



## Sisters in Spirit Covenant

**I am my SiSter's keeper!** I will offer her my love, support, encouragement, and affirmation. I will strive to do this daily; for I realize that it, like food, is necessary for her health, strength, growth, and survival.

**I am my SiSter's keeper!** I will rejoice with her in times of greatness, and I will remain by her side in times of despair. I will undergird her when she is weak, and I will pour into her during her times of lack.

**I am my SiSter's keeper!** I will look to my SiSter for wisdom and guidance for I am aware that her experiences are a valuable part of my own journey. I will embrace the opportunity to share my path with her; and, without judgment, I will embrace her path that she shares with me.

**I am my SiSter's keeper!** And because of that, I will make the *decision* to love her.

When she is right and when she is wrong, **I will love her.**

When she loves me back and when she doesn't, **I will love her.**

Whether she encourages me or hurts me, **I will love her.**

Whether she lifts me up or tears me down, **I will love her.**

**I will love her** because I understand that it is not only what *she* needs, but what *I* need.

**I will love her** because I know that God has given me the strength and power to do so.

**I will love her** because I have learned that to love God is to love my SiSter. For how can I say that I love God whom I've not seen, if I don't love my SiSter whom I see every day!

I acknowledge that I cannot do this alone; but I must draw on the strength of God – my Creator, and the Divine Orchestrator of my life – to help me to love. And I shall commit to doing this because...**I am my SiSter's keeper!**

Prayerfully Resolved,

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Covenant SiSter

Date