



# CARE PACKAGE INSTRUCTIONS

Thanks so much for signing up to spread some love and encouragement to Mountain Park's college students! Please fill up this box with some goodies for your student and return your box, **UNSEALED**, to the church no later than **OCTOBER 2ND** with your student's number attached.

Here is a list of some recommended items to include in your box:

- Snacks/candy
- Card games
- Tide Pods/laundry items
- Tissues
- Gift cards (Frys, Starbucks, Target, etc.)
- Pens/pencils/highlighters
- Stationary supplies (notecards, envelopes, stamps)
- Notebooks
- Small dorm decor
- Gum
- Hand sanitizer
- Post-it notes
- Deodorant
- Chapstick
- Tumbler
- Stress ball
- Tea
- Sunglasses
- Mugs
- Book/Devotional
- Etc.

## **Things NOT to include:**

- Homemade food
- Medicine/vitamins
- Chocolate (or anything that might melt)
- Used items

Try not to spend over \$40 on the contents of your box. If possible, please also include a \$15 cash donation in your box when you return it to help cover the cost of shipping.

Please use the provided notecard to write an encouraging note to your student! We also encourage you to pray for your student using their listed prayer requests and the Student Prayer Guide.

If you have any questions, please contact our Adult Ministries Associate, Ally Richmond, at [arichmond@mountainpark.org](mailto:arichmond@mountainpark.org).



# STUDENT PRAYER GUIDE

College can be a difficult time for many students, which is why we encourage you to pray for your student this semester as they take on the excitement and challenges that come with this stage of life.

Your student's tag lists some specific prayer requests, but if you're looking for more, here are some ideas of how to pray for your student this semester:

- Pray for God to guard their hearts against the temptations they may face on their campuses
- Pray for their physical, emotional, and spiritual health
- Pray for their safety to and from their classes
- Pray that they would continue to seek the Lord's will in their life
- Pray that they would make wise and God-honoring choices
- Pray that God would reveal His will for their lives and show them what He wants for their future
- Pray that they would find community and fellowship with other believers
- Pray that they would learn more about themselves and who God has created them to be
- Pray that they would continue to honor their parents while in college
- Pray that a path would be made clear for those who are not attending college

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

**Joshua 1:9**

Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

**Psalms 25:4-5**

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

**Colossians 3:23**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**Philippians 4:6-7**