

Instructions

Print and cut out the cards on light gray lines. Then you can do all sorts of things with the uplifting cards.

- Write a note on the back and give it to a neighbor or mail it to someone who is alone.
- Place the cards around your house so you can read and consider God's Word. Try to memorize the verses.
- Tape cards on nursing home windows (get permission first) or include them in care packages.
- Laminate the cards to make them last longer.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and... **un with endurance the race** that is set before us, **looking to Jesus** the founder and perfecter of our faith. Hebrews 12:1-2



In the world you will have tribulation.

But take heart;

I have overcome the world. John 16:33





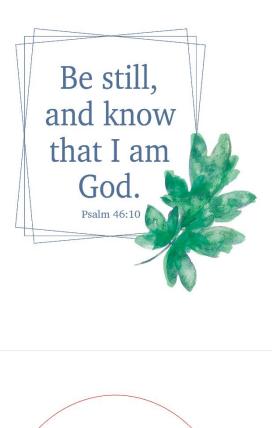
I will strengthen you, I will help you, I will uphold you with my righteous right hand.



For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.







... do not be anxious about anything, but in everything **by prayer** and supplication with thanksgiving let **your requests** be made known to God. Philippians 4:6 But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and fathfulness. Psalm 86.15

Trust in the LORD with all your heart, and do not lean on your own understanding. Proverbs 3:5