

# Faith Practice Cards



## How can we be prepared to navigate life's unexpected events?

We can learn and practice trusting God's action in our lives. Just like any other ability, our trust in God grows greater with time and practice. Together we can build a faith foundation so strong that we have the ability to be resilient and overcome challenges and disappointments.

“... this trust in God, this faith, is the firm foundation under everything that makes life worth living.”

~ Hebrews 11:1



## Let's Get Started

## How to use these cards:

Consider how small daily practices shape your day: brushing your teeth, getting dressed, making a cup of coffee. What could happen to your faith by simply adding a few minutes with God to your daily routine?

This pack of *Faith Practice Cards* is intended to be one more resource to center your relationship with God and help you strengthen your faith foundation. There are no rules for using these cards. Explore, experiment, and discover what works best for you.

- Read through one side of the card each day
- Memorize the Bible verses
- Use them with your Intention Cards
- Add the prayer to your daily prayers
- Keep on your refrigerator, night stand, your purse, or briefcase as a reminder throughout the day.



"My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."

~ Isaiah 55:8-9 NLT



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## Live with Expectancy

**Devotion:** Sometimes we need to be reminded that God is God and we are not. We all have expectations for what we think God will do with our lives, but sometimes those expectations are met with disappointments. Living with expectancy means trusting that God will do good and loving things no matter what we think is best. Expectancy calls us to watch for God's action rather than dictating our desires.

**Prayer:** *God, your ways are beyond anything I can imagine. I wait and watch with expectancy for your action in the world. Help me to see it and be a part of it to your glory. Amen.*

The Lord isn't slow about keeping his promises, as some people think he is. In fact, God is patient, because he wants everyone to turn from sin and no one to be lost.

~ 2 Peter 3:9 CEV

**Devotion:** When things don't go as we planned, we might think that God doesn't hear us or doesn't care about us. When all we do is set expectations for how we think God will act, we miss out on what God is actually doing. Instead, we are patient, trusting, and watchful. We watch with expectancy for the good things God will do not only for you and me but for all creation. Living with expectancy means you're never disappointed.

**Prayer:** *God, you have promised to be with us and to act for the good of your children. Hold us close as we learn to expectantly watch for your action in our lives. Let me be patient as you are patient. Amen.*



[Jesus said,] "Don't let your hearts be troubled. Trust in God, and trust also in me."

~ John 14:1 NLT



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## Embrace Change and Uncertainty

**Devotion:** The only constant in life is change. When we are unsure and things seem uncertain, it can feel like God is nowhere to be found. However, we can trust in God who is with us no matter how we feel. Especially during great upheaval, God leads us with strength, comfort, and support. Because of this, you can be healthy, joyful, and grateful even when facing fear and confusion.

**Prayer:** *God, I trust you. Even when everything seems unsure and you feel far away, I trust that you will bring peace to my troubled heart. Show me the new things you are doing in this time of change and let me be a part of it. Amen.*

Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.

~ 1 Samuel 12:24 ESV

**Devotion:** When you face new things with unclear results, don't panic. Instead, consider all the things that God has done for you in the past. Remember how God has been gracious, patient, and compassionate towards you in other times. Enter times of change and uncertainty with the trust that God will be active for good in this new time in your life as well.

**Prayer:** *God, in times of change, I know you are at work. I trust that you will be faithful here and now, just as you have been before. Guide me through this uncertainty and show me your will. Amen.*



You will keep in  
perfect peace  
those whose  
minds are  
steadfast, because  
they trust in you.

~ Isaiah 26:3 NIV



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## Trust God in the Midst of Chaos

**Devotion:** It can feel like the world gets more chaotic and unpredictable every day. How do we navigate through life's unexpected events? When chaos seems to overwhelm, we continue to develop a confidence in our God that keeps us strong and peaceful. Just like any other ability, our trust in God grows greater with time and practice. Trusting God is a process, not a one-time event.

**Prayer:** *God, keep my mind and heart centered in your promises for peace and protection. Be with me when life is chaotic and messy. Guide me through the whirlwind into your calm. I trust in you. Amen.*

The Lord is good, a refuge in times of trouble. He cares for those who trust in him.

~ Nahum 1:7 NIV

**Devotion:** When we feel lost in chaos and confusion, we need to know where to turn to find purpose and direction. God is our strength and guide. It's not always easy to trust God, but it's always worth it. As we continue to turn to God and learn to trust God's action in our life, chaos has less power. We will never be free of it, but more and more we will trust God in the midst of it.

**Prayer:** *God, in the storms and struggles of my life, I sometimes feel lost and hopeless. Protect me, surround me, and support me. I trust in you. Amen.*



But now, Lord,  
what do I look  
for? My hope is  
in you.

~ Psalm 39:7 NIV



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## Choose Hope Over Fear

**Devotion:** When fear threatens to take over, remember that God will lead you through whatever you face. Instead of fearing the unexpected, embrace it with the knowledge that God is right beside you. Choose to be hopeful, because God is greater than any danger and has so much more in store for you.

**Prayer:** *God, all around me I can see tragedy, conflict, and illness. There is so much to be afraid of. Remove this fear from me and replace it with a confidence in your action and a hope for new life in you. Amen.*

God's Spirit doesn't make cowards out of us. The Spirit gives us power, love, and self-control.

~ 2 Timothy 1:7 CEV

**Devotion:** We believe in a God who, through Jesus Christ, has destroyed the power of death. Why should we be afraid? Instead, we choose hope: for new life, for victory over evil, and for a peace that nothing else can provide. The Holy Spirit lives in and among us, God's constant presence in our lives. We are not alone. We will not be afraid.

**Prayer:** *God, send your Spirit to me. Remind me that you give me all I need. Shake me from my anxiety and fill me with your power. Amen.*



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



## Anticipate God's Goodness

**Devotion:** Rather than wondering if God will be good, watch for all the ways that God continues to be good. Be confident that God is with you to guide, protect, and provide in the face of anything that might come your way. Give God room to fulfill God's plan and purpose for your life in unexpected ways.

**Prayer:** *God, you are good, and I praise you for your love to me. You have been loving to your people throughout history, and I trust you to continue your goodness in my life. Thank you for your many blessings. Amen.*

The LORD, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing.

~ Zephaniah 3:17 NRSV

**Devotion:** God rejoices in you. God made you in love and sustains you with all good things. Believe that God will continue to do these things with and for you. Watch for the big and small ways that God moves to bring healing, compassion, and endurance to you. God's goodness shouldn't be a surprise; it's God's promise to you.

**Prayer:** *God, sometimes I forget that you rejoice in me exactly as I am. I continue to trust in your goodness, both for me and for the world around me. I look forward to all the ways you will bring joy and peace. Amen.*



We can rejoice,  
too, when we run  
into problems  
and trials, for we  
know that they  
help us develop  
endurance

~ Romans 5:3 NLT



## Rise With Resiliency From Life's Setbacks

**Devotion:** No one wants to suffer for any reason. Still, everyone will experience setbacks, frustrations, and losses. God's own son suffered on this earth even though he did not deserve it. God knows what it is to suffer, and God will be right there with you when you experience pain. Challenges and disappointments in your life can ultimately become tools to serve others. We trust that God will help us rise from our difficulties and grow stronger.

**Prayer:** *Jesus, you know what it is to suffer. Please hear me as I go through this time of pain. Walk with me as I learn to get up again and serve you with even more compassion and courage. Amen.*

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

~John 16:33 NIV

**Devotion:** Jesus doesn't promise us a world free of trouble or trial. In fact, he promises that trouble will find us. But he reminds us that there is peace in him. His life, death, and resurrection have overcome anything that might try to keep us down for good. In faith, we rise from the pain that life brings with renewed hope in God's continuing work in our lives. In Jesus Christ, we have the ability to be resilient and overcome.

**Prayer:** *Jesus, you promise that you have overcome all the world's struggles. When I fall, give me the courage I need to get back up. In you, I find peace. Amen.*

