

My friend needs people who understand!

My name _____

Address _____

City _____

State _____ Zip _____

Phone number _____

Email _____

My friend's name _____

Address _____

City _____

State _____ Zip _____

Phone number _____

- Be a HopeKeeper.** My friend will receive 12 issues of the monthly support newsletter, the Bible study *When Chronic Illness Enters Your Life* & early-bird discounts on new resources..... \$25
- Monthly Support Newsletter - 12 issues..... \$15
- When Chronic Illness Enters Your Life* Bible study \$6.50
- (A Great Book!) *Struck Down But Not Destroyed: A Christian Response to Chronic Illness*, Dr. Doug Weigand \$13.99
- A Woman's Health Resource Journal (PERFECT gift!)..... \$28.95
- # _____ Rest Ministries brochures to distribute to my church/support group/friends..... *free*

CA residents add 7.50% sales tax on the above \$ _____

I would like to make a tax-deductible contribution to the ministry the amount of \$ _____. Would you like your donation to be in honor of your friend? Yes No

Please send me/my friend (circle) information on starting a HopeKeepers ministry/support group in my church or community.

My check is enclosed, made payable to Rest Ministries in the amount of \$ _____

Please charge my: Visa Mastercard

Card # _____ / _____ / _____ / _____

Expires _____ / _____

Name on card (*please print*) _____

Cardholder's signature (*required*) _____

Send to:
Rest Ministries, PO Box 502928, San Diego, CA 92150
OR order online: www.restministries.org/comfortzone/catalog.htm

* Rest Ministries, Inc. is a non-profit 501(c)3 organization, Tax ID # 33-081-1933. Your gift is tax-deductible.

Free shipping!

About Rest Ministries

Rest Ministries, Inc. exists to serve people who live with chronic illness or pain, by providing spiritual, emotional, relational and practical support. Rest Ministries equips churches in the United States to minister to and with the chronically ill.



Rest Ministries began in 1997 when Lisa Copen, founder and director, saw a lack of Christian resources or ongoing support for people who lived with illness and were not healed. Lisa, who lives with rheumatoid arthritis and fibromyalgia, began a newsletter, *...And He Will Give You Rest*. A year later, as pen pals came together Lisa got on the net and began a web site for an inexpensive way to connect others who were living with isolation and loneliness. Rest Ministries met a large need.

Today Rest Ministries, Inc. spreads across the globe with over 130 HopeKeepers groups in various countries, an online community of a few thousand and over 500 visitors to the web site daily. Lisa is an active member of the disability ministry community and a speaker at conferences.

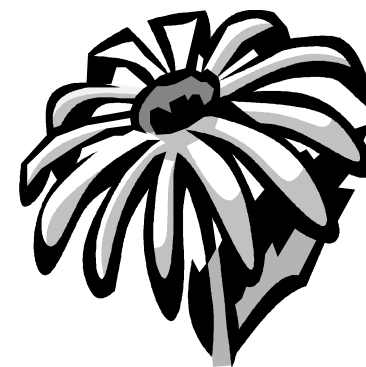
To connect your friend with one of our programs, such as online daily devotionals, or the newsletter, available via postal or online, call us or visit the web site at www.restministries.org.

Rest Ministries, Inc.

P.O. Box 502928 • San Diego, CA 92150
Toll-free 1-888-751-REST; FAX 800-933-1078
www.restministries.org

Serving people who live with chronic illness or pain.

When a
Friend Has a
Chronic Illness



What to Say
How to Help

What to Say

Be honest. Say “I wish I knew the right thing to say, but I care and I am here if you need me.”

Ask her if she'd like you to pray for her and ask what she wants you to pray about. Respect her request. Don't pray for healing if she wants prayer for new medications.

Remind him that coping with life's difficulties is a process and that the length of time is different for everyone. Tell him that he is coping well.

Just listen. Let her share her thoughts and feelings with you and don't say, “I understand,” if you haven't been there yourself.

Respect where he is with his faith. If you see him struggling, be sensitive to it and don't tell him to snap out of it, that God is still good. Pray for him silently and be patient.

Treat her as though she is still a whole person, despite her limitations. She wants to feel capable and in control. Let her make the plans.

Become somewhat educated on his illness. Ask him if he'd mind answering some of your questions. Remember, just because you've read a book doesn't mean that you know how he is feeling physically or emotionally.

Don't assume that she copes with things the same way you do. She may gain strength by alone time while being alone depresses you. Let her cope in her own way and don't tell her she is coping in the “wrong” way.

Let him know you are thinking about him. A card or a phone call can make the difference.

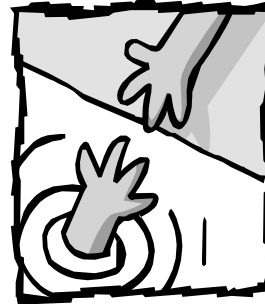
What Not to Say

Avoid giving “God balm.” If you say “God will heal you” or “all things work together...” she will believe you don't really understand and avoid sharing her feelings with you in the future.

Don't feel compelled to share every “cure” you've heard of for his illness. He's constantly bombarded with cures and he needs you to be his refuge from that.

Be aware of the fact that illness is not just a matter of attitude. Don't say, “When are you going to get rid of that cane?” or “Did you know illness is caused by stress?”

Respect her limitations and be sensitive to them. Don't say, “A little walk might do you some good” or “No pain, no gain!” Only she knows her limits and they will likely change from day to day depending on many factors. What she could do yesterday may not be possible today. Don't question that.



“I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.”

Matthew 25:40

How to Help

- **Offer specific ways that you can assist your friend.** Say “I am going to the drug store. Can I pick something up for you?”
- **Look around her home and see where your friend might need some help.** Does the shower need scrubbed? The leaves raked? The carpet shampooed. Offer to take care of these things.
- **Volunteer to pick up some groceries rather than do the cooking.** Many times people with illnesses have restrictive diets, so they may prefer some fresh fruits and vegetables than a casserole. Ask what meals he is eating and then freeze some of these for him to have on hand.
- **Accompany her to places where she may need some assistance.** Get your haircut at the same time, or have the oil changed in her car while you are eating lunch.
- **Bring an uplifting personal little gift when you come to visit:** some fresh cut roses, a new book, a funny movie, some cookies for the children, a blanket, potpourri to make the house smell good.
- **Remember that one's spouse and children have needs too and these often concern your friend.** Take the children out for awhile so s/he can get some rest. Plan something special for the children and before you drop them off at the house, pick up a small “something” that will make their parent smile like some fresh flowers.
- **Ask your friend what her concerns are and how you can address them.** One woman who was ill said that she would like for a friend to make sure her children made it to Sunday School and church when she couldn't go.
- **Ask the person's spouse how you can help the family.** One spouse was appreciative of gift certificates to the local fast food restaurants so that the children could occasionally have a quick meal and his wife didn't have to worry about making dinner.