



## VERSES TO LEAN INTO

1. *I remain confident of this: I will see the goodness of the Lord in the land of the living.* (Psalm 27:13)

God is good to you, here and now, showing you His goodness even in the midst of the difficult circumstances of chronic illness.

2. *I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.* (Psalm 37:25)

God will not abandon you. Your illness might be lifelong, but He will be there every step of the way.

3. *There is surely a future hope for you, and your hope will not be cut off.* (Proverbs 23:18)

Cling to hope. It won't let you down.

4. *The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.* (Isaiah 58:11)

Take this verse as a benediction as you move forward into the rest of your life with the Lord guiding you all the way.

5. *The Lord is good to those whose hope is in Him, to the one who seeks Him.* (Lamentations 3:25)

Place your hope in the Lord. He is good to you.

6. *I will restore to you the years the swarming locusts have eaten.* (Joel 2:25)

God is going to redeem the things you've lost because of chronic illness.

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



7. *When he heard this, Jesus said, 'This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it.* (John 11:4)

God can use your sickness for His glory.

8. *I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.* (Romans 8:18)

This earthly suffering is just a brief blip in time.

9. *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.* (2 Corinthians 4:16-18)

Your body may feel as though it's wasting away — but pay attention to how the Lord is renewing your spirit and soul.

10. *As you know, it was because of an illness that I first preached the gospel to you.* (Galatians 4:13)

God can use chronic illness as an opportunity to encourage others in their faith.

11. *Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.* (Philippians 1:6)

God is faithful to finish the work He has started.

12. *Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.* (1 Timothy 4:12)

Navigate chronic illness with grace and dignity, pointing others back to Jesus.

13. *He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.* (Revelation 21:4)

One day, your current pain and sickness will seem like a distant dream.

[chronic-joy.org/printables](http://chronic-joy.org/printables)

