

HOW TO USE THESE CARDS

Each card contains 3 elements:

1. a conversation question (or two) to get you thinking about the topic
2. a specific praise or prayer request
3. a Bible verse related to the prayer request which can further guide your prayer.

There is no “right way” to use the PB&J cards! Prayer is, above all, a conversation of the heart, so the goal is simply to help your family have some meaningful conversations--with each other and with God--during your prayer times. Here are a few options you might consider:

1. Read the “Praying Deeper” and “Why PB&J?” cards together as a family before you start using the cards.
2. Read one card per day at family mealtimes, going through a rotation of P, B, and J cards.
3. Use 3 cards at a time (P, B, and J) for your family devotions.
4. Read through a card each night with your child at bedtime.
5. Give cards to older children to use on their own during their personal devotions.

PB & J

• FAMILY PRAYER CARDS •

Praise God, Build Up Others, & Join in God’s Work!

SET ONE

PRAYING DEEPER

If you hadn’t eaten for a week, how would you feel about a PB&J sandwich? I’ll bet you’d be pretty excited about it, wouldn’t you? Eating food fills up our stomachs and gives renewed energy. But eventually, we grow hungry again, don’t we? We need another sandwich to give us more energy.

Just like our stomachs, our hearts can feel “hungry” too--for God! You might notice yourself feeling worried, or crabby, or sad, or overwhelmed. Those are all signs that your heart is hungry: You need to fill up with God!

A lot of people just think of prayer as a chance to ask God for things they want, and then they move on. But that’s kind of like eating a bite of a sandwich, instead of enjoying the whole thing!

In addition to telling God the things we want, we can also use prayer to praise God, thank him, and help others. And we can also listen--thinking about what *God* wants for us. When we add these things to our prayers, we are filling up our hearts with gratitude and trust and love.

So next time you pray, don’t settle for just a bite. Take time to eat a whole prayer “sandwich” and have a deeper conversation with God.

WHY PB & J?

There’s no special formula you have to use when you pray. God loves it when we talk to him, anywhere, anytime!

These prayer cards use the acronym “PB & J” as one simple way to help you remember different aspects of prayer. Here’s what the letters stand for.

P is for Praise & Thanks:

There are so many reasons to praise God. And he gives us so much to be thankful for! When we take time to give praise & thanks to God, we fill our hearts with gratitude and trust.

B is for Bless Others:

We might not have the power to fix everyone’s problems--but God does! We can ask God to bless others and help them with their struggles. When we remember to talk with God about the needs of others, we fill our hearts with compassion.

J is for Join with God:

What is *God* trying to say to us when we pray? God is always at work in our world and in our hearts--and he wants to help us grow in our faith. When we ask God to show us how we can join in that work, we fill our hearts with wisdom.

— Praise —

WHAT IS A GIFT YOU RECENTLY RECEIVED? IS THERE AN ACT OF KINDNESS SOMEONE DID FOR YOU TODAY?

SAY A PRAYER THANKING GOD FOR GIVING YOU THIS WONDERFUL GIFT/KINDNESS.

“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

- James 1:17

— Praise —

WHAT DO YOU THINK YOUR LIFE MIGHT BE LIKE TEN YEARS FROM NOW? THIRTY YEARS FROM NOW?

PRAISE GOD FOR HAVING A PLAN FOR OUR LIVES, WHICH HE HAS KNOWN SINCE BEFORE WE WERE EVEN BORN!

“All the days ordained for me were written in your book before one of them came to be.”

- Psalm 139:16

P

P

— Praise —

WHAT WOULD BE DIFFERENT ABOUT YOUR LIFE IF YOU DIDN'T HAVE FEET? HOW ABOUT IF YOU HAD NO HANDS, OR EYES?

THANK GOD FOR GIVING YOU A BODY AND THE MANY WAYS YOU CAN USE IT.

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

- Romans 12:1

— Praise —

HOW WOULD YOU DESCRIBE LOVE? HOW CAN WE SHOW LOVE?

PRAISE GOD FOR BEING A GOD OF PERFECT LOVE.

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.”

- 1 John 4:7-9

P

P

Praise

WHAT IS ONE WAY THAT YOU RECEIVED HELP FROM SOMEONE TODAY?

SAY A PRAYER, OR SING A SONG OF PRAISE, TO THANK GOD FOR PROVIDING US WITH HELP WHEN WE NEED IT.

“Because you are my help, I sing in the shadow of your wings.”

- Psalm 63:7

“My help comes from the Lord, the Maker of heaven and earth.”

- Psalm 121:2



Praise

WHAT IS SOMETHING THE BIBLE HAS TAUGHT YOU ABOUT GOD? WHAT HAS IT TAUGHT YOU ABOUT PEOPLE?

THANK GOD FOR GIVING US HIS WORD SO WE CAN GET TO KNOW HIM BETTER.

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.”

- 2 Timothy 3:16



Praise

HOW MANY TIMES HAVE YOU GOTTEN IN A VEHICLE OVER THE LAST THREE DAYS?

THANK GOD FOR KEEPING YOU SAFE DURING ALL THE TIME YOU'VE SPENT TRAVELING.

“The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.”

- Psalm 121:7-8



Praise

HOW MANY MEALS DID YOU EAT THIS PAST WEEK? WHAT IS YOUR FAVORITE MEAL? YOUR FAVORITE SNACK?

THANK GOD FOR PROVIDING YOU WITH GOOD FOOD TO EAT EVERY DAY.

“When you have eaten and are satisfied, praise the Lord your God for the good land he has given you.”

- Deuteronomy 8:10



— Praise —

WHAT ARE SOME WAYS THAT YOU KNOW GOD LOVES YOU? WHAT IS THE DIFFERENCE BETWEEN GOD'S LOVE AND THE WAY PEOPLE LOVE?

THANK GOD THAT HIS LOVE IS NEVER-ENDING.

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

- Romans 8:38-39

P

— Praise —

CAN YOU THINK OF A LEADER FROM HISTORY WHO USED HIS POWER TO HURT PEOPLE?

PRAISE GOD TODAY FOR BEING ALL-POWERFUL AND FAIR. THANK HIM FOR ALWAYS USING HIS POWER FOR GOOD.

“He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.”

- Deuteronomy 32:4

P

— Praise —

WHEN WAS THE LAST TIME YOU REALLY MESSED UP AND DID SOMETHING WRONG? HOW DID IT MAKE YOU FEEL?

PRAISE GOD FOR GIVING US THE FREE GIFT OF JESUS, WHO SAVES US FROM OUR SINS.

“For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.”

- Romans 3:23-24

P

— Praise —

WHAT ARE SOME SITUATIONS THAT MAKE YOU FEEL SCARED OR LONELY?

THANK GOD FOR ALWAYS BEING WITH US, AND NEVER ABANDONING US.

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

- Deuteronomy 31:6

P



Praise

Praise

CAN YOU LIST FIVE MIRACULOUS EVENTS THAT HAPPENED IN THE BIBLE?

PRAISE GOD THAT HE CAN DO THINGS THAT LOOK IMPOSSIBLE TO US.

“Jesus looked at them and said, ‘With man this is impossible, but with God all things are possible.’ ”

- Matthew 19:26

WHAT MUST A STUDENT DO TO EARN GOOD GRADES? WHAT MUST ADULTS DO TO EARN MONEY?

THANK GOD THAT HE DOESN'T MAKE US EARN HIS LOVE, BUT GIVES IT TO US A GIFT.

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God.”

- Ephesians 2:8

P

P



Praise

Praise

CAN YOU NAME A PERSON WHO LIVED 100 YEARS AGO? 500 YEARS AGO? 5,000 YEARS AGO?

PRAISE GOD FOR BEING EVERLASTING--FOR BEING AT WORK THROUGH ALL OF HISTORY.

“But you, O Lord, will sit on your throne forever. Your fame will endure to every generation.”

- Psalm 102:12 (NLT)

“Look, God is greater than we can understand. His years cannot be counted.”

- Job 36:26 (NLT)

WHAT ARE SOME OF THE SPECIAL TALENTS AND PERSONALITY TRAITS THAT GOD HAS GIVEN TO THE MEMBERS OF YOUR FAMILY?

THANK GOD FOR GIVING YOU SPECIAL GIFTS AND FOR WORKING THROUGH HIS PEOPLE IN SO MANY UNIQUE WAYS.

“There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. . . in all of them and in everyone it is the same God at work.”

- 1 Corinthians 12:4-6

P

P



Bless

Bless

IF YOU COULD BE A SENATOR FOR A DAY AND PASS JUST ONE LAW, WHAT LAW WOULD YOU PASS?

PRAY FOR OUR COUNTRY AND ITS LEADERS. ASK GOD TO HELP THEM MAKE WISE DECISIONS AND TO TURN THEIR HEARTS TOWARD HIM.

“Therefore, you kings, be wise; be warned, you rulers of the earth. Serve the Lord with fear and celebrate his rule with trembling.”

- Psalm 2:10-11

IMAGINE MEETING SOMEONE WHO HAS NEVER BEEN SICK: HOW WOULD YOU EXPLAIN TO THEM WHAT IT'S LIKE TO GET SICK?

PRAY FOR A FRIEND OR FAMILY MEMBER WHO IS SICK. ASK GOD TO GIVE THEM COMFORT AND STRENGTH DURING THIS HARD TIME, AND TO HEAL THEM.

“The Lord sustains them on their sickbed and restores them from their bed of illness.”

- Psalm 41:3

B

B

Bless

Bless

WHAT KIND OF PEOPLE ARE HARD TO GET ALONG WITH? IS THERE SOMEONE WHO OFTEN MAKES YOU FEEL FRUSTRATED OR MAD?

PRAY FOR THAT PERSON. ASK GOD TO BLESS THEM, AND TO HELP YOU SHOW THEM LOVE.

“But love your enemies, do good to them, . . . Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.”

- Luke 6:35-36

WHAT ARE THREE INTERESTING THINGS YOU KNOW ABOUT THE NEIGHBORS WHO LIVE NEXT TO YOU?

PRAY FOR YOUR NEIGHBORS. ASK GOD TO BLESS THEM AND MAKE THEM STRONG IN FAITH.

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.”

- Ephesians 3:16-17

B

B

Bless

Bless

CAN YOU THINK OF A CLASSMATE OR FRIEND WHO IS STRUGGLING WITH SOMETHING DIFFICULT RIGHT NOW? HOW COULD YOU SHOW SUPPORT?

PRAY FOR THAT PERSON: ASK GOD TO SEND THE HELP THEY NEED TO FACE THEIR DIFFICULT SITUATION.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

- Galatians 6:2

WHAT WOULD BE A GOOD THING ABOUT BEING OLD? WHAT WOULD BE A HARD THING?

PRAY FOR YOUR GRANDPARENTS AND ELDERLY FRIENDS. ASK GOD TO GIVE THEM STRENGTH AND ENERGY FOR EACH DAY.

“Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.”

- Isaiah 46:4

B

B

Bless

Bless

IF YOU COULD MAKE ONE NEW FAMILY RULE, WHAT WOULD IT BE AND WHY?

PRAY FOR YOUR PARENTS. ASK GOD TO HELP THEM MAKE WISE CHOICES IN THEIR PARENTING, AND TO HELP YOU RESPECT THEM AND LISTEN TO THEIR INSTRUCTION.

“Listen, my son, to your father’s instruction and do not forsake your mother’s teaching.”

- Proverbs 1:8

WHAT WOULD BE DIFFERENT ABOUT YOUR LIFE IF YOU LIVED IN A COUNTRY WHERE THERE IS WAR?

PRAY FOR FAMILIES THAT LIVE IN WAR-TORN COUNTRIES. PRAY FOR AN END TO THE CONFLICTS SO PEACE AND SAFETY CAN BE RESTORED.

“He will judge between the nations and will settle disputes for many peoples. They will beat their swords into plowshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.”

- Isaiah 2:4

B

B

Bless

Bless

WHAT DO YOU THINK POLICE OR FIRE FIGHTERS LIKE ABOUT THEIR JOB? WHAT WOULD THEY NOT LIKE?

PRAY FOR POLICE AND FIRE FIGHTERS IN YOUR CITY. ASK GOD TO PROTECT THEM AND TO HELP THEM BRING JUSTICE IN YOUR COMMUNITY.

“Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.” - Psalm 82:3

“Blessed are the peacemakers.”
- Matthew 5:9

IF YOUR FAMILY MOVED TO A DIFFERENT COUNTRY, WHAT ARE SOME THINGS YOU WOULD HAVE TO LEARN IN ORDER TO LIVE THERE?

PRAY FOR REFUGEES WHO ARE FORCED TO LEAVE THEIR COUNTRIES AND START LIFE OVER IN A NEW COUNTRY.

“The foreigner residing among you must be treated as your native-born. Love them as yourself, for you were foreigners in Egypt. I am the Lord your God.”

- Leviticus 19:34

B

B

Bless

Bless

HOW DO YOU ACT WHEN YOU ARE HUNGRY? WHAT DOES YOUR BODY FEEL LIKE WHEN IT NEEDS FOOD?

PRAY FOR PEOPLE WHO DON'T HAVE ENOUGH FOOD. ASK GOD TO HELP THEM FIND THE RESOURCES THEY NEED.

“There will always be poor people in the land. Therefore I command you to be openhanded toward your fellow Israelites who are poor and needy in your land.”

- Deuteronomy 15:11

WHAT KIND OF JOB DO YOU THINK YOU MIGHT ENJOY WORKING SOMEDAY?

PRAY FOR SOMEONE WHO IS LOOKING FOR A JOB. ASK GOD TO GIVE THEM PATIENCE AND TO TRUST THAT GOD WILL PROVIDE WHAT THEY NEED.

“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”

- 1 Peter 5:6-7

B

B

Bless

Bless

WHAT ARE THE SIGNS OF A GOOD LEADER? WHAT ARE THE SIGNS OF A BAD LEADER?

PRAY FOR WORLD LEADERS. ASK GOD TO BRING GOOD PEOPLE TO POWER WHO WILL FIGHT INJUSTICE & PROMOTE PEACE.

“I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.”

- 1 Timothy 2:1-2

B

HAVE YOU EVER VISITED A HOSPITAL? HAVE YOU EVER BEEN A PATIENT THERE? WHAT WAS IT LIKE?

PRAY FOR DOCTORS AND NURSES AT YOUR LOCAL HOSPITAL AND THE PEOPLE WHO NEED THEIR HELP. PRAY THAT GOD WILL GUIDE THEIR HANDS TO BRING HEALING.

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

- Isaiah 41:10

B

Bless

Bless

WHAT IS ONE THING YOU LIKE ABOUT EACH OF YOUR SIBLINGS?

PRAY FOR YOUR BROTHERS AND SISTERS. PRAY THAT GOD WOULD HELP YOU LOVE EACH OTHER AND BE A SUPPORTIVE TEAM TO KEEP EACH OTHER FROM STUMBLING.

“Anyone who loves their brother and sister lives in the light, and there is nothing in them to make them stumble.”

- 1 John 2:10

B

IF YOU COULD WORK ON A FARM FOR A DAY, WHAT JOBS WOULD YOU LIKE TO DO? WHAT JOBS WOULD YOU NOT LIKE TO DO?

PRAY FOR THE FARMERS WHO LIVE NEAR YOU. ASK GOD TO BLESS THEM WITH HEALTHY ANIMALS AND A GOOD HARVEST.

“Land that drinks in the rain often falling on it and that produces a crop useful to those for whom it is farmed receives the blessing of God.”

- Hebrews 6:7

B

— Join —

IS THERE ANYONE YOU FEEL ANGRY WITH TODAY? ANYONE WHO DID SOMETHING MEAN TO YOU OR HURT YOUR FEELINGS?

ASK GOD TO GIVE YOU A FORGIVING HEART THAT WILL STILL LOVE THAT PERSON.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

- Ephesians 4:32

— Join —

WHEN WAS THE LAST TIME YOU LET SOMEONE ELSE GO FIRST? WHEN WAS THE LAST TIME YOU STOPPED TO HELP SOMEONE OUT?

ASK GOD TO HELP YOU PAY ATTENTION TO THE NEEDS OF OTHERS, NOT JUST YOUR OWN NEEDS.

“Don’t look out only for your own interests, but take an interest in others, too.”

- Philippians 2:4 (NLT)

J

J

— Join —

WHAT ARE SOME THINGS YOU APPRECIATE THAT YOUR PARENTS DO FOR YOU? WHAT IS SOMETHING THAT YOU DON'T LIKE THEM TO DO?

ASK GOD TO HELP YOU RESPECT AND OBEY YOUR PARENTS, EVEN WHEN YOU FEEL FRUSTRATED WITH THEM.

“Children, obey your parents in everything, for this pleases the Lord.”

- Colossians 3:20

— Join —

WHAT TALENTS DO YOU HAVE? DO YOU EVER BRAG ABOUT THESE THINGS? DO YOU COMPLIMENT THE TALENTS OF OTHERS?

ASK GOD TO GIVE YOU HUMILITY ABOUT YOUR GIFTS, AND TO CELEBRATE THE GIFTS OF OTHERS.

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.”

- Philippians 2:3

J

J

— Join —

WHAT ARE THE BENEFITS YOU CAN GAIN FROM BEING A GOOD LISTENER? WHO ARE SOME OF THE WISE PEOPLE YOU SHOULD LISTEN TO?

ASK GOD TO HELP YOU BE A GOOD LISTENER AND TO GAIN WISDOM FROM THE ADVICE OF OTHERS.

“Those who guard their mouths and their tongues keep themselves from calamity.”
- Proverbs 21:23

“The wise listen to advice.”
- Proverbs 12:15

J

— Join —

HOW DOES A HEALTHY BODY HELP YOU LIVE A GOOD LIFE? WHAT ARE SOME HEALTHY HABITS THAT HELP US TAKE CARE OF OUR BODIES?

ASK GOD TO HELP YOU MAKE GOOD CHOICES ABOUT HOW YOU EAT AND EXERCISE, AND ASK HIM TO GIVE YOU GOOD HEALTH.

“I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”
- 3 John 1:2

- 3 John 1:2

J

— Join —

HOW WOULD OUR WORLD BE DIFFERENT IF EVERYONE HEARD AN ENCOURAGING WORD FROM ANOTHER PERSON EVERY SINGLE DAY?

ASK GOD TO HELP YOU NOTICE THE WAYS YOU CAN ENCOURAGE OTHERS AROUND YOU.

“Therefore encourage one another and build each other up.”
- 1 Thessalonians 5:11

“Let us consider how we may spur one another on toward love and good deeds.”
- Hebrews 10:24

J

— Join —

DO YOU EVER FEEL WEIRD BECAUSE OF WHAT YOU BELIEVE? DO YOU EVER FEEL TEMPTED TO ACT LIKE EVERYONE ELSE--EVEN WHEN YOU KNOW IT'S NOT RIGHT?

ASK GOD TO HELP YOU STAY STRONG IN WHAT YOU BELIEVE, AND NOT TO CAVE IN TO PRESSURE TO ACT LIKE OTHERS.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.”
- Romans 12:2

- Romans 12:2

J

— Join —

WHAT IS THE LAST THING YOU HAD A FIGHT ABOUT IN YOUR FAMILY? WHAT DO YOU TEND TO ARGUE ABOUT THE MOST?

ASK GOD TO GIVE YOU A SPIRIT OF UNITY WITH YOUR PARENTS AND SIBLINGS, SO YOUR FAMILY CAN BE A PICTURE OF GOD'S PEACE AND LOVE.

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.”

- Colossians 3:13-14

J

— Join —

WHAT IS SOMETHING LOVING THAT WAS DONE FOR YOU THIS WEEK? WHAT IS SOMETHING LOVING THAT YOU COULD DO FOR SOMEONE ELSE THIS WEEK?

ASK GOD TO SHOW YOU HOW YOU CAN SHARE HIS LOVE WITH OTHERS.

“No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.”

- 1 John 4:12

J

— Join —

WHAT IS SOMETHING YOU HAVE TO DO RIGHT NOW THAT FEELS VERY HARD FOR YOU TO DO? (EX. SCHOOL PROJECT, A HARD PERSON TO DEAL WITH, A TEMPTATION OR HARD TASK.)

ASK GOD TO GIVE YOU STRENGTH AND PERSEVERANCE FOR THIS HARD THING.

“I can do all this through him who gives me strength.”

- Philippians 4:13

J

— Join —

WHAT IS HARDER FOR YOU: TO BE QUIET AT TIMES WHEN YOU SHOULD BE LISTENING? OR TO SPEAK UP AT TIMES WHEN OTHERS ARE DOING WRONG?

ASK GOD TO HELP YOU LISTEN AT THE RIGHT TIMES, AND TO SPEAK UP AT THE RIGHT TIMES.

“Set a guard over my mouth, Lord; keep watch over the door of my lips.”

- Psalm 141:3

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute.”

- Proverbs 31:8

J

— Join —

WHY DO YOU THINK SOME WRONG THINGS ARE SO TEMPTING FOR US TO DO? WHAT ARE SOME WRONG THINGS THAT YOU HAVE FELT TEMPTED TO DO IN THE PAST?

ASK GOD TO HELP YOU NOTICE WHEN YOU'RE BEING TEMPTED AND TO BE STRONG ENOUGH TO DO THE RIGHT THING.

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

- 1 Peter 5:8

J

— Join —

WHEN IS THE LAST TIME YOU SHARED SOMETHING? WHAT ARE SOME LITTLE WAYS YOU COULD PRACTICE SHARING EVERY DAY?

ASK GOD TO GIVE YOU A SHARING HEART AND TO NOTICE PEOPLE WHO ARE LESS FORTUNATE THAN YOU ARE.

“Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done.”

- Proverbs 19:17

J

— Join —

HOW DO YOU FEEL WHEN SOMEONE TELLS YOU A LIE?

ASK GOD TO HELP YOU SPEAK THE TRUTH AT ALL TIMES SO THAT YOU DO NOT HURT PEOPLE WITH YOUR LIES.

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.”

- Ephesians 4:25

J

— Join —

WHAT KIND OF WORDS/LANGUAGE CAN PULL PEOPLE DOWN? WHAT KIND OF LANGUAGE CAN BUILD THEM UP?

ASK GOD TO HELP YOU SPEAK WORDS THAT LIFT OTHERS UP AND POINT THEM TO GOD.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

- Ephesians 4:29

J

A QUICK NOTE

We are a small, family-operated business, and would appreciate your help in spreading the word about our products. If you enjoyed these prayer cards, would you please consider:

- posting a review on our site
- mentioning this product to your family & friends
- snapping a picture of a family member with these prayer cards and posting to Instagram or Facebook with the hashtag #morelikegrace (We love to see the families who are using our resources!)

Thanks so much for your support!