



**CHRONIC JOY**  
chronic illness ministry

## SERVICE IN A BOX

Want to brighten someone's day? Encourage a weary caregiver? Inspire a teen or young adult? Share a loved one's burden? Remind a lonely older adult that they are not forgotten? Lift a healthcare worker's spirits? Or make a server's day with a little bit of kindness? **Start with Service in a Box!**

### WHAT IS SERVICE IN A BOX?

*Service in a Box* is everything you need to encourage, strengthen, inspire, and love on those who are nearest and dearest to you. Inside you'll find:

- Beautiful, blank-back postcards
- Envelopes
- Professionally-printed "How To" guides on a variety of topics
- #PenToPaper Getting Started Guide
- #PenToPaper Note Starters

### IDEAS TO GET YOU STARTED:

- **ENCOURAGE A FRIEND** who is struggling with anxiety or depression with *Verses to Comfort & Encouragement* or *Anxiety Exercises*.
- **REMEMBER A NEIGHBOR** who is lonely or isolated by including *Joy is a Gift* or *Prayer Is*.
- **STRENGTHEN A TEEN OR YOUNG ADULT** as they navigate the tricky waters of independence with chronic illness by including *Story Matters* or *You Are*.
- **SEND A LITTLE LOVE TO YOUR FAVORITE GRAND-LITTLES** with one of our free coloring pages.
- **LIFT A WEARY CAREGIVER'S SPIRITS** with a few kind words. Include *13 Verses to Lean Into* or *Build an Ebenezer*.
- **THANK A HEALTH CARE PROFESSIONAL OR FRONTLINE WORKER** and share *33 Biblical "One Anothers"* or *Writing a Psalm of Lament*.

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



- **PRAY FOR YOUR PASTOR** and church leaders, and let them know. Include *Suffering & Joy* or *52 Questions of Jesus*.
- **INTRODUCE A FRIEND OR LOVED ONE** to the ministry of Chronic Joy®. Tuck *Who We Are & What We Do* or *Our Programs* into the envelope.
- **EXTEND A FRIEND-RAISING INVITATION.** Friend-Raising is all about *one precious life*, words that have guided Chronic Joy® since the beginning. Its about extending a warm welcome to discover all Chronic Joy® has to offer, to step into community, and together, to make a difference. An *AmazonSmile* postcard is a no-pressure, no-cost way to speak hope to those we serve.
- **DREAM WITH A FRIEND.** Include *Building Your Bucket List* or *Build an Ebenezer* and have fun building together!
- **DOES SOMEONE YOU KNOW HAVE A PASSION FOR WRITING?** Work through *Story Matters*, *Allegory*, or *Metaphor* together.
- **INVEST IN THE HEARTS OF YOUNG ADULTS** with 50 Prayer Journaling Prompts or *#ConnectByText*.
- **IS THERE A RELATIONSHIP YOU NEED TO EXPLORE?** Begin with *Ministry of Reconciliation*.
- **NEED A LITTLE FITNESS ACCOUNTABILITY** or encouragement? *#StepRepPray* is the perfect way to step in with a friend far or near.
- **A COMPASSIONATE GRIEF RESOURCE** is *Writing a Psalm of Lament* or *Suffering & Joy*.
- **HOW ABOUT GUIDES FOR A SMALL GROUPS?** Include our *Prayer Prompt Guide*, *Prayer of Examen*, *Lectio Divina*, or *Praying the Psalms*.
- **WANT TO SHARE A PERSPECTIVE SHIFT?** Our *Holy Attention* guides offer inspiring and easily accessible activities.

*Together, we are always better! Together, we are changing the landscape of chronic illness one precious life at a time!*

**How could we ever thank God enough for all the wonderful joy that we feel before our God because of you?**

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