VERSES AND PRAYERS FOR YOUR FRIENDS

Sometimes your friend is having *one of those days*—the kind where everything feels heavy, friendships feel confusing, or life feels like a lot. You just want them to know: *I see you. I care about you. I'm here.* When you write notes to your friends using Scripture, simple prayers, and a few of your own words, you remind them that they are *seen, valued*, and *never alone*. Your words will make a difference!

YOU ARE ENOUGH

My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9a)

God, when [name] feels tired, insecure, or not *enough*, remind them they don't have to prove anything to anyone. You made them on purpose and for a purpose. They're already loved, already chosen, already Yours. Help them believe that deep down—especially on the hard days. Amen.

YOU ARE GOD'S CHILD

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1)

Father, remind [name] often that they belong to You. Let that truth shape how they see themselves today—confident, secure, and loved. Amen.

YOU ARE WONDERFULLY MADE

I praise You because I am fearfully and wonderfully made ... (Psalm 139:14)

God, thank You for creating [name] with great care and intention. Help them see themselves the way You see them—fearfully and wonderfully made. Let that truth sink in today. In Jesus' name, amen.

YOU ARE CHOSEN

You did not choose Me, but I chose you ... (John 15:16a)

Jesus, thank You for choosing [name] before the beginning of the world. Help them live confident and secure, knowing they are wanted and deeply loved by You. Amen.

YOU ARE FORGIVEN

God has forgiven those people who are united with Christ Jesus. God will never say they are guilty. (Romans 8:1 EASY)

Lord, thank You for forgiving [name] completely each time they ask. Help them to let go of any guilt or shame that tries to stick around. In Jesus, they are fully and completely forgiven. Hallelujah, amen!

YOU ARE NOT ALONE

Be strong and courageous ... for the Lord your God goes with you; he will never leave you nor forsake you. (Deuteronomy 31:6)

God, remind [name] that they are never on their own. Help them feel Your presence, especially when they are afraid. You are with them always, everywhere. How amazing, Lord! Amen.

YOU ARE KNOWN BY GOD

Before I formed you in the womb I knew you, before you were born I set you apart ... (Jeremiah 1:5a)

Lord, You know everything about [name], and You love them completely. There is nothing they can do to make You love them more, and nothing they can do to make You love them less. They are simply and completely loved—*as is*. Amen.

YOU ARE LOVED

I have loved you with an everlasting love; I have drawn you with unfailing kindness. (Jeremiah 31:3)

God, thank You that Your love for [name] never runs out and doesn't depend on how they're doing. Help them rest in being loved by You, and fill them with Your perfect peace. Amen.

YOU ARE VALUABLE

You are precious to me, and I have given you a special place of honor. I love you. (Isaiah 43:4 ERV)

God, remind [name] that their value comes only from You, not from friends, accomplishments, sports, grades, social media, or body image. You have created them and they are precious and perfectly loved. Amen.

YOU ARE STRONG IN GOD

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. (Psalm 28:7)

God, when [name] feels weak, remind them that Your strength is always there. You are their strength, protector, and joy. Help their heart rise in praise, even on hard days. Amen.

YOU ARE CALLED TO SHINE

Let your light shine everywhere you go ... so men and women everywhere may see your good actions ... and may turn and praise your Father in heaven because of it. (Matthew 5:16 VOICE)

Lord, help [name] to shine Your light in this dark world through kindness, courage, and compassion. Use them to make a difference in the everyday moments. In Your Son's name, amen.