



## OUR PROGRAMS

### PRAYER MINISTRY



Many have told us that due to chronic illness, serving in traditional ways isn't possible, but that you can pray. Today, we invite you to do just that. #PrayItForward by lifting the requests of others. Then as you rest at the edge of the Prayer Pond, toss in your prayers and praises, and watch them ripple with radical hope and compassionate change throughout our community and far beyond.

### #PENTOPAPER

#PenToPaper is a powerful, yet easy way to encourage one another and build each other up. Build community, offer hope, let someone know they are not alone, and that they are prayed for, cared about, and genuinely loved. We provide a beautiful starter set of stationery to encourage both sender and receiver.



Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



### AWARENESS

Our DID YOU KNOW? program offers both digital and printable *Fact Sheets* to create awareness, increase knowledge, and support education in a quick and easy format that you can share with friends, family, churches, small groups, co-workers and neighbors.

### LITTLE FREE LIBRARY

*FREE* copies of *Discovering Hope* are available to Little Free Library owners across the United States. Each book contains a "Yours to Keep" label. As librarians notice their copy of *Discovering Hope* has found a new home, they're invited to request a replacement.



*Thrive* in a life with chronic illness.



- cjministry
- chronicjoymin
- chronicjoy
- chronicjoyministry
- care@chronic-joy.org

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



### CREATIVE SPARKS

Creative Sparks invite an exploration of hands, hearts and stories. Engage your senses, explore your own unique story, and experience God in fresh, new ways as you learn, lean in, and kindle creative joy in midst of chronic illness.

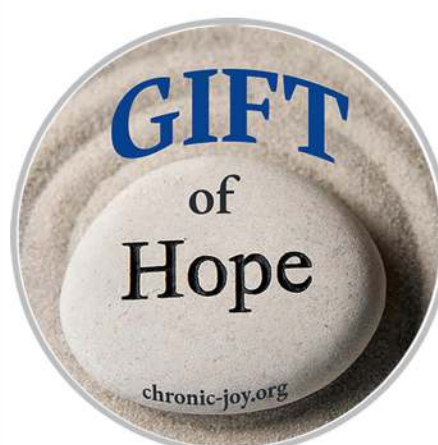
### STEPREPPRAY

#StepRepPray is an opportunity to meet with God in prayer as you intentionally move in whatever way you are able. With each step or every rep, we invite you to pray for others, to seek God's guidance, to worship and praise Him, and to thank God for the gift of movement.



### PASS IT ON

Is there a great book, go-to website, or thought-provoking podcast that encourages you in your walk with chronic illness? Pass It On! Open the door to community by lending a hand, sharing your experience, and making the journey just a little bit easier for all of us.



### GIFT OF HOPE

*Hope is possible.* Sometimes we just need to know that someone cares, that our stories matter, that hope is possible – even in a life with chronic illness, even through sustained loss, even in the midst of debilitating pain. If you need to know that your story matters, that you are not alone, and that someone cares, request your *free copy* of *Discovering Hope*. Our Gift of Hope to you!

### RADICAL COMMUNITY

Radical Community is rooted in love, nourished in prayer, and strengthened in courageous vulnerability as we listen, engage, forgive, learn, grow, serve, and extend compassion to all.



### SERVE

*"Serve one another humbly in love."* Serving with chronic illness is as important to who we are as breathing, and as vital to us as oxygen. In God's Kingdom, small acts – as simple as a smile or a cup of cold water – are significant. Discover creative *new ways* to love God and love others right where you are, however you are able.