



**CHRONIC JOY®**

Ministering to those affected by:  
Chronic Illness, Mental Illness,  
Chronic Pain, & Disability

## #CONNECTBYTEXT

**ENCOURAGE, INSPIRE & LOVE OTHERS THROUGH TEXT**

... *encourage one another daily* ... (Hebrews 3:13 NIV)

Texting is a unique and personal opportunity to connect with, pray for, encourage, inspire, and love one another, right where you are.

- Brighten someone's day
- Share a little hope
- Encourage a friend or loved one
- Let a family member know you're praying for them
- Spread a little humor
- Connect with a friend or loved one

Just as "A little yeast will make all the dough rise," (Galatians 5:9 GNT), a little encouragement can make a big difference on a difficult day.

As you #ConnectByText, you'll be living out a baker's dozen of Biblical *one anothers*:

- **Love one another** (John 13:34, Romans 13:8, 1Peter 3:8 & 4:8, 1 John 3:11, 23 & 4:7, 11, 12, 2 John 5)
- **Be devoted to one another** (Romans 12:10)
- **Honor one another** (Romans 12:10)
- **Serve one another** (Galatians 5:13)
- **Carry each other's burdens** (Galatians 6:2)
- **Be patient with one another** (Ephesians 4:2)
- **Be kind to one another** (Ephesians 4:32)
- **Be compassionate to one another** (Ephesians 4:32)
- **Forgive each other** (Ephesians 4:32)
- **Bear with each other** (Colossians 3:13)
- **Encourage each other** (1 Thessalonians 4:18 & 5:13, Hebrews 3:13 & 10:25)
- **Build each other up** (1 Thessalonians 5:11)
- **Pray for each other** (James 5:16)

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



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### 3 TIPS FOR TEXTING THOSE WHO ARE STRUGGLING:

1. **Keep it short.** Illness and pain can make it difficult to process information, but a short text is more easily understood.
2. **Don't expect a response.** Those who are struggling might not have the energy to respond, but that doesn't mean your text didn't mean the world to them.
3. **Write from your heart.** You don't have to craft the perfect message, just share a little heartfelt care and compassion.

*"Never underestimate the power of a simple text."*

### MESSAGE IDEAS TO GET YOU STARTED:

1. Good Morning! May God's abundant grace be with you today.
2. How is your heart today, Friend?
3. I'm praying for you right now.
4. You are one of God's greatest blessings to me.
5. I know things are difficult right now. Just know that I see you, I care, and I'm praying.
6. The Lord is as close as the beating of your own heart, and He promises He will be with you always, no matter what.
7. You are on my heart today. I love you!
8. How I wish I could simply sit with you in the ash, holding space, and quietly praying.
9. I see how hard you fight every day. You are an amazing treasure, my Friend!
10. We all need help sometimes. There is no shame in asking. *Ever*.
11. You are not a burden. You are God's beloved, His precious child, His masterpiece, His chosen treasure.
12. It's OK if you can't make it, but if you can, I'd love to see you!
13. When you're up for it, let's get together. In the meantime, what do you need? How can I help?
14. I'm here, even if what you need is someone to sit with you in the dark so that you're not alone.
15. I love how you hold me accountable. Thank you!
16. You're one of my very favorite people!
17. How can I pray for you today?
18. You inspire me to be a better person.

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