**Sending a “thinking of you” card**

As you are aware, we are having to make some adjustments to our everyday lives at the moment. This has meant some of us are self-isolating which can, at times, be very lonely.

Mothers’ Union are finding lots of new ways to make sure no one feels lonely or left out. One of these is our prayer cards! We have included an uplifting prayer and space for you to write a little message on the other side. This is a simple way to reach out to neighbours, friends and family members to show them you are thinking and praying for them.

**What you need**

We at Mothers’ Union have been hard at work creating templates for you with prayers and pictures so all you need is:

* Pens
* Paper
* A printer (if you don’t have one then perhaps you could copy one of the cards and send it in an email)
* Stamps and envelopes (only if you can’t easily walk to their address)

We have included a couple of blank prayer card templates so you can customise them however you would like! It’s a fun way to get creative… without the mess!

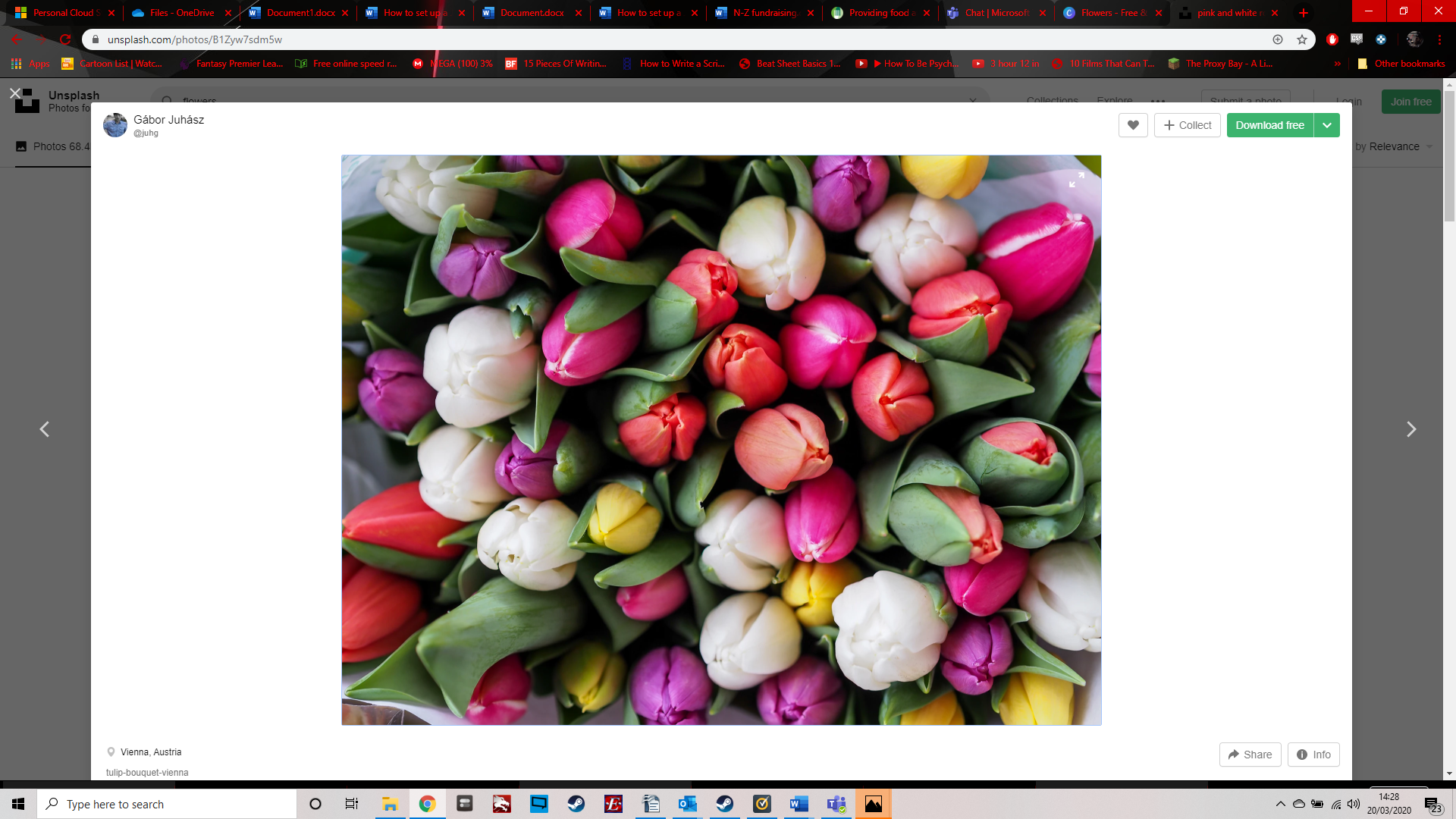
**What to do**

You will see that there is one side for the front of the card, which has *thinking of you*, a Bible verse, a picture and our logo, the other side has a message saying ‘*Just a note to say I am thinking and praying for you.’*All you need to do is cut around the whole card and then fold down the line separating the front page and the back page.

You can then choose to add a message or send them as they are.

The final step is to either hand deliver them, if possible, or put them in an envelope and send to those who are near and dear to you!

*Please share any prayer cards you create on social media and on our members Facebook group! Don’t forget to write @MothersUnion*on your card

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**Just a note to say I am thinking**

**and praying for you**

**Thinking of you**

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

*Deuteronomy 31:8*

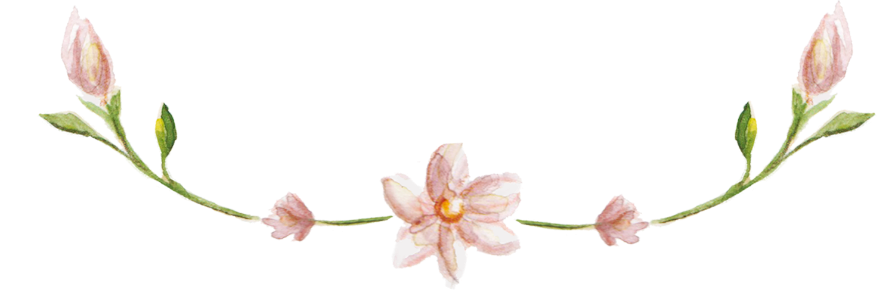
**Thinking of you**

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

***Philippians 4:6-7***

**Just a note to say I am thinking**

**and praying for you**



**Thinking of you**

Be strong and take heart,  
all you who hope in the Lord.

*Psalm 31:24*

**Thinking of you**

Cast all your anxiety on God because he cares for you.

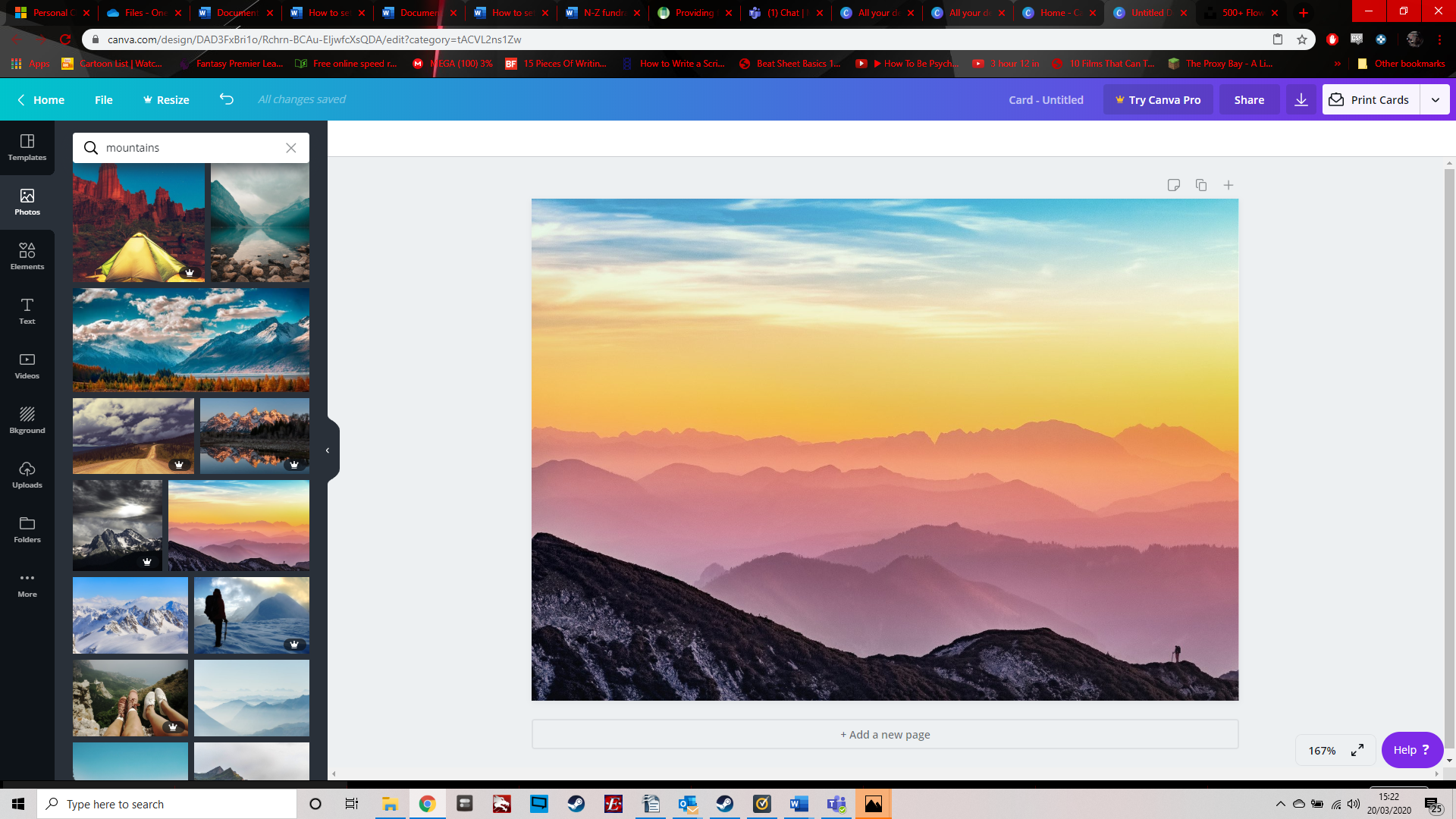
*1 Peter 5:7*

**Just a note to say I am thinking**

**and praying for you**

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**Thinking of you**

**Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.**

***2 Corinthians 1:3-4***

**Thinking of you**

The eternal God is your refuge,  
and underneath are the everlasting arms.

*Deuteronomy 32:27*

**Just a note to say I am thinking**

**and praying for you**

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**Thinking of you**

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