

WORDS ARE POWERFUL



Ask your spouse which of these phrases is meaningful to him/her or if there are other phrases he/she would like to hear. Both you and your spouse could highlight phrases on either side to help you remember what is powerful to your spouse.

*Gracious words are like a honeycomb,
sweetness to the soul and health to the body.*
(Proverbs 16:24)

WHAT TO SAY TO YOUR CHRONICALLY ILL SPOUSE

- I love you.
- I see you.
- I'm here.
- How are you really doing today?
- I believe you.
- I'm proud of you.
- How can I help?
- I'm sorry.
- Can I hold you?
- You are not a burden.
- Do you need anything?
- I know you're trying.
- How can I support you?
- This is hard.
- You are enough.
- Where are you hurting today?
- What's your fatigue level today?
- Tell me what's hurting?
- Would you like a tea/coffee?
- I love you just as you are.
- I love seeing how God is using you.
- How can I pray for you?

Visit chronic-joy.org for more resources.



WHAT TO SAY TO YOUR SUPPORTIVE SPOUSE

- I love you.
- I see you.
- Thank you for letting me rest.
- You do so much around here – thank you.
- I'm sorry for...
- How are you doing today? Really?
- You make such a difference in my life.
- I love it when you hold me.
- You get me!
- I know this is hard on you, too.
- What can I do to bless you today?
- You take such good care of me.
- I'm thankful for your patience.
- It means so much that you believe me.
- I am so blessed by you.
- Thank you for just sitting with me.
- You don't have to fix this.
- Thank you for reminding me of who I am and whose I am.
- God is using you in powerful ways.
- You are so strong.
- Thank you for loving me.
- How can I pray for you?

PRAYER

"Dear Lord, show us Your way today. Foster in us the humility and patience needed to be vulnerable with our spouses, especially when it is the last thing we want to do. Help break down the pride within us that all too often gets in the way of speaking the truth in love and learning to be more like You. Help us to openly share our hearts to each other just a little bit more each day, and through this, allow us to grow in our relationships with You and the ones to whom we said 'I do.' Amen"

(Cindee Snider Re from *I Take You in Sickness & in Health*)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think (and speak!) about such things.

(Philippians 4:8)

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