



#CONNECTBYTEXT TIPS

Looking for a great way to connect with, encourage, inspire, and love on others? **Text them!** It only takes a few minutes to brighten someone's day.

4 TIPS FOR TEXTING

1. **Keep it short.** Short messages are more easily understood when others are sick or in pain.
2. **Don't expect a response.** When others are struggling, they may not have the energy to respond, but that doesn't mean the text didn't mean the world to them.
3. **Write from the heart.** Just be you and share a little love.
4. **Add an emoji!** Tone and emotion can be difficult to discern in a text, so adding an emoji can make a big difference.

TEXT A FUN FACT

- A golf ball has 336 dimples.
- All mammals get goosebumps.
- Lemons float in water, but limes sink.
- Venus is the only planet that spins clockwise.
- It's impossible to hum while holding your nose.
- The letter "A" is absent in numbers *under* 1,000.
- *Hippopotomonstrosesquippedaliophobia* means fear of long words.

TEXT A LITTLE HUMOR

- What do you call a toothless grizzly? (*A gummy bear*)
- Seen on a church sign: Honk if you love Jesus. Text and drive if you want to meet him.
- Who first ignored Apple's terms and conditions? (*Adam and Eve*)
- What do you call a group of nuns playing instruments? (*A symphony of sisters!*)
- What is a dentist's favorite hymn? (*Crown Him with Many Crowns*)
- What did Adam say to Eve? (*I'll wear the plants in this family.*)
- What did Jesus say to Peter as he was walking on water? (*"Water you waiting for?"*)
- Need a boat? (*I Noah guy!*)

Visit chronic-joy.org for more resources.



VERSES TO TEXT

Texting a verse of hope, promise, or joy is sure to be a bright spot in someone's day.

- *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.* (Romans 15:13)
- *Whatever you do, work at it with all your heart, as working for the Lord...* (Colossians 3:23)
- *Never give up. Eagerly follow the Holy Spirit and serve the Lord.* (Romans 12:11 CEV)
- *The Lord is the everlasting God, the Creator of all the earth. He never grows weak or weary. No one can measure the depths of his understanding.* (Isaiah 40:28 NLT)
- *When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.* (Isaiah 43:2)

SHORT QUOTES TO TEXT

When our words are in short supply, texting a short quote can carry great encouragement.

- May you open your hands, dropping all that troubles you at his feet. Gently letting go with each exhale. May you rest in the promise that you are never alone. Your beautiful story has already been carefully and meticulously written just for you. (Unknown)
- My faith didn't remove the pain, but it got me through the pain. Trusting God didn't diminish or vanquish the anguish, but it enabled me to endure it. (Robert Rogers)
- Every experience God gives us, every person He puts in our lives is the perfect preparation for the future that only He can see. (Corrie ten Boom)
- God does not give us everything we want, but He does fulfill His promises, leading us along the best and straightest paths to Himself. (Dietrich Bonhoeffer)
- I know now, Lord, why you utter no answer. You yourself are the answer. (C.S. Lewis)
- As one of His redeemed ones, you are His delight ... His heart yearns after you, seeking your fellowship and your love ... His life is bound up in yours; you are to Him inexpressibly more indispensable and precious than you ever can know. (Andrew Murray)

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