



TEXT STARTERS

SPICE UP YOUR TEXT LIFE!

LOVE NOTES TEXT STARTERS

Surprise your spouse with a love note. Express your gratitude for all they do, and don't forget the emojis (especially the ❤️)!

1. I'm so grateful I get to do life with you.
2. You make every challenge worth it.
3. Thank you for being patient with me.
4. Thank you for taking such good care of me.
5. Last night was amazing!
6. I love being your husband/wife.
7. I appreciate you and how you _____.
8. There's no one I'd rather do life with than you.
9. I love you and am praying for you right now.
10. Thank you for being my person!
11. I was just thinking about our wedding day. I still do.
12. Thank you for loving me even when I'm not very lovable.
13. Your smile brightens my day.
14. I still can't believe I'm the one who gets to grow old with you.

TEEN TEXT STARTERS

Connect with the teens in your life! Celebrate special moments and accomplishments, encourage them, and remind them often of how very much they are loved.

1. I love your enthusiasm for ____!
2. Hang in there and keep trusting God.
3. You're one of my favorite people!
4. We are so blessed to know you!
5. I'm so proud of you.
6. Your (characteristic/quality) is a very special gift.
7. I (did your chore) today, just because I love you.
8. Be strong and courageous. God is always with you.
9. You inspire me to be a better person.
10. I love being your (parent/grandparent/mentor).
11. Thank you for helping me with _____. I really appreciate it!
12. You are one of God's greatest blessings to me.
13. Even when we don't agree, I always love you.
14. Guard your heart today, dear one. I'm praying for you!

Visit chronic-joy.org for more resources.



QUESTION TEXT STARTERS

Questions are great conversation starters, even in texts. Here are a few to get you started.

1. What was the best part of your day?
2. How can I pray for you today?
3. Did anything ridiculous happen this week?
4. What are you reading right now?
5. I miss you! Are you free for coffee or lunch this week?
6. What song are you playing on repeat today?
7. What's your favorite podcast right now?
8. If you could spend tomorrow anywhere, where would it be?
9. How is your heart?
10. What is the hardest thing you're dealing with right now?
11. What's the best decision you made this week?
12. What filled you with joy today?

PRAYER TEXT STARTERS

Texting a short prayer message is a meaningful act of intentional kindness. Lifting others, reminds us that we are not alone.

- Today, I pray God fills your soul from the wellspring of His unquenchable love.
- Praying God holds you gently in His hands today and fills you with His peace.
- I pray God floods your day with warmth, encouragement, and sweet encouragement.
- I pray you are strengthened and encouraged in sweet ways today.
- Praying you experience the presence of God with every breath today.
- I am praying for sweet comfort today, dear friend!
- I pray you find creation's beauty everywhere you look today.
- Lord, heal the hurts between us and help us forgive quickly so that we can work toward reconciliation. We are so much better together. Amen.
- I hope today is filled with bright moments of unexpected joy, and the unmistakable Presence of God everywhere you look.
- God delights in you! He loves you more than you can imagine and beyond all understanding. Celebrating you today!

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