



#CONNECTBYTEXT

ENCOURAGE, INSPIRE, AND LOVE OTHERS THROUGH TEXT

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

Looking for a great way to connect with, encourage, inspire, and love on others? **Text them!**

In just a few minutes, you can:

- 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) a little encouragement can make a big difference on a difficult day.

TEXTING DOS

1. **Be thoughtful** about who and what you text.
2. **Scroll through your contacts.** Who might be feeling lonely or is facing a difficult situation? Text them!
3. **Reach out to others** when you're struggling, lonely, or need support. "Studies have shown that people who text and reach out to others experience less pain." (University of California at Berkley, 2012 Study)
4. **Keep it simple and sincere.** When a dear one comes to mind or you've prayed for them, send a short message.
5. **Infuse someone's day with hope and kindness.** Share a heartfelt prayer, inspiring photo, or favorite Bible verse.
6. **Connect with family.** Send a virtual smile with a fun fact or silly joke.

Visit chronic-joy.org for more resources.



4 TIPS FOR TEXTING THOSE WHO ARE STRUGGLING

1. **Keep it short.** When we're hurting, it can be difficult to process too much information, but a short message can be easily read and re-read.
2. **Don't expect a response.** When we're struggling, we might not have the energy to respond, but that doesn't mean your text didn't mean the world to us.
3. **Write from your heart.** Just be you and share a little love.
4. **Don't skip the emojis!** Body language, tone of voice, emotion, and facial expression are lost in text, so as goofy as it seems, adding an emoji or two can convey those feelings for you.

17 MESSAGES 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. The Lord is as close as the beating of your own heart, and He promises He will be with you always, no matter what.
6. You are on my heart today. I love you!
7. How I wish I could sit with you in the ash, holding space, and quietly praying.
8. I see how hard you fight every day. Dear friend, you are an amazing treasure!
9. We all need help sometimes. There's no shame in asking — *ever!*
10. You are not a burden. You are God's beloved and precious child, His masterpiece, His chosen treasure.
11. It's OK if you can't make it, but if you can, I'd love to see you!
12. What do you need? How can I help?
13. I'm here, even if what you need is someone to sit with you in the dark so that you're not alone.
14. I love how you hold me accountable. Thank you!
15. You're one of my very favorite people!
16. How can I pray for you today?
17. You inspire me to be a better person.

Never underestimate the power of a simple text.

chronic-joy.org/ConnectByText

