



## Journey Guides

Growing in faith, together

### CARD 1 — Identity

You are deeply loved.  
Not because of what you do,  
but because of who God  
created you to be.

*"See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him."*

**1 John 3:1 (NLT)**

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### CARD 2 — Strength

You are stronger than you  
feel right now.  
God is growing something  
beautiful in you.

*"For I can do everything through Christ, who gives me strength."*

**Philippians 4:13 (NLT)**



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### CARD 3 — Courage

You do not have to be fearless  
to be brave.  
God goes with you every step  
of the way.

*"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."*

**Joshua 1:9 (NLT)**

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### CARD 4 — Worth

You do not have to earn love,  
belonging, or value.  
You are already worthy in  
Christ.

*"You made all the delicate, inner parts of my body and knit me together in my mother's womb. I thank you for making me so wonderfully complex!"*

**Psalms 139:13–14 (NLT)**



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### CARD 5 — Faith

Even in hard seasons,  
God is still working.  
Nothing is wasted.

*“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.”*

**Romans 8:28 (NLT)**

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### CARD 6 — Rest

You do not have to carry  
everything alone.  
God never asked you to.

*“Give all your worries and cares to God, for he cares about you.”*

**1 Peter 5:7 (NLT)**

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### CARD 7 — Purpose

Your life matters.  
Your presence matters.  
God is using you in ways you  
may not even see yet.

*“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”*

**Ephesians 2:10 (NLT)**

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### CARD 8 — Perseverance

Keep going. Not perfectly,  
just faithfully.

*“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.”*

**Galatians 6:9-10 (NLT)**

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### **CARD 9 — Joy**

Joy is still possible here.  
Even in the middle of real  
life.

“For his anger lasts only a  
moment, but his favor lasts a  
lifetime! Weeping may last  
through the night, but joy comes  
with the morning.”

**Psalm 30:5 (NLT)**



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### **CARD 10 — Motherhood / Caregiving**

The love you pour out  
matters more than you  
know. God sees every quiet  
sacrifice.

“Children are a gift from the  
Lord; they are a reward from  
him.”

**Psalm 127:3 (NLT)**



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### **CARD 11 — Grace**

You are allowed to grow  
slowly. Healing and becoming  
take time.

“And I am certain that God, who  
began the good work within you,  
will continue his work until it is  
finally finished on the day when  
Christ Jesus returns.”

**Philippians 1:6 (NLT)**



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### **CARD 12 — Blessing**

May you feel God’s peace  
today. His strength beneath  
you and his love surrounding  
you.

*May the Lord bless you and protect  
you. May the Lord smile on you  
and be gracious to you*

**Numbers 6:24–25 (NLT)**



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