



CHRISTIAN
SUPPORT
FOR
CHRONIC
ILLNESS

WORDS OF HOPE

from
HopeKeepers®Indy

Volume 1 Issue 10

October 2016

2016 UPCOMING MEETINGS

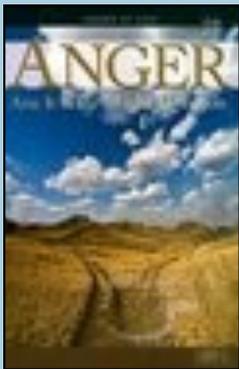
Saturdays
2-4 PM

October 8
November 12
December 10

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.*



OCTOBER
SPECIAL GIFT

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

Find Comfort in Music "Psalms and Praises"



Sometime when pain overwhelms us, it is hard to pray. The words just won't come. Over the centuries, millions of sufferers have found refuge in the Psalms. The psalmists poured out their hearts before God, transparent in their questions, earnest in seeking answers. David's psalms are especially poignant. Many begin with confrontational questions, but they all conclude with penitent worship.

We can find comfort in many hymns and praise songs as well. If you have difficulty praying, try listening to praise music. Let the words minister to your heart. Somehow it becomes easier for prayer to flow forth.

Our website has many encouraging songs with lyrics that you can read and store in your heart. Visit <https://hopekeepersindy.com/> and look under the "Music to Encourage" menu.



JULY TOPIC: ANGER

"AIM IT IN THE RIGHT DIRECTION"

Quotes from Joni Eareckson Tada's pamphlet:

ANGER AIMED IN THE RIGHT DIRECTION

"The Biblical way to handle anger is to be transparent before the Lord, while at the same time not blaspheme or badmouth Him, turn your back on Him, or sow seeds of discord about Him. Rather than say things you'll only regret later on, learn how to complain in a Godly way!

There is such a thing as 'holy lamenting' my friend David Powlison says. In God's Word you can find the lamentations of other people who felt cheated and forgotten by God. Borrow their language. Let their psalms and lamentations give voice to your pain. Don't turn your back on God...face Him. It's the Biblical and constructive way to resolve your anger."

DESPAIR TURNED GODWARD

"Gut-wrenching questions honor God. Despair directed at God is a way of encountering Him, opening ourselves up to the One and Only Someone who can actually do something about our plight. And whether we collide with the Almighty or simply bump up against Him, we cannot be the same. We never are when we experience God."





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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



Comfort From the Psalms

"From His temple He heard my voice;
my cry came before Him, into His ears.
The earth trembled and quaked,
and the foundations of the mountains shook...
He parted the Heavens and came down...
He mounted the cherubim and flew;
He soared on the wings of the wind...
He reached down...and took hold of me."
Psalm 18:6-7, 9-10, 16

"I am still confident of this;
I will see the goodness of the Lord
In the land of the living.
Wait for the Lord'
Be strong and take heart
And wait for the Lord."
Psalm 27:13-14



Notes from Marie: "Why Am I Tearful?"

Last week, for three days, I felt sad, defeated, tearful, impatient, frustrated, and exhausted. I couldn't motivate myself to do anything positive, including writing this newsletter. I wanted to sleep. I wanted to simply quit. Quit everything.

By nature, I am optimistic and motivated. This cycle of sadness and depression was unusual for me. I couldn't understand why I was so tearful. Then it occurred to me that I was experiencing other MS-related symptoms also. The buzzing neuropathy in my legs and feet had intensified. Migraines were blurring my vision with scintillating auras. I couldn't concentrate. I couldn't relax into deep sleep. Oh...then I realized that all the symptoms were related to Multiple Sclerosis.

Somehow, having a physical reason for the emotions I was experiencing gave me some understanding. I was able to "frame" the symptoms into an understandable picture, and I could then deal with them. After 36 years of living with MS, I am now in what is called the Secondary Progressive phase. This means I no longer have clearly defined exacerbations (flares or attacks) and remissions. I now have chronic symptoms, and am gradually losing more and more function. When a new symptom presents, I have to evaluate whether it is related to MS. I did not recognize the depression I was feeling as symptomatic. Now I know what to look for in the future.

Each of us who lives with chronic illness has to learn our own physical and emotional boundaries. We have to learn to take an outside and upward perspective of what we are feeling inside. No other person can know exactly what we are going through. But there is ONE who knows us better than we know ourselves. Comfort comes from looking upward to God and asking Him to show us His perspective.

God is big enough to handle our questions. Take a quick tour of the Psalms. Open your Bible to the middle pages, and start scanning those ancient words. You will find that the psalmists were confronting God with questions. They were also finding comfort and purpose as they learned to view their troubles from His perspective. The result of new perspective was praise and adoration of the LORD.

Your tears, like mine, can turn to praises. I still live with chronic and debilitating MS symptoms. But my perspective is changed, and my tears are gentle and tender evidence of God's grace in my life.

"The irony of questioning God is that it honors Him; it turns our hearts away from ungodly despair toward a passionate desire to comprehend Him."

Dr. Dan Allender