

Instructions

Print and cut out the notecards on light gray lines. Fold the cards in half and add your own personal message inside.

- Give it to a neighbor or mail to someone who is alone.
- Send one to nursing home staff, nurse or doctor.
- Give one to a grocery worker, food service provider or other essential worker.
- Include them in care packages.

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Therefore,
since we are surrounded by
so great a cloud of witnesses,
let us also lay aside
every weight, and...

run 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.

I have overcome the world.

John 16:33



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... fear not,

for lam with you;

be not dismayed,

for lam your God;

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

... but they who wait for the LORD shall

renew their strength;

they shall mount up with wings like eagles; they shall run and

not be weary;

they shall walk and not faint.

Isaiah 40:31

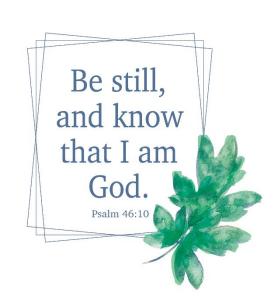
For I know
the plans I have
for you,
declares the LORD,
plans for welfare
and not for evil,
to give you a future
and a lope.

Jeremiah 29:11

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... 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 faithfulness.

Psalm 86.15

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