



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS



Volume 1 Issue 3

March 2016

UPCOMING
MEETINGS

Saturdays 2-4 PM

March 12
April 9
June 11

Brownsburg, IN

Email
[hopekeepersindy@
yahoo.com](mailto:hopekeepersindy@yahoo.com)
for meeting
location.



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

12 Foods that
Help You Sleep

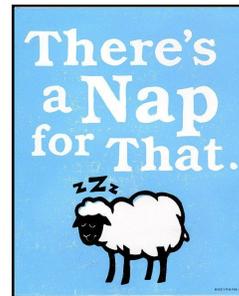
1. Almonds 
2. Honey 
3. Herbal Tea 
4. Banana 
5. Salmon 
6. Cherry Juice 
7. Turkey 
8. Whole Grains 
9. Warm Milk 
10. Kale 
11. Walnuts 
12. Dark Chocolate 

mywell-being

A Pinterest Pin

Laughter is Good Medicine

"A joyful heart is good medicine, but a broken spirit dries up the bones." Prov. 17:22 HCSB



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

View our Pinterest site for helpful boards related to chronic illness.

"I Can't Sleep!"

Exhaustion in Chronic Illness

Does this sound familiar?

4:30 AM - I wake up to use the restroom, then can't get back to sleep.

6:15 AM - I finally drift back into sleep.

7:45 AM - Exhausted, I force myself to get up.

9:00 AM - It has taken me this long to simply get dressed.

2:30 PM - I just have to lie down for a short nap. I can't seem to keep my eyes open.

5:45 PM - Oh, no! I didn't mean to sleep this long! Yet I don't feel rested. I feel drugged.

8:45 PM - I'm sleepy again, but it's too early for bed.

10:00 PM - After my bedtime routine, I try to fall asleep.

12:15 AM - Still awake...

2:30 AM - I get up to use the restroom, then manage to fall back asleep.

4:30 AM - Has another day passed? I'm awake again.

Sadly, most of us who live with chronic illness experience a similar "sleep cycle". We have tried herbal teas, bedtime routines, exercise, music, medications, and supplements.

Have you found methods that help? Here are some relevant websites:

- sleepfoundation.org
- chroniccurve.tumblr.com
- caringvoice.org
- creakyjoints.org



WEBSITE

hopekeepersindy.com

FACEBOOK

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

PINTEREST

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

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

Learning to Live With Chronic Illness

By Lisa J Copen
Rest Ministries Publishing
2014, San Diego, CA,
(Quoted by permission)

Restful Words From the Bible

"Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matt. 11:28-30 NASB)

"In peace will I both lay me down and sleep, for You alone, O LORD, make me to dwell in safety." (Psalm 4:8 NASB)

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. (Phil. 4:6-7 NASB)

"The steadfast of mind You will keep in perfect peace, because he trusts in You." (Isaiah 26:3 NASB)



Notes from Marie:

Chronic illness can take us on rollercoaster ride of emotions. I have lived with MS for over 36 years. I am blessed with strong faith and wonderful support through family, church, small-group friends, and our HopeKeepers@Indy group. Yet there are times when the emotions inside my head overwhelm me.

Through the years I have learned that most MS relapses are preceded by a sense of SADNESS and ISOLATION. At times, uncontrolled pain makes me feel ANGER with my own body. I frequently feel FRUSTRATION when my eyes can't focus, and when there isn't enough bright light for me to see clearly. Bladder control issues bring a daily ANNOYANCE and occasional HUMILIATION. Muscle spasms and burning neuropathy can cause a sense of HELPLESSNESS. There is a certain amount of FEAR that comes with knowing I am losing more function with each relapse, and that my eyes are betraying me through progressive macular degeneration.

But there is one emotion that has surprised me more than all others. Most of us who live with chronic illness experience GUILT. We feel guilty because our faith is weak at times; because we can be a burden to others; because we have to decline invitation due to illness; because we may not have energy to enjoy holidays; because we miss church due to pain; because we can be impatient with family members; because we may not eat right or exercise enough...and the list goes on...

We do not have to be paralyzed by our emotions or our guilt. We have HOPE in Christ! The key comes with surrendering to His purpose in our lives — yes, even when it involves chronic illness. In her book Learning to Live With Chronic Illness, author Lisa Copen shows how the cycle of guilt is a no-win situation:

UNREASONABLE EXPECTATIONS OF SELF → BLAME → LACK → DEPRESSION → GUILT

But there is hope! This is not how God wants us to live. Instead, he offers us grace:

KNOWING WHO WE ARE IN CHRIST → SURRENDERING TO GOD'S PLAN / ASKING FORGIVENESS FOR OVERESTIMATING SELF → LEARNING OUR WORTH IS IN BEING, NOT DOING → JOYFUL LIFE

I hope these words encourage you. You will also find friendship, encouragement, and understanding in our HopeKeepers@Indy meetings. Come join us. Let's talk about our emotions. We "get it".