



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS

WORDS OF HOPE

from
HopeKeepers®Indy

Volume 1 Issue 11

November 2016

2016 UPCOMING MEETINGS

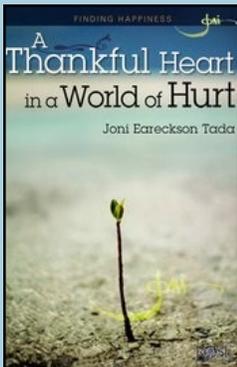
Saturdays
2-4 PM

November 12
December 10
January 14

Email us for
meeting location in
Brownsburg, IN

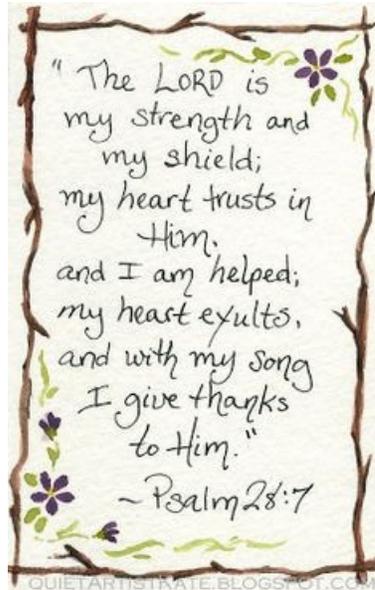


In the event of bad
weather or change in
meeting location, we
will notify on Facebook,
and email, text or call
before the meeting.



**NOVEMBER
SPECIAL GIFT**

Join us each month to receive
a beautiful, inspirational 14
page laminated pamphlet by
author



Be joyful always,
Pray continually,
Give thanks in all
circumstances for
this is God's will for
you in Christ Jesus.



November Topic: INGRATITUDE

**"A THANKFUL HEART
IN A WORLD OF HURT"**



Quotes from Joni Eareckson Tada's pamphlet:

"Maybe at one time, this wheelchair felt like a horrible tragedy, but I'm grateful for my quadriplegia. It's a bruising of a blessing, but still a blessing. It is a gift wrapped in black, but it's still a gift. It's the shadowy companion that walks with me daily, pulling and pushing me into the arms of my Savior."

"Suffering is having what you do not want, and wanting what you do not have. However, suffering is minimized when we equalize our desires to fit our circumstances. Subtract our wants, and we will be closer to contentment."

"When trials sandblast you to the core and your bruised feelings scream, *Forget God!* or your weary mind is too clouded to see through the fog, this is the time to express gratitude to God. True, such gratitude involves cost and sacrifice - it costs your logic and you sacrifice your pride. But your thank offering is glorified as you push through the pain to present gratitude to God for His blessing."

"When it comes to finding the grace to be grateful, we don't have to plead for it, beg for it, or do penance to be worthy of it. No, God's grace - His love in action - is not a favor for which we must implore; it is a gift we are invited to enjoy. All He asks is that we humble ourselves (James 4:6) and make Jesus Christ the focus, rather than our problems."



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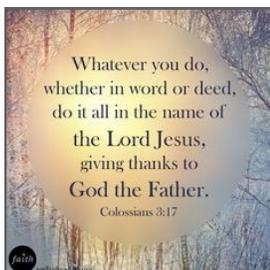
[pinterest.com/hopekeepersindy/](https://www.pinterest.com/hopekeepersindy/)

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



Scriptures of Thanksgiving

Psalm 69:30

I will praise God's name in song and glorify Him with thanksgiving.

Psalm 95:2

Let us come before Him with thanksgiving and extol Him with music and song.

Psalm 100:4

Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

2 Corinthians 4:15

And this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God.

Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

**Notes from Marie:
“Intentional Gratitude”**



During the month of November many people on Facebook write daily thanksgiving posts. It is a way to publically acknowledge gratitude for blessings in our life.

Scripture is scattered throughout with commands to GIVE THANKS. In fact, God's Word commands us to REJOICE IN ALL THINGS. I know you will agree with me that it's hard to rejoice when our days are defined by the weakness, exhaustion, pain, and discouragement of chronic illness. In Joni Eareckson Tada's pamphlet *A THANKFUL HEART IN A WORLD OF HURT* she asks the question, "What area of your life is most lacking in heartfelt gratitude?"

Romans 5:2-4 says, "And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

During this month of November, I would like to challenge our HopeKeepers®Indy family and friends to dedicate each day to a time of "Intentional Gratitude". We are thankful for the good things in our lives, of course, and those can be listed. However, my challenge is to give praise and thanks for the hard blessings and sufferings that are producing perseverance, character, and hope in our lives.

I am using my daily planner to jot specific things to thank God for each day. I started this morning. Throughout the day, I have been reminded to be grateful, and to tell my Heavenly Father in words of thanks. You may have your own method of offering your words of "Intentional Gratitude". Wonderful!

For our HopeKeepers®Indy friends who are on Facebook, I invite you to join me daily in offering praise and thanks for our hardships and sufferings. Let's support and encourage one another while we offer our sacrifice of praise. Here is the link: <https://www.facebook.com/hopekeepersindy>

Hebrews 13:15

“Through Jesus, therefore, let us continually offer to God a sacrifice of praise - the fruit of lips that openly profess His name.”