Inspiration Cards

These cards were designed for you to cut out and place around your home, work, and vehicle. Put them in places you will see throughout the day. There were times when sticky note versions of these cards would get me through some of the toughest moments.

Miracles are a retelling in small letters of the very same story which is written across the whole world in letters too large for some of us to see.

-C.S. Lewis

Do not be far from me, my God;   
come quickly, God, to help me.

Psalm 71:12

For he will deliver the needy who cry out, the afflicted who have no one to help.

Psalm 72:12

On the day you’re ready to give up

Don’t give up

Don’t give in

You’re focusing on the trees

See the forest

I rise before dawn and cry out for help; I put my hope in Your word.

Psalm 119:147 HCSB

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us

Ephesians 3:20

Deliver me, my God,

from the hand of the wicked,

from the grasp of those who are evil and cruel.

Psalm 71:4

Anger, bitterness, and hate all over promise and under deliver. Take a deep breath.   
~Just breathe~

Do not be far from me, my God;   
come quickly, God, to help me.

Psalm 71:12

You only need  
enough courage  
to make it through the moment.

Those who plant in tears will harvest with shouts of joy.

Psalm 126:5 NLT

Be strong and courageous;   
don’t be terrified or afraid of them. For it is the Lord your God   
who goes with you; He will not leave you or forsake you.

Deuteronomy 31:6 HCSB

If we could see into the future  
and the size of the blessing that this trial was going to bring our way,   
then we would understand   
in part   
the importance of the battle   
we are fighting.

I would have despaired had I not believed that I would see the goodness of the Lord in the land of the living.

Psalm 27:13 AMP

No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause.

Psalm 25:3

Sustain me as You promised, and I will live;  
do not let me be ashamed of my hope.

Psalm 119:116 HCSB

I prayed to the Lord, and he answered me. He freed me from all my fears.

Psalm 34:4 GNT

Be merciful to me, O God, be merciful, because I come to you for safety. In the shadow of your wings I find protection until the raging storms are over.

Psalm 57:1 GNT

The Lord is near the brokenhearted; He saves those crushed in spirit.

Psalm 34:18 HCSB

I call on the Lord in my distress,

and he answers me.

Psalm 120:1

Do not rejoice over me, oh my enemy. Though I have fallen, I will rise!

Micah 7:8 NIV

This poor man cried, and the Lord heard him,   
and saved him out of all his troubles.

Psalm 34:6 KJV

For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11

Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

Psalm 23:4 NKJV

I have told you all this so that you won’t lose your faith when you face troubles.

John 16:1 ERV

May all who want to take my life  
 be put to shame and confusion;  
may all who desire my ruin  
be turned back in disgrace.  
May those who say to me, “Aha! Aha!” be appalled at their own shame.

Psalm 40:14-15

Chapter 17

Daily Checklists

Week One

Daily checklist:

* 60 minutes of sunlight
* 30 minutes outside
* Eat a banana
* Avoid depressing songs/books/movies

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Week Two

Put yourself on a daily laughter diet. According to the Mayo Clinic, “When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.”

Laughing increases feel-good hormones to your brain, relieves your stress response, produces a calm feeling and relaxes your muscles.

Daily checklist:

* 60 minutes of sunlight
* 30 minutes outside
* 30-60 minutes of exercise
* Banana
* Take B-complex vitamins\*
* Avoid depressing songs/books/movies
* Watch something that makes you laugh

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Daily checklist:

* 60 minutes of sunlight

\*Always consult your doctor before starting a vitamin regimen.

* 30 minutes outside
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Week Three

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* 60 minutes of sunlight
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* Talk with an uplifting friend

Daily checklist:

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Week Four

Use this week to start learning a new skill. It’s as easy as taking a free class online though Udemy or YouTube. Ideally you should choose something physical like learning to rollerblade, play the guitar or painting. If you do an outside activity such as basketball, you would get your 60 minutes of sunlight, 30 minutes outside and 60 minutes of exercise, all while learning a new skill.

“Every time you learn something new, your brain changes in a pretty substantial way. In turn, this makes other parts of your life easier because the benefits of learning stretch further than just being good at something.5”

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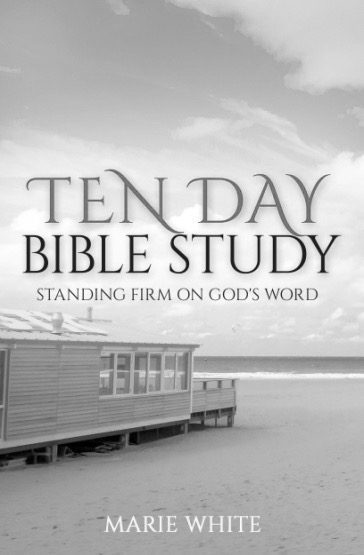
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ABOUT THE AUTHOR

Marie White is the host of the popular YouTube series, ***Bible Stories for Adults*,** which has over 400,000 views and reaches people in every part of the world.

She is also a Christian missionary, traveler, and lover of people. She endeavors to support people by sharing God’s word.

To learn more about the Bible, watch her YouTube video series, ***Bible Stories for Adults***.

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With suicide, depression, domestic abuse, and drug addiction up to 400% higher in the LGBTQI community, there is a huge need to be reminded of God’s love.

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