



CHRISTIAN  
SUPPORT  
FOR  
CHRONIC  
ILLNESS

# WORDS OF HOPE

from  
HopeKeepers®Indy

Volume 1 Issue 5

May 2016

## UPCOMING MEETINGS

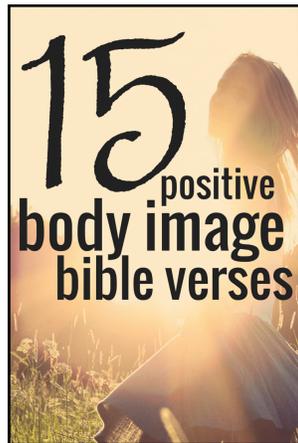
Saturdays 2-4 PM  
May 14  
June 11  
July 9

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 May "Body Image in Chronic Illness"



For an exceptionally well-written article about body image, read Marie Osborne's blog post:

<http://www.marieosborne.com/2015/07/15-positive-body-image-bible-verses.html>

Here is a quote:

*"Lord, I pray that you will renew my mind, my thinking about my body, my looks, and my worth. I pray that you will not allow my thoughts to be dominated by the world's vision of beauty and worth, but transform my way of thinking to Yours. "*



## Rest Ministries Articles By Women Who Understand Chronic Illness

Here are links to just a few links to articles at [restministries.com](http://restministries.com). Go to the site, type in a key search word, and you will find articles on dozens of helpful topics.

<http://restministries.com/2013/07/body-image-2/>

"4 Struggles a Chronically Ill Woman Has About Her Body Image"

<http://restministries.com/2013/07/body-image/>

"Are You Able to Laugh at Your Own Body Image?"

<http://restministries.com/2013/01/slave-to/>

"Do You Ever Feel Like a Slave to Your Own Body?"

<http://restministries.com/2012/11/this-body/>

"No Disrespect, But What Is God Doing With This Body?"

<http://restministries.com/2013/07/vain/>

"Am I Vain If I'm Stressed Out About My Appearance From Illness?"

**NO BODY IS PERFECT**



Are you struggling with body image because of chronic illness? At HopeKeepers®Indy we understand. Come join us!



EMAIL

[hopekeepersindy@yahoo.com](mailto:hopekeepersindy@yahoo.com)

WEBSITE

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

FACEBOOK

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

PINTEREST

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

## Scriptural Perspective on Body Image

**Psalm 139:14-16** - "I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

**1 Corinthians 6:19-20** - "Do you not know that your bodies are temples of the Holy Spirit, who is in you, Whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

**Philippians 3:20-21** - "But our citizenship is in Heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables Him to bring everything under His control, will transform our lowly bodies so that they will be like His glorious body."



### Notes from Marie:

#### "I Am a Daughter of the King"

This month we are focusing on body image, so I've been pondering the changes I have made to accommodate the limitations Multiple Sclerosis has imposed on my life. In 1970 I graduated college with a degree in Fashion Merchandising. I can easily recall being 5'8" and 115 pounds, wearing double sets of false eyelashes, with my hair slicked back into a low model's bun. I wore a designer maxi coat with leather trim and tall faux-crocodile boots. I enjoyed coordinating and narrating fashion shows, staying current with latest trends in *Women's Wear Daily*.

God had other plans for my life. I left the fashion world within a year after I surrendered my life to Christ. The superficiality of the fashion industry became evident to me. By 1980 I had been married for nine years, had a toddler and a newborn son, and a diagnosis of Multiple Sclerosis. My lifestyle changed as my disease progressed.

Over the years, my wardrobe has become simpler and more casual. I no longer wear heels of any kind. I wear open back *Clarks* or *Vionic* shoes because of the painful neuropathy in my legs and feet. Getting dressed-up consumes my energy, so my daily attire consists of cotton shirts, vests, and loose-fitting jeans. Makeup is a quick brush of mineral powder, a touch of color to the brows, and lip gloss. My hair is cut short so I need a curling iron only a couple times a week. I purposely ignore bathroom scales, because medications and limited exercise have thickened my waistline.

Do I wish I could go back to my thin, fashionable body? Most definitely not. Though I often wish I could have just a few hours without pain, I would not trade the lessons God has taught me through my chronic illness. I have learned humility and submission to His will, as well as deep abiding joy in knowing that He loves me and is in control of my life. God has an ordained plan and purpose, and I trust Him.

## 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

Of course there are days when I look in the mirror and judge what I see. I could let myself become dissatisfied, depressed, and negative. I choose instead to remember that I am a Daughter of the King!



"It is in God we live and move and have our being."

Acts 17:28

