



CREATIVE WAYS TO USE CHRONIC JOY POSTS & PUBLICATIONS

Talking about the impact of chronic illness, mental illness, chronic pain, and disability on our lives can be incredibly difficult. Sometimes we're not sure what we think or how we feel, either for ourselves or for our friends or loved ones.

What if looking at illness through someone else's journey could springboard our own understanding, helping us gain valuable insights we might otherwise have missed?

HOW TO BEGIN

- Invite a friend or loved one to meet in person, virtually, or by phone. Consider meeting on a regular basis, choosing a day and time that work best for each of you.
- Together, select a Chronic Joy post or printable, print or open it, and read it together. Even if the topic doesn't seem to speak to your current situation, exploring life and illness through another's lens can unlock a perspective we might not even have known we needed.

QUESTIONS TO GET THE CONVERSATION STARTED

1. What words or phrases met you right where you were this week?
2. What challenged you?
3. Is there something you agree or disagree with? Why?
4. What surprised you or presented a new perspective?
5. How might you react differently after reading this post?
6. Is there something you need to release - an expectation of yourself or others?
7. What Scripture comes to mind? Read that passage. What might God be saying to you?
8. Pray for each other. Ask God to help you apply what He is teaching you.



CREATIVE WAYS TO USE OUR STUDIES



A dozen creative ways to use our **Thrive**, **Abide**, and **Explore** series and our **Companion Resources**. Each book is ideal for:

1. Personal study
2. One-on-one study with a spouse or loved one
3. One-on-one study with someone who is homebound
4. Gift for someone who is hospitalized
5. Counselor-led small groups at a mental health facility
6. Study with family members or friends who want to better understand the impact of chronic illness, mental illness, chronic pain, and disability
7. Parent discussion guide for teens with illness or pain
7. Small group for caregivers, spouses, parents, teens, or young adults
8. Donate to your church library
9. A great training tool for staff wanting to learn how to best serve those affected by illness and pain in their community.
10. *Great small group project!* Place books in Free Little Lending Libraries throughout your city
11. Virtual group via Zoom, Skype, or Google Meets
12. Small group study in your church

Start your adventure today!

Discover the imperishable hope rooted in Christ alone,
God's precious purpose for your life,
your enduring, God-ordained worth,
and the deep and abiding joy of the lord, as you
learn to abide in the love and compassion of Christ.