



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS

WORDS OF HOPE

from
HopeKeepers®Indy

Volume 1 Issue 6

June 2016

UPCOMING MEETINGS

Saturdays 2-4 PM
June 11
July 9
August 13

Email us for
meeting location in
Brownsburg, IN



In the event of bad weather or change in meeting location, we will notify on Facebook, and email, text or call before the meeting.

HopeKeepers®Indy Theme for June "Depression in Chronic Illness"

Let's face it. Living with chronic illness is exhausting. It can be discouraging, isolating, frustrating, and sometimes infuriating. It can also lead to bouts of depression. For Christians, these emotions can also lead to feelings of guilt. We are supposed to live with joy, right? How can we reconcile feelings of depression with our faith in God?

This will be our topic of discussion for our June HKI meeting. Come join us. You will find honesty, understanding, compassion, and encouragement.

Rest Ministries Articles

"Writers Who Understand Depression in Chronic Illness"

"Recognizing I Am Not Alone in My Illness and Imperfections"

<http://restministries.com/2016/05/not-alone/>

"Feeling Pressed Down? How to Not Be Crushed"

<http://restministries.com/2016/01/crushed/>

"Drawing Hope From God In A Dark Cloud"

<http://restministries.com/2015/10/cloud/>

"It is Okay to Have a Good Cry, Even Weekly"

<http://restministries.com/2015/09/cry/>

"When Illness Consumes You with Despair"

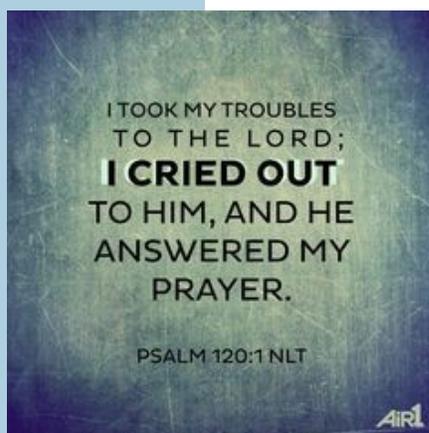
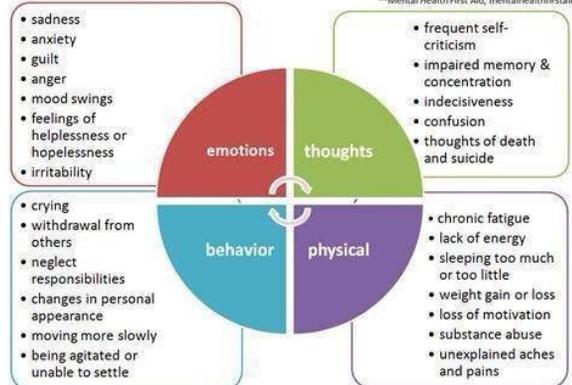
<http://restministries.com/2015/08/despair/>

"Does The Presence Of God Help Us Handle The Darkness?"

<http://restministries.com/2015/05/light/>

Symptoms of Depression

--Mental Health First Aid, mentalhealthfirstaid.org



Feeling alone and depressed
with your chronic illness?

Join us at HopeKeepers®Indy.

We understand.



EMAIL

hopekeepersindy@yahoo.com

WEBSITE

hopekeepersindy.com

FACEBOOK

[facebook.com/hopekeepersindy](https://www.facebook.com/hopekeepersindy)

PINTEREST

[pinterest.com/hopekeepersindy/](https://www.pinterest.com/hopekeepersindy/)

Scriptural Hope for Depression

Deuteronomy 31:8 "... It is the LORD who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed."

Psalms 3:3 "But You, O LORD, are a shield about me, my glory, and the lifter of my head."

Psalms 40:1-3 "I waited patiently for the LORD; He inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD."

Romans 8:38-39 "For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

1 Peter 5:6-7 "Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: Casting all your care upon him; for He cares for you."

Notes from Marie:

"Is This Exhaustion or Depression?"



This has been a year. I tried to think of a fitting adjective to describe it, but failed. MS relapses have sidelined me for weeks at a time, each time causing further loss of function. I am facing my fourth knee surgery two weeks from now. I have added a transfer bench to my tub, and will soon order a power wheelchair. It's a blessing that my condo has many bright windows, because I've been house-bound most of the last six months. I can't number how many activities I have cancelled, and how many church services and small group meetings I have missed.

One of the most debilitating symptoms of Multiple Sclerosis is fatigue. This week fatigue is stomping me. I am paying for pushing beyond the limits of my energy. If I allow myself, I can surrender to the pull of depression. It would be so easy to crash on my La-Z-Boy recliner, pull a blanket up to my chin, and binge-watch Masterpiece Theater, or re-read Georgette Heyer Regency novels back-to-back. It's tempting to dive into isolation. Easier than interacting with people I care about. Easier than praying to my Heavenly Father. Easier than reading His words. If you live with chronic illness, you know what I mean. Sometimes it takes too much effort to put on a smile and say, "I'm fine, thank you."

If you noticed that I haven't posted much on our HopeKeepers@Indy Facebook site, it's not because I have lost interest or I don't care. I'm just plain exhausted. Tired of being tired. Pushing away the temptation of depression. HKI friends, we need one another. We all understand how chronic illness affects our lives. Let's talk about it at our HKI meeting on June 11. You are loved.

2 Corinthians 1:3-4

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."



Marie Miller - HKI Facilitator

"May God give you a sense of what He is up to in your life. May you see the glimpses of the breakthrough that is just ahead. May you - with all your heart - believe that trusting Him over what your eyes can see, is totally and completely worth it. May you shift your weight off of your logical reasonings and onto the weightiness of His powerful promises to you. You've got help and resources that go beyond anything you could ever need. Smile with joy and walk by faith today. He has got you." Susie Larson

