

CHRONIC ILLNESS

Talking Points

- Focus on treatment opportunities.
- When possible, find joy in the adversity.
- Live the physical part of you that carries the chronic illness.
- If possible, connect with someone who has walked or is walking a similar journey.
- Know that it's not your fault.
- Maintain a balanced perspective.
- Enlist a patient advocate.
- Hobbies often can be helpful distractions.
- For supporters, be with them where they are, whether in pain or encouragement.

Prayer

Dear Heavenly Father, Thank you for your promise that you will be with me when I walk through difficult times. Thank you for letting me know I am precious in your sight and that you love me. In this time of health trial and adversity, I need your presence more than ever. Lord, some days I feel pressed on every side, but with You by my side, I am not struck down or destroyed. Although this health trial makes me feel like I have lost control, it is You who gives me strength and courage. Thank you for holding me in the palm of your hand during this time. Praying for your peace in this trial. Let's do this together, God. In Jesus name, Amen.

Scriptures

James 5:13-14	2 Corinthians 4:8
Psalms 121	Hebrews 12:2
Isaiah 43:1-7	Philippians 4:13
Lamentations 3:32	1 Peter 5:7

Suggested Reading

- *The Chronic Illness Workbook: Strategies and Solutions for Taking Back Your Life*, Patricia A Fennell
- *Beyond Pain: Job, Jesus, and Joy* Paperback, Maureen Pratt
- *Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness*, Paul J. Donoghue & Mary E. Siegel
- *Unmapped Darkness – Finding God's Path for Suffering*, Thomas Finch
- *Jesus Calling*, Sarah Young
- *Peace in the Storm: Meditations on Chronic Pain and Illness*, Maureen Pratt

Online Resources

- maureenpratt.com
- restministries.com
- Right Now Media - The "Netflix" for online Bible study, this valuable tool is a gift from Van Dyke Church. Contact sleatherwood@vandyke.org for a link to join.

Local Counselors & Agencies

Life Connections Counseling Center
813.265.3859
lifeconnectionsonline.org

Griswold Home Care
813.343.0272
griswoldhomecare.com

