the person reading it.

I started writing this letter because I wanted to help a fellow student. But the act of writing it has also been cathartic and uplifting for me. It has reminded me that I am able to make it through difficult challenges with the help of Christ's presence. I know a letter is a small act but I hope it brings comfort that I wrote it for you, even though I do not know you. I hope you feel encouraged to take on this year and all its challenges knowing that you are not alone. Please know that I will be praying for you, even though I do not know who you are. You have a community that cares for you. We can do this together.

Sincerely,

Your Fellow Anonymous Student