

SERVICE 4 MENTAL HEALTH

Notes of Encouragement

Materials: Blank greeting cards or “thinking of you cards” (2-3 per person), colorful tape, markers/pens, colorful stickers (look at local craft stores!)

Time: 30 min


Cost: \$40

Prep: Collect materials prior to the event. Be sure to have enough cards, pens/markers, tape, and stickers for all of the participants. Have a list of life - affirming messages, Bible verses, and hymn lyrics for each table.



During the event

1. Have students take two to three cards and write life-affirming messages inside to share with friends or family. If using blank cards, have students draw life - affirming pictures or use stickers or colorful tape to decorate the front of the card.
2. Once the cards have been created, have the students pray over the cards, asking God to be with the recipients and bring them peace and comfort.
- 3 After the cards have been created and prayed over, have the students take the cards home with them to hand deliver or mail to their family and friends. Remind the students to continually pray for their family and friends who may be struggling with their mental health and encourage them to check in regularly with friends who are struggling.



YOU ARE
Loved