



SHORT PRAYERS TO WRITE, MESSAGE, TEXT, OR EMAIL TO A FRIEND OR LOVED ONE

Sometimes all we need to get us started are a few words. Include these short prayers in a notecard or email, or send them in a message or text to a friend or loved one.

- Thinking of and praying for you today.
- God placed you on my heart today. I'm praying for you.
- I pray you know the deep, deep love of Jesus today.
- *Monica Kaye Snyder*
- Do you know how deeply, intimately, personally, and perfectly you are loved by God? - *Cindee Snider Re*
- Give yourself the gift of time today. Move at your own pace – no rush, no hurry – running the race God perfectly planned for you.
- God began a good work in you and He *will* complete it. (Philippians 1:6)
- It is an honor and a blessing to be your mom/dad/ husband/wife/child/grandchild/friend. I love you!
- God loves you. No matter what. Even if. Even when. Yes, even then. God loves you. *Always.*
- Act justly, love mercy, and walk humbly with your God. (Micah 6:8) *You've got this!*
- When you are afraid, lean into the One who created you , the One who loves you beyond imagining. (Psalm 56:3)
- Guard your heart today, dear one. (Proverbs 4:23)

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- Do not be afraid. God is with you. He will strengthen and encourage you. (Deuteronomy 31:6)
- Do not be anxious, God is with you. He will strengthen you and help you. He is holding you in His hand. (Isaiah 41:10)
- When you are anxious and worried, God will comfort you. (Psalm 94:19)
- The LORD is close to you, dear brokenhearted friend. He promises to rescue you. (Psalm 34:18)
- God's grace is sufficient. His power is made perfect in our weakness. (2 Corinthians 12:9-10)
- When you go through deep waters, God will be with you. (Isaiah 43:2)
- God hears us when we call to Him. He is close to us when we are crushed and brokenhearted. (Psalm 34:17-18)
- God will sustain you. He will not let you be shaken. (Psalm 55:22)
- God is as close as the beating of your very own heart.
- *Cindee Snider Re*
- You are so loved!

Today may there be peace within.
May you trust God that you are exactly where you are meant to be.
May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received and pass on the love that has been given to you.
May you be content knowing you are a child of God.
Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is here for each and every one of us.

St. Therese of Lisieux

Thrive in a life with chronic illness.

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