



Words of Hope

Irises symbolize hope, faith, wisdom, and courage.

HopeKeepers®Indy - Christian Support for Chronic Illness

It's a New Year.

Are You Still Worn Out From the Old One?

Are you excited about the New Year?

- Anticipating all the good things to come?
- Carefully packing away Christmas décor?
- Deep-cleaning your home and restoring order?
- Meticulously filling out your new 2017 planner?
- Evaluating and setting strong, achievable goals?

Who are we kidding? When you live with chronic illness, just surviving the holiday season can be a marathon of sheer grit, determination, courage, and even stubbornness. Don't let your exhaustion discourage you and draw you into depression. At HopeKeepers®Indy, we understand. We welcome you to join us each month for uplifting support and helpful discussion in a loving environment. We

"get it" because all HKI members live with chronic illness, either personally or as a caregiver.

Take a look below at our discussion themes. Do these resonate with you?

Now, take out that 2017 planner, mark the days of our monthly meetings, set the achievable goal of attending, and anticipate good things to come!

Happy New Year!

2017

January 2017
Volume 2, Issue 1

UPCOMING MEETINGS

JANUARY 7
FEBRUARY 11
MARCH 11
2-4 PM

Email us for meeting location in Brownsburg, IN

In case alternate location is needed, or weather cancels a meeting, members will be notified prior to the meeting.

A New Year - New Discussion Themes

Our group discussions in 2017 will be based on an inspirational book by author Kimberly Rae.

WHY DOESN'T GOD FIX IT?

"Have you ever wanted to ask...

'Where are You, God?'

'Why are You letting this suffering continue?'

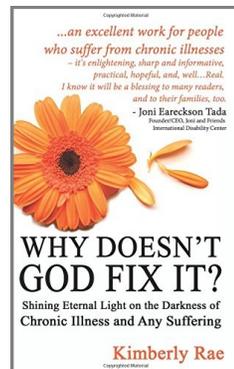
'Don't You care?'

If you have, you're not alone. Join Kimberly Rae as she struggles through the hard questions about living with illness, and discover truths in God's Word that offer hope, peace, and joy."

(Quotes from the book)

Living with Addison's Disease, hypoglycemia, asthma, scoliosis and a cyst on her brain, Kimberly Rae knows what it's like to be sick and tired of being sick and tired.

Her words will resonate with HopeKeepers®Indy members, who all understand living with chronic illness.



JANUARY 14, 2017
"Why Does God Let Bad Things Happen?"

FEBRUARY 11, 2017
"Bribing God"

MARCH 11, 2017
"The Feelings of Our Infirmities"

APRIL 8, 2017
"Not Enough Faith?"

MAY 13, 2017
"Why Didn't Jesus Heal Everybody?"

JUNE 10, 2017
"The Annoying Voice Inside My Head"

HopeKeepers®Indy is a Christian ministry for adults who live with chronic illness or physical condition - either personally or as a caregiver.

Contact Information

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Scriptures to Encourage & Strengthen Us

Praying the
SCRIPTURES
elisaquran.com

Joshua 1:9

“Have I not commanded you?
Be strong and courageous.
Do not be afraid, do not be
discouraged, for the LORD your God
will be with you wherever you go.”

Psalms 46:1-3

“God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear, though the
earth give way and the mountains fall
into the heart of the sea, though its
waters roar and foam and the
mountains quake with their surging.”

Psalms 55:22

“Cast your cares on the LORD and
He will sustain you; He will never
let the righteous be shaken.”

Psalms 119:50

“My comfort in my suffering is this;
Your promise preserves my life.”

Psalms 119:71

“It was good for me to be afflicted so
that I might learn your decrees.”

Psalms 120:1

“I call on the LORD in my distress,
and He answers me.”

Isaiah 26:2

“You will keep in perfect peace
those whose minds are steadfast,
because they trust in You.”

Isaiah 41:10

“So do not fear, for I am with you;
do not be dismayed, for I am your
God. I will strengthen you and
help you; I will uphold you with
my righteous right hand.”

1 Peter 5:7

“Cast all your anxiety on Him
because He cares for you.”

Encouraging Words From Rest Ministries

HopeKeepers@Indy is affiliated with Rest Ministries, a non-profit Christian group that exists to serve people who live with chronic illness or pain. Lisa Copen founded Rest Ministries in 1997 after a diagnosis of Rheumatoid Arthritis and Fibromyalgia.

Visit restministries.com for hundreds of resources and devotionals.

Links to New Year devotionals:

“A New Year’s Prayer for One Who Is Ill”

[http://restministries.com/
blog/2014/01/01/prayer-3/](http://restministries.com/blog/2014/01/01/prayer-3/)

“Courage to Face the New Year”

[http://restministries.com/
blog/2012/01/05/devotion-courage-to-
face-the-new-year/](http://restministries.com/blog/2012/01/05/devotion-courage-to-face-the-new-year/)



“Resting in the New Year”

[http://restministries.com/
blog/2012/01/09/from-lisa-resting-in-
the-new-year/](http://restministries.com/blog/2012/01/09/from-lisa-resting-in-the-new-year/)

“Oh, No! Another New Year!”

[http://restministries.com/
blog/2012/01/03/devotion-oh-no-
another-new-year/](http://restministries.com/blog/2012/01/03/devotion-oh-no-another-new-year/)

Notes From Marie



Marie Miller -HKI Facilitator

Due to MS symptoms and a brutal virus, I was house-bound through the Christmas season. I’m gradually improving, but am weak, unsteady, and exhausted from the battle. I honestly didn’t know to tread the murky waters above a deep pool of discouragement that threatened. Then I searched for verses to include in this newsletter. God’s Word began its ministry. Music always speaks to my soul. The following words have brought strength and comfort. I pray you find a blessing as well.

Annie Johnson Flint, 1866-1932, wrote “He Giveth More Grace”. She was twice orphaned as a child, then crippled by arthritis in her early twenties and confined to a wheelchair. Yet God worked through her suffering to bring inspirational hymns and writings to the world.

Read her story here:

<http://www.homecomingmagazine.com/article/he-giveth-more-grace/>

“HE GIVETH MORE GRACE”

He giveth more grace when the burdens grow greater,
He sendeth more strength when the labors increase;
To added afflictions He addeth His mercy,
To multiplied trials, His multiplied peace.

When we have exhausted our store of endurance,
When our strength has failed ere the day is half done,
When we reach the end of our hoarded resources
Our Father’s full giving is only begun.

Fear not that thy need shall exceed His provision,
Our God ever yearns His resources to share;
Lean hard on the arm everlasting, availing;
The Father both thee and thy load will upbear.

His love has no limits,
His grace has no measure,
His power no boundary known unto men;
For out of His infinite riches in Jesus
He giveth, and giveth, and giveth again.