

DEVOTIONAL GUIDELINES

Chronic Joy® is dedicated to compassionately serving all those affected by chronic illness, mental illness, chronic pain, and disability by providing accessible, easy-to-use, faith-based educational tools and resources.

- Devotionals should be about 500 words, engaging, and be a bright spot for readers. Consider including elements of laughter, worth, hope, encouragement, and an opportunity to explore difficult circumstances in ***small bites***.
 - Scripture, prayer, bio, and questions are not included in the word count.
- Include a descriptive title that clearly states what the reader will find in the devotional.
- Scripture is the hero. Lead with it.
 - Consider different translations to broaden perspectives and challenge our understanding.
- Provide a short Biblical context when applicable.
- **Focus on a singular point or idea and include a short illustration/story. When possible, include some aspect of chronic illness, mental illness, chronic pain, and/or disability.**
- Is there application from your life with an action step?
 - Often, we are still wrestling, so it doesn't need to be wrapped up neatly.
- End with a short, memorable prayer.
- Questions for reflection – include at least 3 questions.
- Try to write a **short caption**, up to 155 characters – telling what the post is about, a sales pitch. Perhaps there is a key sentence in the post that could be adapted.
- Complete the Release form on our [Permissions](#) page.
- Include your **headshot** (.jpg), a **brief biography** (not to exceed 85 words), and **links** to your blog, website, books, and/or social media as desired with your Word document.