FOR CHURCH CARE TEAMS

Depression Care Cards

Eight cards to leave with someone in heavy days.

These eight cards are for a quiet moment with someone walking through depression: a heavy season, little energy, and sometimes a feeling of being far from God. Each card holds a verse and one gentle line, so you can leave something steady in her hands without asking her to explain or to feel any different.

A card never replaces your presence, so listen first and let the card be what stays behind when you leave. A card is also not a substitute for professional care, and it is kind to encourage her to see a doctor or counselor.

How to print

1. Print pages 2 and 3 on US Letter paper at 100 percent, with page scaling turned off.
2. Cardstock works best, though plain paper is fine if that is what you have.
3. Cut along the dashed lines for four cards per page, each 4.25 by 5.5 inches.
4. The backs are blank, so you can write a short note and sign your name before you hand one over.
5. Each card also fits a standard A2 envelope, if you would rather mail it.

If someone is in danger

In the United States, anyone in crisis can call or text 988 at any hour, and in immediate danger you should call 911. These numbers are for the United States only.

WITH YOU IN HEAVY DAYS

He Is Near

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

Psalm 34:18

Some days are heavy and words are hard to find, and God is near to you in them.

WITH YOU IN HEAVY DAYS

Come and Rest

Come to Me, all who are weary and burdened, and I will give you rest.

Matthew 11:28

You do not have to explain how tired you are, because Jesus already knows and is inviting you to rest.

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WITH YOU IN HEAVY DAYS

Strength for Weary Days

He gives strength to the weary, And to the one who lacks might He increases power.

Isaiah 40:29

When even small things take all you have, God sees how weary you are and gives strength where you have none.

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WITH YOU IN HEAVY DAYS

Honest Words

How long, LORD? Will You forget me forever? How long will You hide Your face from me?

Psalm 13:1

Honest, aching questions have a place in Scripture, and God is not turned away by yours.

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WITH YOU IN HEAVY DAYS

Fully Known

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

Psalm 38:9

You do not have to find the words today, because God knows every sigh and none of it is hidden.

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WITH YOU IN HEAVY DAYS

With You in the Valley

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

Psalm 23:4

You are not walking this valley by yourself, and God is with you in every step, however slow.

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WITH YOU IN HEAVY DAYS

Not Alone

Two are better than one because they have a good return for their labor.

Ecclesiastes 4:9

We are glad to sit with you, and you do not have to be any different than you are today.

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WITH YOU IN HEAVY DAYS

He Heals Gently

He heals the brokenhearted And binds up their wounds.

Psalm 147:3

Healing can be slow, and God is gentle with every part of you that hurts.

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Sharing these cards

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