FOR BULLETIN EDITORS

Bulletin Inserts

Four weekly inserts for grief and hard seasons.

These four inserts give your church a month of weekly encouragement. Each one holds a short title, one verse, a few sentences of encouragement, and one small thing to try this week.

The topics are grief, anxiety, caregiving, and depression. They can run in any order, so use them as they fit your people.

The inserts come two ways: with our name at the bottom on pages 2 and 3, and without it on pages 4 and 5. Either is fine to print.

How to print and cut

1. Print pages 2 and 3, or 4 and 5, on US Letter paper, in landscape, at 100 percent, with page scaling turned off.
2. Cut each sheet down the dashed line in the middle. You get two inserts, each 5.5 by 8.5 inches.
3. Print as many copies as you need. Four inserts make four weeks, with two printed sheets.
4. The size matches half of a standard letter sheet, so it slips into a folded bulletin as a loose insert.
5. The backs are blank, so nothing shows through on thinner paper.

WHEN YOU ARE GRIEVING

God Is Near

The LORD is near to the brokenhearted And saves those who are crushed in spirit.

Psalm 34:18 (NASB 2020)

Grief can make an ordinary week feel long and heavy, and no one here expects you to hurry through it. Some mornings the loss is quiet, and other mornings it arrives all at once without any warning. God does not stand at a distance from broken hearts, and He has not looked away from yours. Whatever this week holds, you are not walking through it without God.

THIS WEEK
Take one quiet minute and tell God exactly where it hurts.

WHEN YOUR MIND WILL NOT SLOW DOWN

Comfort in the Night

When my anxious thoughts multiply within me, Your comfort delights my soul.

Psalm 94:19 (NASB 2020)

Anxious thoughts have a way of multiplying in the quiet hours, long after the day's work is done. Many faithful people have lain awake with the same questions, and the Psalms make room for every one of them. Your mind may not slow down tonight, but God is not hurried or worried by any of it. His comfort is not something you have to earn, because it is a gift from God.

THIS WEEK
Write one worry on a small card and hand it to God in prayer tonight.

Simplify to Glorify | simplifytoglorify.com
Free resources for hard seasons: simplifytoglorify.com/resources

WHEN YOU ARE CARING FOR SOMEONE

Rest Is Offered

And He said, "My presence shall go with you, and I will give you rest."

Exodus 33:14 (NASB 2020)

Caring for someone you love can fill every hour, and it often goes unseen by everyone else. Many caregivers give more than they ever planned to give, and grow tired in ways sleep cannot fix. Rest is not a reward for finishing the work, because God offers it in the middle of the work. Wherever the day takes you, you will never arrive there ahead of God.

THIS WEEK
Offer to sit with a caregiver for one hour, or accept an hour if it is offered to you.

WHEN THE SEASON FEELS HEAVY

Nothing Is Hidden

LORD, all my desire is before You; And my sighing is not hidden from You.

Psalm 38:9 (NASB 2020)

Some seasons feel gray for reasons no one can quite explain, and words can be hard to find. The psalmist did not hide his tiredness from God, and Scripture lets us pray just as honestly. You do not need polished words, because the God who made you already knows what you mean. A heavy sigh is still a prayer, and no sigh has ever gone unheard by God.

THIS WEEK
Sit near a window for five quiet minutes and tell God one honest thing.

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Sharing these inserts

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