**WAYS TO PRAY WITH & SUPPORT YOUNG ADULTS THROUGHOUT THE YEAR**

**1. Make a "Promises of God" flip book.**

Provide a list of God’s promises for students to lean on as they transition to their next phases in life. This can be made into an 8-page flip book with a magnet on the back for them to stick to a mirror or refrigerator. The flipbook is the size of a business card so it is something anyone could put in their wallet, pocket, or bag to take along with them. There is a promise on each page.

*To make your flip book(s), print, cut, and staple or tie the template on the next page. (Or make up your own!)*

* **Promise 0 (The Main Promise)**: *I will fulfill all of my promises to you!* “...So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.” (Isaiah 55:11)
* **Promise 1**: *I have plans for you!* “For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11)
* **Promise 2**: *I love you unconditionally!*  “For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:38-39)
* **Promise 3**: *I will never leave you!* “It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.” (Deuteronomy 31:8)
* **Promise 4**: *I am your strength!* “I can do all things through him who strengthens me.” (Phil 4:13)
* **Promise 5**: *I hear and answer your prayers!* “When the righteous cry for help, the Lord hears, and rescues them from all their troubles. The Lord is near to the brokenhearted, and saves the crushed in spirit.” (Psalm 34:17-18)
* **Promise 6**:*I will fight your battles!* “The Lord will fight for you, and you have only to keep still.” (Exodus 14:14)
* **Promise 7**: *I am your peace!*“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:7)

**2. Keep a list of student’s names and addresses in order to send a care package twice a year.**Care packages can include toiletries, non-perishable snacks or foods, Promises of God flip book, prayer beads, Visa gift cards, etc.

**3. Assign once-a-quarter check-in partners to young adults in your congregation.**An alumni of the school they attend would be great. Call or text young adults once a quarter to check in. Offer to pray with them or to meet for coffee, boba, tea, ice cream, frozen yogurt, or snacks to catch up.