



Lisa Copen

Don't just survive, **thrive!**

When Lisa is speaking, you'd never know that she lives with daily chronic pain. This articulate and inspiring woman's enthusiasm will rub off on you, even when she's talking about living with chronic illness.

Lisa Copen is the founder and executive director of **Rest Ministries, Inc.**, an organization for people who live with chronic illness or pain which was incorporated in 1998. She is editor of **HopeKeepers Magazine** which she began in 2004. Rest Ministries is the sponsor of **National Invisible Chronic Illness Awareness Week**.

Despite being diagnosed with rheumatoid arthritis in 1993, at the age of 24, she's never let it hold her back. In fact, rather than getting depressed about her diagnosis, she eagerly anticipated how God was going to use it! Her illness has continued to be active and degenerative and joint replacements are in her near future. But she feels blessed to have discovered God's purpose in the pain by reaching out to others who are hurting, as well as providing tools for churches who want to increase their awareness of chronic illness.

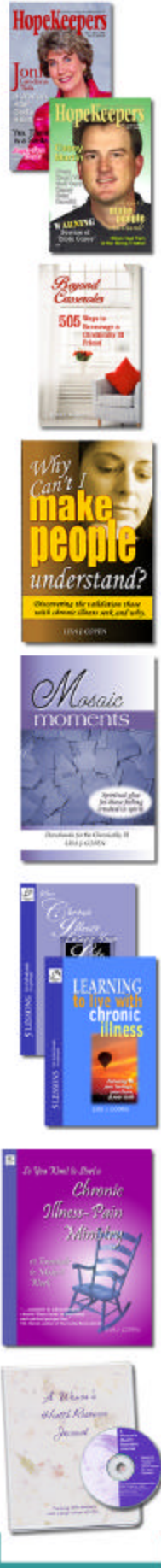
Lisa has been a guest on many radio programs, including Billy Graham's Decision Today, Joni Eareckson Tada's Joni & Friends, Today's Christian Woman, and Family Radio. She's a contributor to various books and a member of CLASS (Christian Leaders, Authors & Speakers).

She lives with her husband and son in San Diego, CA. She is available for speaking engagements, radio interviews and book signings. You can read more about Lisa Copen and Rest Ministries at www.restministries.org.

Books by Lisa Copen*

- Beyond Casseroles: 505 Ways to Encourage a Chronically Ill Friend (2005)
- Why Can't I Make People Understand? Discovering the validation those with chronic illness seek and why (2004)
- Mosaic Moments: Devotionals for the chronically ill (2002)
- Learning to Live with Chronic Illness: Bible Study (2002)
- When Chronic Illness Enters Your Life: Bible Study (2002)
- So You Want to Start a Chronic Illness/Pain Ministry: 10 Essentials to Make it Work (2002)
- A Woman's Health Resource Journal (2002)

*Available at www.comfortzonebooks.com or Amazon.com



It's been a joy to see 2 Corinthians 1:4 in so many lives. . . "[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."

My passion is to reach out to the 1 in 2 people in the U.S. who live with chronic illness and let them know that the joy of the Lord can be their strength when they are feeling empty. Thank you for allowing me the privilege to share God's Word to encourage others.

Speaking Info

“It is such an inspiration to me to see the work that God is doing through Lisa and Rest Ministries. It is such very important work and not many people are doing it.”

—Joni Eareckson Tada,
founder of JAF Ministries &
author of *When God Weeps*

“Rest Ministries, Inc. is a pioneer in acknowledging chronic illness from an emotional and spiritual perspective. The severity of pain is often underestimated in our society, but Lisa Copen genuinely understands pain and how to address it; with education, hope and of course, comfort.”

—Tim Hansel, author of

“Copen clearly addresses the spiritual side of the issue. ...seeks to improve the quality of relationships as well as the quality of life, and the most important relationship is with Christ.”

—*Christian Examiner*
San Diego County edition
[formerly *Christian Times*]

Lisa conquers the subject of chronic illness with a “girlfriend” speaking style that will leave you laughing and nodding in agreement (not nodding off!) Even when discussing the deepest of subjects, her upbeat sense of humor will keep you focused. Her passion is evident! Whether she’s talking about what she learned when she fell and was stuck on the floor, or sharing the heart-warming stories of the strength she’s witnessed through her ministry, you’ll be renewed, entertained, and motivated to take a second look at your own struggles, attitude, and God’s plan for your life.

Beyond the Casseroles: How to Start a Chronic Illness/Pain Ministry

Does your church know how to reach out to people who live with chronic illness? How should you react when God doesn’t choose to heal? When are casseroles and get-well cards not appropriate? Learn how to more effectively outreach to people who live daily with illness and pain through Lisa’s experiences and stories of others. You will be given an opportunity to see “church” through the eyes of someone in pain, and learn small changes that can result in a more effective illness/pain ministry.

Appropriate for churches, church leadership or conferences. 50 minutes, but can be adapted.

Chronic Illness & Our Hopes and Dreams:

Do we keep ‘em or wean ‘em?

Have you ever questioned God’s plan for your life? Have you been frustrated that living with a chronic illness has forced you to give up so many of your dreams and goals? Lisa will walk you through the steps of deciding what dreams to discard and what to hold onto. Learn how to prioritize your dreams, how to go after them when just daily living is so arduous, and how to serve God through those passions. *Appropriate for churches and women’s groups. 50 minutes, but can be adapted.*

Where are the Treasures I’m Supposed to Find in the Darkness?

The Bible tells us that there are treasures of darkness, but they sure are hard to find without a flashlight! Thankfully, God can be that lamp. Take a second look at some of the less-than-fun parts of living with a chronic illness with Lisa; you may just discover some “ah-ha” moments as those buried treasures reveal the blessings that God has hidden for you to find. *Appropriate for churches and women’s groups. 50 minutes, but can be adapted.*

Lisa Copen

Rest Ministries / HopeKeepers®
PO Box 502928, San Diego, CA 92150
888.751.7378 — www.restministries.org

HopeKeepers is a Registered U.S. Trademark ® All rights reserved.