

**The B12 Event
Doses of Encouragement
a 31-Day Supply**

GAIL MCWILLIAMS
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Experience the Encouragement



Generations Global Press
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Generations Global Press
www.GenerationsGlobal.com

**“...beyond the horizon, around the globe,
and to generations yet to come.”**

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INTRODUCTION

Many live with deficiencies, thinking this is normal. What if there is more?

A vitamin B12 deficiency can cause weariness, fatigue, confusion, numbness, being out of balance and loss of memory. Everyday life can reflect these symptoms too. Weariness and fatigue may indicate worry. Confusion can depict loss of focus. Numbness is a way to handle unresolved conflict and pain. Being out of balance is everyone's challenge while juggling overbooked lives. Loss of memory depletes us most when we forget who we are and the purpose of our life.

Let encouragement get you back into the race of life to win. Start your day with a dose of encouragement. Your 31-day supply can be used over and over. It is recommended you share it with others. Begin today by taking your doses of encouragement and become revitalized once more.



DAY 1

GRIP

Hope is more than a wishful thought or empty promise. Hope is a joyful, confident expectation of that which is good. Placing something in your hand that engages you in hope, like a picture, prayer, written dream or miniature model of the things you hope for, is helpful. Don't lose your grip on hope.



Hebrews 10:23 (NLT)

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.

QUESTION:

Who do you place your hope in?

May you hope again.



DAY 2

MORE

When life hits you like a fence at eye level, hope will place you on your tip toes to help you see there is more. Your obstructed view does not mean you are at the end of your options. Hope will give you a boost to see beyond limitations and blind spots, giving you a new view of what is on the other side of any barrier. Reach to see.



Isaiah 64:4 (NLT)

For since the world began, no ear has heard, and no eye has seen a God like you, who works for those who wait for him!

QUESTION:

What is standing in your way and obstructing your view for the answers you seek?

***May you be encouraged today
knowing there is more.***



DAY 3

HOPE

Hope is the mast you tie yourself to when the raging storms of life are violently moving you off course. Hope keeps you from being thrown overboard or destroyed. Storms are temporary and your focus must be just beyond the horizon, where blue skies appear. Hold tight to hope as you pass through the storm.



Job 11:18 (NLT)

*Having hope will give you courage.
You will be protected and will rest in
safety.*

QUESTION:

What storm are you facing today?

***May you see past the horizon
where the sky is the limit.***



DAY 4

JOY

Joy is a decision. Most of us seek joy in stagnant cisterns, especially when dealing with daily challenges. We allow happenings and circumstances to affect how we feel. Real joy is found in identifying your passion and living intentional with your gifts and talents. Choose joy.



Romans 15:13 (NLT)

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him.

QUESTION:

What is stealing your joy and why?

May you draw from the well of joy that knows no limits.



DAY 5

LEADERSHIP

Everyone is a leader. Whether you're a CEO or parent, someone is following you. For better or worse, you are impacting someone. Leaders that transform the world maximize their vision, develop a strong work ethic, hone their people skills, plot a course, and proceed with a sense of purpose. You are a model. Lead well.



Romans 12:8 (NLT)

If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly.

QUESTION:

What leader in your life has greatly influenced you and why?

***May you be effective as you
impact your generation.***



DAY 6

YESTERDAY

It's time to forgive yourself for yesterday's mistakes and regrets. Quit looking over your shoulder. If you drove your automobile only looking in your rear view mirror you would have collision after collision. Make yesterday a stepping stone to build today's foundations with tomorrow in mind. Look ahead. There's hope there.



Psalm 103:12 (NLT)

*He has removed our sins as far from us
as the east is from the west.*

QUESTION:

If God has forgiven you, what stands
in the way of forgiving yourself?

***May you accept
His forgiveness in full.***



DAY 7

SEASONS

Seasons are meant to be enjoyed, and each has value. Many are consumed with what the upcoming season will bring, and they have no regard for the moment they presently hold. Take the time to value the season you are in. Embrace its opportunities. Make the most of it. Enjoy its beauty. Anticipate its preparation for tomorrow.



Ecclesiastes 3:1 (NLT)

For everything there is a season, a time for every activity under heaven.

QUESTION:

What keeps you from enjoying the season you are in?

May you enjoy the journey.



DAY 8

STUCK

You are not stuck—you have been strategically positioned for this hour. Embrace today and its variables, knowing it adds to your resume and aids in your upcoming promotion. Everything you have done is in preparation for this moment. Your day is more than just mere routine; it is essential training. Embrace every task with excellence and expectancy.



Psalm 32:8 (NLT)

The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you."

QUESTION:

How would your day change if you knew you had been positioned instead of being stuck?

***May you see the value
of where you are.***



DAY 9

BLESSINGS

Blessings are more powerful than insults and curses. The temptation is to return an insult with another insult, or to react negatively to others instead of responding wisely. Determine to speak encouragement and good wishes to people along your path. Observe what it does for them—and for you.



1 Peter 3:9 (NLT)

Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and he will grant you his blessing.

QUESTION:

Who can you find today to bless?

May His blessings overtake you.



DAY 10

PASSION

Passion coupled with vision will create energy that cannot be depleted quickly. Many compromise their own heart's desires for something that is convenient and quickly available, instead of reaching for more. Go ahead and reach today for dreams and desires you have put on a shelf.



Psalm 20:4

May He grant you according to your heart's desire, and fulfill all your purpose.

QUESTION:

What is your greatest passion?

May you dream again.



DAY 11

VISION

When you have vision, you can see even in the darkest places of life. Vision is more than eyesight. Vision is not deterred by obstacles, nor does it close its eyes in the storm. Vision sees beyond the natural hurdles to the finish line. Live with vision.



Proverbs 29:18

Where there is no vision, the people perish.

QUESTION:

Do you have a vision for your life?

May you see beyond today.



DAY 12

SURPRISES

Surprises come in all shapes and sizes. Ask for one today as you go about your business. A phone call from a friend, or a check in the mail, or a special gift just for you will eliminate the mundane. Better yet, you be the surprise someone else needs.



Psalm 68:19

Blessed be the Lord, who daily loads us with benefits, the God of our salvation!

QUESTION:

Who could use a surprise today?

***May you be surprised by
His goodness.***



DAY 13

PEACE

Peace competes with worry. One rests in calm hope while the other believes the worst. Peace has clear understanding of who you are and what you are called to do. Your peaceful ways will be a welcomed contrast to a world spinning out of control. Go in peace today.



Psalm 29:11

The LORD will give strength to His people; the LORD will bless His people with peace.

QUESTION:

What is robbing your peace?

***May the peace of God
embrace you.***



DAY 14

MOVING

Just as the earth rotates on its axis and the moon and stars are in motion, so it is with your life. Something is moving without your even noticing. Ideas, desires and dreams are in motion. So, maximize the opportunities. It does not matter if you can feel it, simply trust the process.



Philippians 2:13

For it is God who works in you both to will and to do for His good pleasure.

QUESTION:

What keeps you from trusting the process?

***May patience and courage
clothe you.***



DAY 15

FAITH

Faith is visionary and advances forward, even when things look impossible. In fact, with faith nothing is impossible. Faith fuels hope and makes evident the things you cannot see. Faith unlocks doors and reveals hidden treasures, and its discoveries are unending. Faith comforts, compels, catapults and causes you to be strengthened for every new day. Faith believes.



1 John 5:4

And this is the victory that has overcome the world—our faith.

QUESTION:

What keeps you from believing?

May your faith grow stronger.



DAY 16

ENCOURAGEMENT

Words of encouragement are gifts that keep on giving. Recipients can rehearse the encouragement over and over in their minds. Like water to a parched flower and rainfall to a desert place, encouragement will cause life to bud again. Irrigate others with words of encouragement. Seeds of greatness in their hearts will thrive.



Proverbs 25:11

A word fitly spoken is like apples of gold in settings of silver.

QUESTION:

Who needs your encouragement today?

May your life inspire others.



DAY 17

ASK

The word “ASK” is filled with promise and direction for a new day. A—Ask because there is something yet to be given to you. S—Seek because there is something yet to be found. K— Knock because there is one more door to be opened. Watch the amazing surprises that come as you embrace one simple word. Just ask!



Matthew 7:7

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

QUESTION:

What keeps you from asking?

May you be persistent.



DAY 18

SEE

Living life based only on what you see with natural eyesight will be discouraging and limiting. You need a larger view and perspective. Take time to see that His mercies are new every morning. He has camped His angels around you, and goodness and mercy are following you. His favor surrounds you like a shield. Refrain from living life based only on what you can see with natural eyes. You are not alone.



Psalm 23:6

Surely goodness and mercy shall follow me all the days of my life.

QUESTION:

What have you overlooked?

May you be diligent to seek.



DAY 19

DELAYS

Delays are not rejection. Waiting can feel like an irritation, but be assured that there is a best timing for your desire to be realized. Refuse to wring your hands in anxiety; instead, use this time to find creative and useful things to do while you wait. The line is moving.



Psalm 27:14 (NLT)

Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.

QUESTION:

While you have been waiting what has been developing in your life?

May you anticipate greater things.



DAY 20

REMEMBER

Making a memory takes effort. Make the most of every day, placing a new page in the scrap book of life. Along the journey, consider one thing you can add to your day that would be memorable. Walk into a room, noticing the people, sounds, smells and conversation, and remember the moment. Imprint on your heart the faces of those you hold dear. Remember why they are special to you. Don't forget to remember.



Psalm 37:23 (NLT)

The LORD directs the steps of the godly. He delights in every detail of their lives.

QUESTION:

Who do you place your hope in?

May you reflect on His blessings.



DAY 21

LIGHT

Light moves confidently into places of darkness. It is in the dark places that light can shine with purpose and maximize its influence. Light shows us things previously unseen. Light does not have to work at shining because it just does. It shines, radiates, penetrates and enlightens. Offer your light to others and help them see the way better.



Psalm 119:105

Your word is a lamp to my feet and a light to my path.

QUESTION:

Where can you shine today?

May you light your world.



DAY 22

FOCUS

Focus takes self-control. Distractions may be costly when you consider the importance of the task at hand. Assess what has more value and what will bring long-lasting results. Soon your distractions will not be noticed as you focus on the bigger picture. Make the course corrections needed to stay with your priorities—and focus.



Hebrews 12:2

Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

QUESTION:

What distractions have caused you to lose focus?

May you see with understanding.



DAY 23

DISAPPOINTMENT

Disappointment is hope's greatest enemy. If you change the first letter of disappointment it can become His-appointment. Often, delays are not rejection but protection. Disappointment cannot alter your course unless it is your only focus. Something better is just around the bend, so keep running.



Romans 5:5

Hope does not disappoint.

QUESTION:

Are there benefits you can list from the disappointments that have happened in your life?

***May you find the benefits in waiting
as you trust and hope.***



DAY 24

LAUGHTER

Life is hysterical. Embarrassing moments, misunderstood words and silly mistakes provide plenty of comedy relief. It is hard to laugh when the cares of the world and the worries of tomorrow consume you, but laughter is always a good medicine. You can never overdose on it, so keep it handy as you go about your day.



Proverbs 17:22 (NLT)

A cheerful heart is good medicine.

QUESTION:

When was the last time you laughed?

May you enjoy life.



DAY 25

KINDRED

Everyone knows somebody and acquaintances are plentiful, but true friends are rare. There is a risk in being vulnerable, but it is ever so rewarding when you find a kindred heart. True friendship reaches toward another with depth of care and concern. Finding genuine friends is a gold mine.



Proverbs 18:24

A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother.

QUESTION:

What kind of friend are you?

May you be given true friends.



DAY 26

VOICES

The voices you listen to can determine your success and attitude. Make a courageous move to find new voices in your life that are wise, encouraging, stimulating and who speak the truth in love. Seek out ones who have a great outlook and are not self-absorbed and negative. Attitudes of any kind are contagious if you subject yourself to their voice for any length of time. Carefully pick your mentors and listen well.



Proverbs 13:20

He who walks with wise men will be wise, but the companion of fools will be destroyed.

QUESTION:

Who are you listening to who always points out the negative?

May you walk in discernment.



DAY 27

CHOICES

Life is made up of choices. The pressure comes in making the right choice. Choose a great attitude. Choose wise friends. Choose solid counsel. Choose life every day and live with purpose, on purpose with purpose. Choose to make a memory. Choose to impact your generation. Choose to be a blessing. It's your choice—choose wisely.



Deuteronomy 30:19

Choose life.

QUESTION:

What choices have you made that need to be course-corrected?

***May God give you wisdom,
courage, and favor.***



DAY 28

LIFE

Life can be overbooked and the juggling act amazing. The tension of work and home, or family and career, can pull on you, and nothing is fulfilling anymore. Balancing your schedule may mean the courage to let some things go as you examine your priorities. Invest in what is most valuable and long-lasting. Make decisions based on future generations. Some of the things you are juggling need to be dropped.



Proverbs 24:3-4

Through wisdom a house is built, and by understanding it is established; by knowledge the rooms are filled with all precious and pleasant riches.

QUESTION:

What is out of balance in your life?

May you find what is of great value.



DAY 29

FRIENDS

True friends want to see you succeed and love you no matter what the failure. Laughter, honest talk, shared lives and loving ways make for a friendship that lives on, no matter the distance or time. Having friends will require you to be a friend too. Be the best of one.



Proverbs 17:17

A friend loves at all times.

QUESTION:

What friend has influenced your life the most?

May you appreciate others.



DAY 30

SALT

Salt is an active element that preserves, enhances and heals. Your life is similar. A word of hope and cheer preserves a soul. A smile enhances another's day. Your life and personality can bring new zest to a tasteless world. Flavor your world with the salt of your life-message and watch others thirst for more.



Colossians 4:6

Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.

QUESTION:

Does your life make others thirst?

***May you influence your
world for good.***



DAY 31

ZERO

The number zero may denote your account balance or the activity in your life. However, zero can be your favorite number. Zero is not a place of arrival; it is a place from which to begin, or perhaps to begin again. It is a launch pad for development, increase, production and imagination. It is from zero that you can tap the hidden resources of diligence and creativity to flourish once more.



Ephesians 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us.

QUESTION:

Do you focus on your zero or on God's ability?

May you have more than enough.



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or a

B12 Event

to your community.

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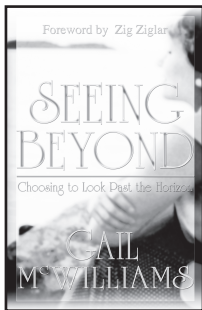
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