2007 Top 100 Christian Books
For Those with Chronic Illness
Honored by Rest Publishers, www.restpublishers.com

CHRONIC ILLNESS/PAIN

1. **90 Minutes in Heaven: A True Story of Death & Life** - Don Piper & Cecil Murphy
   Immediately after being killed in a car accident nearly fifteen years ago, Don Piper went to heaven. EMTs on the scene determined he had been killed instantly after a semi had swerved into his lane, crushing his car. This is an amazing, honest story of a pastor's ongoing experience with debilitating chronic pain. He openly shares his frustrations, fears, and anger, but also his hope.

2. **A Heart that Sings (Includes music CD)** - Connie Kennemer
   "With both passion and compassion, Connie's journey through music, motherhood and multiple sclerosis is sure to touch your soul. A Heart That Sings is like opening the journal of your best friend and realizing your own fears and joys are reflected in her life stories. Connie writes with eloquence, raw emotion and abiding faith. This book is not to be missed." Lisa Copen, Editor, HopeKeepers Magazine

3. **Be My Refuge, Lord** - Bob Barnes, Emilie Barnes
   When Emilie faced cancer, she and Bob daily sought the soothing hymns and assurances of Psalms. Now they present a personal look at the scriptures that have comforted God's children throughout history. Created for busy schedules, these uplifting meditations will guide readers to: (1) Lift up prayers and praises in all circumstances; (2) Transform their day through simple actions; (3) Discover support and sustenance in individual Psalms; (4) Understand and apply God’s wisdom for godly decisions; (5) Release their cares to the Lord’s hands and plans. As readers face trials, peaks and valleys, new adventures, and daily needs, they will find encouragement and peace in these inspiring devotions for today.

4. **Being Sick Well** - Jeffrey Boyd, M.D., M.Div., M.P.H
   Christian physician Boyd-whose own late wife suffered from heart and kidney problems, paralysis and strokes-extends an honest and compassionate resource for the chronically ill and their caregivers. ...

5. **How Can I Pray When I'm Sick?** - Douglas Connelly
   This 32-page pocket-sized book is packed with sincere advice about how to pray when one is ill. What should you do when serious illness strikes? What steps can you take to pursue healing? How can you approach God in prayer when you are sick? Douglas Connelly has gleaned from the biblical record five steps that every Christian should take during illness. These steps of obedience and faith acknowledge both God's sovereign power over us and his ability to meet our deepest needs.
   InterVarsity Press (1999) ISBN 9780830806560; Product Dimensions: 5 x 3.6 x 0.6 inches

6. **I Grew Up Little: Finding Hope in a Big God** - Patsy Clairmont
   Patsy became a high school dropout, a teenage runaway, a bride at 17, and a parent at 20. She soon began to suffer from agoraphobia and became a prisoner in her own home. But to look at her now, walking back and forth across a stage talking to thousands of women, it's quite obvious that something
has changed! *I Grew Up Little* is the story of how that transformation took place and how God can change each of us, as well. Patsy Clairmont's amazing story is told here in its entirety for the very first time. Her journey from a life filled with dark despair and depression to one of hope and complete transformation delivers a powerful message of hope and possibility to women of all ages.


7. **I Had Other Plans, Lord: How God Turns Pain into Power** - Nick Gugliotti
   After a lifetime spent building a successful career, a debilitating illness ended Nick Gugliotti's career and plunged him into a time of physical helplessness accompanied by depression and hopelessness. During that time, he learned what it meant to allow Jesus to create new life within. If you're facing significant life change such as divorce, the loss of a career, or the death of a family member, this honest account of a journey from despair to hope will speak powerfully to you. Explore questions such as: Is God real? Why does He allow so much pain? Who am I really? Is it worth the fight when tough times are overwhelming? *I Had Other Plans, Lord* will help you find solid reasons for hope, discover a renewed sense of worth, and move on after painful changes in your life. Includes a Study Guide for personal reflection as well as group discussion.


8. **Just Enough Light for the Step I'm On: Trusting God in Tough Times** - Stormie Omartian
   It's not easy moving into uncharted waters when God doesn't provide a clear picture of your destination. So if you're experiencing life changes, facing major decisions, or new to the Christian faith, these devotional meditations will help you find the faith to follow God's lead—no matter what the circumstances.


   Following her diagnosis with lupus as age 27, she felt God's calling to reach out to those who are hurting. One reviewer on Amazon states, “Upon the second or third reading, you'll be amazed at the insights you discover, that you missed the first time through. I'd highly recommend using this book as a devotional, like sipping slowly on hot tea, because it's a lot to take in.”


10. **Pain, Perplexity, and Promotion: A Prophetic Interpretation of the book of Job** - Bob Sorge
    The essential theme of the book of Job is to reveal how God takes a man who is blameless and upright, with a passion for God and a willing spirit, and promotes him to a higher spiritual plane than he could have ever imagined. Those who persevere in the pain and perplexity of the Job crucible are being prepared for renewed intimacy with God, and will be raised up to equip the end time bride of Christ. Let Job's example compel you toward God's highest and best. Bob Sorge writes from the valley of a sustained personal trial, along with the contagious hope God has given him for a mighty deliverance.

Oasis House; (1999) ISBN 9780962118562

11. **Roses in December: Comfort for the Grieving Heart** - Marilyn Willett Heavilin
    Used for years by individuals, grief counselors, and support groups, *Roses in December* has helped readers understand the grieving process, support family members, give insight into sibling grief, and maintain their marriages during difficult times. This newly revised edition offers the same compassion and encouragement plus chapters on losing loved ones under special circumstances, such as suicide and AIDS. With deep empathy, Marilyn helps those who are grieving find God’s comfort. Having lost three sons, she knows the tremendous sorrows and struggles that come with the death of loved ones. Yet she shares how even in the winters of our lives God provides roses—special occasions, special people, and special memories—to give us strength and draw close to Him.

12. **So Close, I Can Feel God's Breath: Experiencing His Nearness in Thin Places - Dr. Beverly Rose**

God is always near, but sometimes we aren't able to feel his presence. Through an honest, in-depth look at her own life, Dr. Beverly Rose finds those thin places where the barriers between us and God are nearly transparent. Dr. Rose explores the phenomenon of "thin places"—experiences in which the dividing line between this world and the next seems to dissolve in an intense awareness of the presence of God. She grounds her exploration in the Bible, alongside her own reflections on the Old Testament views of her Jewish heritage and the incarnation of Jesus in her life as a Christian.


13. **Soar Unafraid: Learning to Trust No Matter What - Jo Franz**

Just when life bloomed full of promise, multiple sclerosis attacked Jo’s body. How would she cope with this erratic disease? How could she overcome her husband’s betrayal? Unveiling her struggles to understand—not merely survive—MS and her painful unwanted divorce, transforming them into meaningful life experiences, author Jo Franz leads readers through her story of perseverance and continually growing faith. Not only learning who she is, but to whom she belongs, Jo finds love and triumphant victories despite abuse, abandonment and physical injury, showing the world how she can *Soar Unafraid*.


14. **Taking a Stand: A Doctor's Mistakes Debilitated Her; Her Faith Transformed Her - Janet Lynn Mitchell**

What do you do when you discover that your life has been forever changed and that you must live with the scars of someone else's mistakes and cover-up? As a high school student, Janet had surgery and lost the use of her legs. Ten surgeries and fifteen years later, she was shocked to learn that her unfortunate surgical outcome was due to medical negligence and concealment. Janet has since become the voice for others who have suffered medical malpractice. California laws have been unanimously passed as a result of her story. Her determination, courage and faith all helped her rise to the challenge.


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16. **The Problem of Pain - C. S. Lewis**

This book answers the universal question, "Why would an all-loving, all-knowing God allow people to experience pain and suffering?" Master Christian apologist C.S. Lewis asserts that pain is a problem because our finite, human minds selfishly believe that pain-free lives would prove that God loves us. In truth, by asking for this, we want God to love us less, not more than he does. "Love, in its own nature, demands the perfecting of the beloved; that the mere 'kindness' which tolerates anything except suffering in its object is, in that respect at the opposite pole from Love." In addressing "Divine Omnipotence," "Human Wickedness," "Human Pain," and "Heaven," Lewis succeeds in lifting the reader from his frame of reference artfully capitulating these topics into a conversational tone, which makes his assertions easy to swallow and even easier to digest. *Amazon.com*

17. **Think it Not Strange - Claudette Palatsky**  
A reviewer shares, “*Think it Not Strange* offers hope to those who are experiencing dark times due to physical or emotional pain. The author speaks from personal experience about how an intimate relationship with Christ offers hope and contentment to those who are suffering. By focusing on the truths of God's Word, readers are instructed on how to find joy and peace in the midst of their difficult circumstances. This encouraging book is a must read for those who are in despair and in need of hope.”  

18. **TouchPoints for Hurting People - Sanford Hull**  
Where is God when I hurt? This book speaks directly to the variety of disappointment we face at different times in our life. Those suffering can lean into the truths of Scripture and hold to the unswerving promises of God—promises for a future and a hope. This pocket-sized book makes an excellent gift book or Scripture reference for hurting people in their time of need.  

19. **With Great Mercy - Kathy Gilbert Taylor**  
Author and former teacher Kathy Gilbert Taylor explores the topic of healing and the miraculous power of God’s redemption. Drawing from the author’s own personal account of her day-to-day challenges with debilitating pain, Taylor motivates readers to recognize God’s healing power, even when situations appear to be hopeless. Also examined is what Scripture communicates about the often-misunderstood concept of divine healing. Written in an easy-to-read devotional style, *With Great Mercy* includes study questions at the end of each chapter that allow readers to glean greater insight of God’s love for the sick. [This book] is a provocative story of real life intersecting with God’s Word. Kathy Taylor invites the reader to observe both suffering and faith in process. There are no easy answers, just raw courage and deep spirituality. –Dr. John Kie Vining, Director, Family Ministries, Church of God, Cleveland, TN  

20. **When God Weeps - Joni Eareckson Tada, Rev. Steve Estes**  
"If I had to recommend only ONE book to people with chronic illness" says Lisa Copen, founder of Rest Ministries, *When God Weeps* would be it!" Who is God? Can he really be trusted? What are his purposes in the face of suffering? If he can stop suffering, why doesn't he? Joni Eareckson Tada, a woman who has lived in a wheelchair for more than thirty years, and Steve Estes, a pastor and one of Joni’s closest friends, explore the answers. *When God Weeps* is not so much a book about suffering as it is about God. It tackles tough questions about heaven and hell, horrors and hardships, and why God allows suffering in this life. Through a panoramic overview of what the Bible says about suffering, the authors make clear who God is, why he permits so much heartache and pain, and how it is we can trust him. With both a practical edge and heartfelt warmth, *When God Weeps* offers a message of deep reliance on God--and keys to a radical, life-transforming dependence on his love and mercy in spite of our doubts, fears, longings, and questions.  

21. **When the Pieces Don't Fit... God Makes the Difference - Glaphre Gilliland & Gloria Gaither**  
This book is about a school teacher who had to quit her job when she discovered she had a congenital illness similar to the one contracted by John (or Joseph) Merrick, known as “The Elephant Man”, who had tumors growing in his bones virtually all over his face and body. Glaphre (now deceased) describes the horror she went through as her body morphed into something that would not fit into her normal-sized dresses... the loss of independence when she had to get help from her parents as she became disabled... the feeling she had that God no longer loved her and would not heal her from this disease. She describes her changing emotions as she demonstrated that God does love us and can use us if we completely surrender our wills to Him and pray without ceasing. I have bought this book and given it to
friends many, many times when they were going through tough times or illness. (Review by Melissa Callis, member of Rest Ministries) Gloria Gaither Publisher (1984) ISBN 9780975950401

22. When Your Doctor Has Bad News: Simple Steps to Strength, Healing, and Hope - Alva Weir, M.D.

“Dr. Weir guides the reader—especially the one who has received bad news—past the soul-numbing shock of a dismal medical report. He reminds us of the soothing comfort available in the Word of God, of the heartwarming precepts upon which we can build a new life, and of the simple steps a family can take to promote hope and healing.” —Joni Eareckson Tada Zondervan (2003) ISBN 9780310247425

23. Why Can't I Make People Understand? Discovering the Validation Those with Chronic Illness Seek & Why - Lisa Copen

"No one gets it!" we all exclaim at one time or another. But if you feel this way on a regular basis you may be in trouble! This book gives you unique insight into why you crave the understanding of those around you when you are suffering. Diana Pederson, BellaOnline's Christian Literature Editor says, “[This] is an outstanding book to have ready to give to a church member that says, 'I was just diagnosed with … whatever…’ This book could be used as a devotional for them while they begin the often drawn out process of determining what medical treatment might provide some relief. It would encourage them. Copen’s writing style is easy to read. Her writing is very logical. I particularly enjoyed reading through the review, reflection, scripture, action, and prayer suggestions at the end of each chapter. She doesn’t tell us to just ‘pray about it’ and she doesn’t promote ‘instant healing’ if you just believe enough.” Rest Ministries Publishers (2004) ISBN 9780971660045

24. Will God Heal Me? God's Power and Purpose in Suffering - Ron Dunn

Most of us want to avoid suffering at all costs. We work out, take vitamins, and check our heart rate---to avoid suffering in the future. But the Bible teaches that no one is exempt from suffering and sickness. Author Ron Dunn will help you wade through misconceptions about suffering to finally embrace the unequivocal love and sovereignty of God. “This is one of the best books I’ve ever read on healing and the emotional struggle while we wait to see what God will do. It asks questions about ‘why doesn’t God just heal us?’ and confronts the modern-day stigma of chronic illness, even within the Christian community. When it originally went out of print, I grieved. I’m so glad it is back!” Lisa Copen, Rest Ministries Life Journey (2007) ISBN 9780781444873

25. You Don't Look Sick: Living Well With Invisible Chronic Illness - Joy H. Selak & Steven Overman

"I just finished You Don't Look Sick and it is fantastic! I am going to make it required reading for my Medical Family Therapy graduate students. It is the only book I know that has a clear and compelling view of the patient's process from symptoms to thriving, woven together with the physician's wisdom and voice. The process of reading the book creates for the reader an experience of collaboration and punctuates in it's evocative nature, the imperative of integrated and recursive care." - Tina Schermer Sellers (Seattle Pacific University) Haworth Medical Press (2005) ISBN 9780789024497

26. You Gotta Keep Dancin': In the Midst of Life's Hurts, You Can Choose Joy! - Tim Hansel

Lisa Copen shares, "This was the first book someone handed me when I was diagnosed and it was from my pastor who had the same illness I did. Since then I've given dozens of copies away and many people
have then purchased multiple copies to give to others. It stands out as a gem in the Christian books on chronic pain and living joyfully."

DEVOTIONALS

27. Comfort in the Storm - Janine Ridings
In this collection of devotionals for those living with chemical sensitivities, Janine Ridings candidly shares anecdotes about her journey through the storms of MCS, and how she has found comfort through her relationship with Christ. She hopes to help others learn how Christ can be their refuge in whatever storms they may be facing.

28. Do Not Lose Heart: Meditations of Encouragement and Comfort - Dave Dravecky, Jan Dravecky, and Steve Halliday
This devotional by Dave and Jan Dravecky encourages and comforts those who suffer, grieve, and find themselves in need of hope.

29. God of All Comfort: Devotions Of Hope For Those Who Chronically Suffer - Judy Gann
“God of all Comfort is a wonderful devotional book for the millions of men and women who suffer from chronic illness. More than that, this is a book to be read by anyone who cares about hurting people. When someone suffers from a chronic illness there's often no visible evidence. Yes, Judy Gann has woven together stories, scriptures, and prayers into a lovely resource for those who suffer, but pastors, counselors, family, and friends also need to read this book so for an insider's look at the needs of those with chronic illness.” -Carmen Leal, author of The Twenty-Third Psalm for Caregivers

From Publishers Weekly: Morris (From Worry to Worship) once found it impossible to believe that God loved and accepted her as she was. She felt fat, insecure and anxious almost all of the time. However, she came to believe that God loved her unconditionally, and uses this book to share some of the insights she gained during her journey “from worthless to worthy.” Although some readers will find the format of this kind of book superficial (overcome shame in one month in just 15 minutes a day!), there's something to be said for the way Morris gently leads readers through the concrete steps of the 30-day program. Each day's devotion offers a Bible verse, a personal message from Morris, some questions for reflection, a brief writing exercise, a prayer and a direction for immediate action.

31. Minute Meditations for Healing And Hope - Emilie Barnes
These devotions, written while Emilie was undergoing cancer treatment, reflect the deep emotional needs and dependence on God that adversity sparks in people who are experiencing turbulent times. Filled with guidance, encouragement, inspiring quotes, and practical advice, Minute Meditations for Healing & Hope shares the richness of living in Christ and helps readers spend time in God’s Word and in prayer. A great addition to the comfort section at any bookstore and the perfect gift for someone struggling with illness, pain, or discouragement.
32. **Mosaic Moments: Devotionals for the Chronically Ill - Lisa Copen & Friends**
Over 200 pages of devotionals that get to the raw reality of living with chronic illness and yet still point one back to the Lord. Roberta Messner, Ph.D., R.N., and author say, “Validated me more than anything I have ever read... by real people who live in the trenches of chronic illness.” Darlene K. Hansen, Librarian for Polio Experience Network says, “Not empty morsels promising nutrition but real meat from the Life Giver Himself for those so desperately needing spiritual sustenance.”

33. **Peace in the Storm: Meditations on Chronic Pain and Illness - Maureen Pratt**
“Maureen Pratt’s faith and courage grace every page of this book. Each reflection is like a window into a very deep soul which has gone through a severe refining and is now accessible to us as a treasure... This is a true gift to the chronically ill person and also a valuable resource for those whose problems in life are not physical.” —Rev. Frank Desiderio, C.S.P. In this practical and spiritual guide, she shares how she navigates through the frustrations, fears, and complexities of living with chronic pain and illness. Using a combination of Bible passages, her own observations and insights, and prayer, Pratt provides help on issues that include dealing with isolation, coping with medical expenses, and learning to say no. Written with unstinting honesty and humor, *Peace in the Storm* will help readers identify their own spiritual and physical needs.

34. **Prayers and Promises When Facing a Life-Threatening Illness: 30 Short Morning and Evening Reflections - Edward G. Dobson**
Thirty short yet powerful morning and evening reflections offer encouragement, hope, and inspiration to people dealing with a life-threatening illness, and to their family members and caretakers. Here are honest insights and personal stories from a pastor who continues his own journey with ALS (Lou Gehrig’s disease).

35. **Prayers in the Storm: Resting in God’s Comfort and Care - Sandy Lynam Clough (Gift Book)**
Reaching out to others as only one who has suffered personal loss can, Sandy Lynam Clough creates a visual journey through pain, and the assurance of God’s provision. Tender art, comforting Scriptures, and original prayers reassure the promise of God’s love in the midst of life’s storms.
Harvest House Publishers (2002) ISBN 9780736908283; Product Dimensions: 6.3 x 6.2 x 0.4 inches

**CAREGIVING/HELP A FRIEND**

36. **Bedside Manners: A Practical Guide to Visiting the Ill - Katie Maxwell**
This book provides the reader practical directions for offering care in a variety of settings, including hospitals, the homes of shut-ins, and nursing homes. She even addresses often overlooked concerns—such as the pastoral care of children, caregivers, and patients who are dying—and offers intelligent advice like be prepared, be human, be silent, and be positive.

37. **Beyond Casseroles: 505 Ways to Encourage a Chronically Ill Friend - Lisa Copen**
"I wish pastors would keep the first book on their desk to hand to people that need to know how to help a chronically ill friend.” –Diane Pederson, Christian Literature Editor, Bella Online
We all want to help people but we don't know where to start. We hear others who want to reach out to us, or other chronically ill friends, but they make simple offers that we never feel comfortable accepting. This book is a wonderful way to give people ideas to be creative, approachable, and a great friend. It also teaches a person how to allow an ill friend to be independent and respected, yet still give her/him hope that may be needed. I wrote this book so that churches, counselors and individuals would have something concrete to grab and get ideas when they hear about someone who is hurting and want to reach out.


38. **But You Look So Good! A Guide to Understanding and Encouraging People with Chronic, Debilitating Illness** - Sherri Connell
   This book gets to the heart of why our friends and family have difficulty with our illness. Often loved ones are enlightened as to why their well-meaning advice is not always well-received. Moreover, it gives them simple, pragmatic ways to truly be an encouragement.
   Available at www.invisibledisabilities.com

   Whether you're preparing for the responsibility or are in the midst of caring for an elderly loved one, this complete guide from Focus on the Family provides the practical information you need and a spiritual and emotional lifeline. Topics include burnout: physical, emotional, and mental changes in aging; medical, financial, and legal help; elder abuse; choosing a care facility; and end-of-life decisions. Caregivers will also learn what the Bible says about caregiving and the keys to effectively fulfilling that role. Paperback Edition.

40. **Don’t Sing Songs To A Heavy Heart: How To Relate To Those Who Are Suffering** - Kenneth C. Haugk, Ph.D
   Written by a pastor, psychologist, but most importantly a man who is speaking from first hand experience. This book is a call to live, as Christ exemplified, a life of compassion to those who were suffering. Dr. Haugk implores us to be the community of comforters that God intended. Through the painful experience of his wife’s battle and death from ovarian cancer, this pastor gives his own personal examples and Biblically-based examples of how to be effectively helpful, not harmful to your friends, family and fellow believers in need.
   See www.stephenministries.org. ISBN 9781930445123

41. **Give Us This Day: Daily Hope for Caregivers** - Martha Sparks
   This devotional book gives encouragement and strength to people who are caring for an ailing loved one. Sixty uplifting devotionals begin with vignettes from the author's experience as a caregiver to her husband. Devotionals are arranged around the emotions and experiences of a caregiver and include insights on comfort, encouragement, gratitude, hope, joy, love, patience, wisdom, and strength.

42. **Helping Those Who Hurt, rev: Reaching Out to Your Friends In Need** - H. Norman Wright
   This practical, insightful resource walks readers through ways they can be an encouragement and a help to someone who has experienced a devastating loss. Whether a friend is going through a divorce, lost a spouse, has been diagnosed with a deadly disease, or experienced heartache or trauma, the question is not whether or not to help but rather how and when to get involved and show that you care.
   (Faithfulreader.com)

43. **Spiritual Care: A Guide for Caregivers** - Judith Allen Shelly
This book is for anyone involved in reaching out as Christian caregivers to family members, friends or neighbors. Shelly explores spirituality’s significance in physical caregiving. She discusses what spiritual care is, how to do it, and how to care for the caregiver. As both a nurse and a doctor, Shelly is in a unique position to discuss this subject. Illustrations, exercises, and charts pepper the material. Recommend this book for people dealing with long-term, difficult caregiving in the home, church body, health-care facilities, or community. (CBA Marketplace)

44. **Still Holding Hands – Stacie Ruth Stoelting**
Stacie wrote this book at just the age of 15, but you’d never know it. It is a novel-like depiction of her grandparents’ true romance, adventures, fight with Alzheimer’s disease, and victory through faith. Many celebrities and leaders endorse it such as Randie Travis and Dr. Pat Robertson.
ISBN 9781888125887

45. **The Art of Helping: What to Say and Do When Someone is Hurting - Lauren Littauer Briggs**
Briggs addresses 30 of the most common life challenges that we (or the people around us) may face, and it "is a book you’ll want to read before you need it—so that you will have ideas of what you can do and how you can respond—when you first hear the news." Lisa Copen says, “We put this book in all our HopeKeepers Start Up Kits for the chronically ill. It should be in every church library and church staff’s desk, preferably dog-eared with use.”

46. **The Twenty-Third Psalm For Caregivers - Carmen Leal**
This book offers devotional encouragement, hope, and tender affirmation for all caregivers no matter the disease or situation. Fifteen true-life stories about caregivers dealing with a variety of diseases provide teaching, entertainment, and inspiration while drawing the reader to God.

47. **When Life Becomes Precious - Elise NeeDell Babcock**
Elsie NeeDell Babcock has distilled more than twenty-five years of counseling experience into this immensely practical and compassionate book. It is widely recognized as an essential guide for patients, family members, and friends of anyone facing cancer or other serious illnesses. Newly revised and updated, it contains hundreds of realistic tips for offering the support that really counts in tough times.

48. **When Someone You Love Suffers from Depression or Mental Illness - Cecil Murphey**
Does someone you love struggle with depression or mental illness? The social stigma associated with these diseases many have disappeared, but the day-to-day challenges will face as you walk through this trial with your loved one remain. As much as you want to fix it, you won’t be able to. But it is important that you take care of yourself--both physically and spiritually--during this difficult time. In this book Cecil Murphey offers daily words of encouragement to you as you travel with your loved one on this road that neither of you would have chosen. As you face the uncertainty of tomorrow, these readings will help you keep you eyes on God in the midst of the trials.

49. **When You Don’t Know What to Say: Encouraging Words for the Hurting Heart - Sandy Lynam Clough (Gift Book)**
When someone you love is hurting, it’s often hard to find the right words. Sandy’s magnificent floral paintings create the backdrop for imparting love and concern, learning how to listen, and sharing support when words are hard to find.
50. **Letters for Lizzie: A Story of Love, Friendship, and a Battle for Life** - James O'Donnell

   Life is dangerous.” So begins *Letters for Lizzie*, a gripping and true story of one couple's fight to survive and do right against overwhelming odds. Jim and Lizzie O'Donnell seemed to have everything. They had a beautiful home in the Boston suburbs. Jim was successful in the financial services business. They had a lovely summer home in the mountains. They had three sons they loved deeply and whom they could afford to send to private schools. Yet with all life had given them, they yearned to help others. So they gave up the money, the lovely homes, the familiar friends and family who lived nearby, and moved to a little town in Indiana. There, they hoped merely to serve others. They knew money would be tight. They expected life to be unfamiliar and different. But they felt ready for the challenge. Their desire seemed so noble, so worthy. In fact, they felt God had sent them, so they went. And within three months Lizzie was diagnosed with terminal cancer. *Letters for Lizzie* is their story of love, friendship, and a battle for life.


51. **When a Hug Won't Fix the Hurt: Walking with Your Child Through Crisis** - Karen Dockrey

   Dockrey's guide equips you with understanding and practical tools to effectively help kids cope. Features insights into your child's mind; specific, biblical ways to demonstrate love.


52. **Beyond Chaos: One Man's Journey Alongside His Chronically Ill Wife** - Gregg Piburn

   “Beyond Chaos is one of the best books for men who have a wife who lives with a chronic illness. Though not a Christian book, it's written by a Christian author. This book is not from the perspective of a "I know it all" and "follow my directions," but rather, the perspective of a humble man who daily feels inadequate for this journey he has been called on to care for his ill wife. His deep love and constant support is obvious, but he still struggles with the feeling that he's put his foot in his mouth one more time. I think his vulnerability is what makes this book a gem and one that men can actually relate to and find comfort and encouragement in. More books like this need to exist, but time will never make this one any less worthwhile. 10 stars!” Lisa Copen


53. **Loving Your Relatives: Even When You Don't See Eye-To-Eye** - Hardcover - David and Claudia Arp and John and Margaret Bell

   Families with illness often have additional challenges in getting along. Are your family gatherings a mess? Though not a book specifically for the chronically ill, it is a practical resource with ideas to help build relationships of understanding and respect. Coauthors David and Claudia Arp and John and Margaret Bell offer multi-generational perspectives as they address sensitive issues with real-life examples and biblical wisdom.


54. **How to Help Children Through a Parent's Serious Illness** - Kathleen McCue, Ron Bonn

   One reviewer shares, “Kathleen and Ron are skillful and concise in sharing dozens of pointers and case examples that will help any adult in this situation. I work in a hospital and refer to the book often. We've shared it with nurses and doctors—all have found it right on target.” Clearly written and richly researched, this book is a true how-to manual, exploring specific scenarios and offering step-by-step
advice. It is sensitive to the needs of different age groups, family situations, and types of illness." — Connie Chung

55. When Pete's Dad Got Sick: A Book about Chronic Illness (For Children) - Kathleen Long Bostrom
(Hardcover) A beautiful book telling the story of Pete, a boy whose dad used to run and swing him around, but now can hardly walk, much less play. Pete is hurt and angry and doesn’t understand why this has happened. Pete’s dad tells him that even though he can no longer run, he can still be Pete’s father. The book includes two pages of suggestions for parents and others helping a child through loss of this kind, written by R. Scott Stehower, Ph.D., professor of psychology, Calvin College, and clinical psychologist.

56. Walking Together Through Illness: Twelve Steps for Caregivers and Care Receivers - Wanda Scott Bledsoe, Milt Bledsoe
Despite the topic of illness, there was nothing sad about this book. I felt like I was reading Milt and Wanda’s personal journals, sharing their concerns and fears, but also laughing out loud as they find the humor in any situation because love abounds. I will be enthusiastically recommending this book for many years. - Lisa Copen, Rest Ministries

57. In Sickness and in Health: Strengthening Your Marriage When Your Spouse is Ill - William E. Rabior, Susan C. Rabior
Nearly every marriage will experience the serious illness of one of the partners. And when that happens, the well spouse is bound to be affected. Roles change, responsibilities shift, and the relationship absorbs the blows. Marriages where one spouse is chronically ill are much more likely to end in divorce. But there are marriages, beset by serious illnesses, that not only survive, but thrive. In Sickness and In Health is about these kinds of marriages. It is about courage. It is about taking care of your partner—and yourself. It is about maintaining intimacy under difficult circumstances. It is about transforming your marriage into something fulfilling and satisfying.

All children are special, but some children have special needs. Where do the parents of a "special-needs child" go for comfort? What other individuals do they know who share their daily struggles, while watching their child try to "fit" into a normal world? A Special Kind of Love: For Those Who Love Children with Special Needs is written for these moms, dads, grandparents, foster parents, and extended families who live with these children on a day-by-day basis. This book is also designed for teachers, doctors, social workers, friends of the family, and pastors who work with these children.

ENCOURAGEMENT

59. A Grace Disguised: How the Soul Grows through Loss - Jerry Sittser
The experience of loss does not have to be the defining moment of our lives, writes Gerald Sittser. Instead, the defining moment can be our response to the loss. It is not what happens to us that matters so much as what happens in us. Sittser knows. A tragic accident introduced him to loss of a magnitude few of us encounter. But this is not a book about one man's sorrow. It's about the grace that can transform us

60. **A New Kind of Normal: Hope-Filled Choices When Life Turns Upside Down** - Carol Kent
   Carol Kent has lived every parent's nightmare. After her only son was sentenced to life in prison without the possibility of parole, Carol's life took a permanent detour. She and her husband, Gene, have been adjusting ever since, moving to Florida to be near the prison, starting a new ministry for prison inmates and their families, and sharing the faithfulness of God with anyone who will listen. *A New Kind of Normal* begins with the story of that horrible night when Carol and Gene learned their son had been arrested, but it doesn't end there. In fact, Carol knows what it means to live with an unthinkable circumstance that will never change—and to still make hope-filled choices. Through the eight chapters in this book, Carol will use their own story, the story of Mary mother of Jesus, and stories of women who have experienced their own "new normal" to share how God has led them to choose life, gratitude, vulnerability, involvement, forgiveness, trust, and action.

61. **Don't Waste Your Sorrows: New insight into God's eternal purpose for each Christian in the midst of life's greatest adversities** - Paul E Billheimer
   Says Lisa Copen, founder of Rest Ministries, "I've read a lot of books on suffering and this is one of my all-time favorite books that I refer to frequently and have highlighted in all sorts of colors. It has a deep message but the reading is not difficult—a plus when you are feeling too tired to jump into something really complicated when you're just looking for encouragement.”

62. **Finding God When You Need Him Most** - Chip Ingram
   Chip Ingram reveals how you can meet God in the midst of your most difficult circumstances. Chip's candid discussion, personal stories, and solid guidance will allow you to move from "knowing about God" to profoundly experiencing his presence and power in your life. Whether you're struggling with a rocky relationship, an unexpected crisis, depression, or injustice, Finding God When You Need Him Most will remind you that the Lord is faithful to hear your heart's cry and will be there for you, time and again. Note: this is a revised and updated edition of Ingram's *I Am With You Always*.

63. **Facing Your Giants: A David & Goliath Story for Everyday People** - Max Lucado
   “One of my top picks of books to help those suffering from chronic pain, illness, also mental illness.”
   Cassie Floden, A member of Rest Ministries
   You know your Goliath. You recognize his walk, the thunder of his voice. He taunts you with bills you can't pay, people you can't please, habits you can't break, failures you can't forget, and a future you can't face. But just like David, you can face your giant, even if you aren't the strongest, the smartest, the best equipped, or the holiest. David. You could read his story and wonder what God saw in him. His life has little to offer the unstained, straight-A saint. He fell as often as he stood, stumbled as often as he conquered. But for those who know the sound of a Goliath, David gives this reminder: focus on giants—you stumble; focus on God—your giants tumble. If you're ready to face your giants, let David's story inspire you. The same God who helped him will help you.

   In *Grief & Pain in the Plan of God* Walter Kaiser uses the Old Testament book of Lamentations to show us how a sovereign and loving God can work through even the most painful moments.
65. **Heal My Heart, Lord: Experiencing God's Touch When You Hurt** - Emilie Barnes and Anne Christian Buchanan

Brimming with optimism and trust, *Heal My Heart, Lord* pours out a message of hope and assures women they can bring their needs to God and He will provide. Bestselling author Emilie Barnes leads women to quietness and peace through heartwarming chapters that focus on God’s remedies for difficult situations and offer words of encouragement to everyone facing difficult times. This uplifting collection of compassionate meditations offers the gentle reminder that it is precisely during times when “the valley of the shadow” seems too long to endure that we come to know the abundant reality of God’s presence.


66. **How to Live Right When Your Life Goes Wrong** - Leslie Vernick

Despite the abundant availability of both self-help books and Bible study materials, many of us find it difficult to apply what we learn, to make that long head-to-heart journey of change. When we are faced with life’s daily trials, our responses often lack the Christian maturity we desire, showing us clearly just how far we have to go. Is it possible to achieve a deeper, more permanent change of heart?


67. **Is God to Blame?: Beyond Pat Answers to the Problem of Suffering** - Gregory Boyd

Is God to Blame? This is often the question that comes to mind when you confront real suffering in your life or in the lives of those you love. Pastor Boyd deals with this question honestly and biblically while avoiding glib answers. Writing for ordinary Christians, Boyd wrestles with a variety of answers that have been offered by theologians and pastors in the past. He finds that a fully Christian approach must keep the person and the work of Christ at the very center of what we say about human suffering and God's place in it. Yet this is often just what is missing and what makes so much talk about the subject seem inadequate and at times misleading. What comes through is a hopeful picture of a sovereign God who is relentlessly opposed to evil, who knows your suffering, and who can be trusted to bring you through to renewed life.


68. **Joni** - Joni Eareckson Tada

All of Joni's books could be on this list, but this one of her life story is particularly encouraging. In a split second on a hot July afternoon, a diving accident transformed the life of Joni Eareckson Tada forever. She went from being an active young woman to facing every day in a wheelchair. In this unforgettable autobiography, Joni reveals each step of her struggle to accept her disability and discover the meaning of her life. The hard-earned truths she discovers and the special ways God reveals his love are testimonials to faith’s triumph over hardship and suffering.


69. **Keep Believing: God in the Midst of Our Deepest Struggles** - Ray Pritchard, Erwin W. Lutzer

There are times in our lives in which God seems very far away. We don't understand His silence. We only feel the intensity of our pain and the echoing question of 'why?' The Bible declares that God is good, but can we still believe this when our lives are falling apart? In Keep Believing, Dr. Pritchard affirms what the Bible declares: that God is good and His mercy endures forever. Chapters include: When Life Tumbles In, What Then?; The Blessing No One Wants; The Mystery of Unanswered Prayer; Can We Still Believe in Romans 8:28?; The Sensitivity of Jesus; Why God Makes It Hard When It Ought to Be Easy... Moody Publishers (1997) ISBN 9780802431998
70. Last Dance But Not the Last Song: My Story - Renne Bondi with Nancy Curtis
When Renee Bondi was 29 years old, she suffered a tragic accident during the middle of the night when she fell out of her bed — she instantly became a quadriplegic. Bondi’s hope in writing this book is that the reader will recognize and experience God’s sovereignty and love more fully, and surrender to God’s loving will for his or her life.

71. Lessons I Learned in the Dark: Steps to Walking by Faith, Not by Sight - Jennifer Rothschild and Beth Moore
At the age of fifteen, Jennifer Rothschild confronted two unshakable realities: Blindness is inevitable ... and God is enough. Now this popular author, speaker, and recording artist offers poignant lessons that illuminate a path to freedom and fulfillment. With warmth, humor, and insight, Jennifer shares the guiding principles she walks by—and shows you how to walk forward by faith into God's marvelous light.

72. Lord Change My Attitude Before It’s Too Late - James MacDonald
Get ready for a lasting attitude adjustment! It's not about your actions. It's not about your circumstances. It's not about your relationships. It's not even about your life's calling. It's all about . . . your attitude! You can stop the flow of negativity that causes happiness to hemorrhage, and you can start the flow of good attitudes that cause abundant joy to abound,' MacDonald writes in his groundbreaking book, Lord, Change My Attitude. Attitudes, says author and pastor James MacDonald, are patterns of thinking that take years to form. While we can't change our attitudes overnight, we can recognize wrong attitudes and begin working on right attitudes.

73. Suffering and the Sovereignty of God - Justin Taylor, John Piper, Mark Talbot, Stephen F. Saint, Jr., Carl F. Ellis, David Powlison, Dustin Shramek, Joni Eareckson Tada
Contributors John Piper, Joni Eareckson Tada, Steve Saint, Carl Ellis, David Powlison, Dustin Shramek, and Mark Talbot explore the many categories of God’s sovereignty as evidenced in his Word. They urge readers to look to Christ, even in suffering, to find the greatest confidence, deepest comfort, and sweetest fellowship they have ever known. “John Piper and friends tackle some of the hardest and most significant issues of Christian concern, producing one of the most honest, faithful, and helpful volumes ever made available to thinking Christians. It is filled with pastoral wisdom, theological conviction, biblical insight, and spiritual counsel. This book answers one of the greatest needs of our times—to affirm the sovereignty of God and to ponder the meaning of human suffering. We need this book.”—R. Albert Mohler, Jr., President, The Southern Baptist Theological Seminary, Louisville, Kentucky Crossway Books (2006) ISBN 9781581348095

74. The Gospel According to Job: An Honest Look at Pain and Doubt from the Life of One Who Lost Everything - Mike Mason
Anyone who has suffered knows that there is no such thing as "getting a grip on oneself" or "pulling oneself up by the bootstraps. The only bootstrap in the Christian life is the Cross," says Mason. "Sometimes laying hold of the cross can be comforting, but other times it is like picking up a snake." Job knew this firsthand. From him we learn that there are no easy answers to suffering. That the mark of true faith is not happiness, but rather, having one's deepest passions be engaged by the enormity of God. And through Job we learn the secret of the gospel: that "mercy is the permission to be human." The Lord never gave Job an explanation for all he had been through. His only answer was Himself. But as Job discovered, that was enough. The Gospel According to Job sensitively brings the reader to this realization, using a devotional commentary format that reminds them that it's all right to doubt, to be
confused, to wonder—in short, to be completely human. But what will heal us and help us endure is a
direct, transforming encounter with the living God.

75. The One Year Book of Hope - Nancy Guthrie
"Amazing! This book is packed full of hope! One of my new favorites books that will remain a favorite
for a long time!" Lisa Copen, Director, Rest Ministries. This book is for anyone who has been hurt in
life and would benefit from a hope-filled daily companion. Critically acclaimed author Nancy Guthrie
offers insightful daily reflections based on the Word of God to comfort, encourage, and uplift those who
are feeling the aches of life, whether it's because of everyday disappointments or deep losses. Through a
year's worth of thoughtful entries, the reader will learn how much God longs to lift us up, carry us
through in times of difficulty and uncertainty, and give us true, lasting joy. Each daily step draws you
closer to a God who truly cares and the hopeful life he wants you to enjoy.

76. When God Interrupts: Finding New Life Through Unwanted Change - M. Craig Barnes, Rev.
Our lives are constantly changing. It's hard to keep up, to keep our balance. It's hard to keep trusting in
God. And it's especially difficult when the changes we're faced with are unwanted: the death of a loved
one, a child leaving home, an illness, a frustrated dream. Craig Barnes knows the dark side of change.
As a pastor, he has counseled many Christians through tough times of transition. And he has been
challenged by unwanted changes—interruptions—in his own life. At times it seems as though God has
moved far, far away. But Barnes has discovered that just the opposite is true: during times of change and
seeming abandonment, God is right at our side offering to lead us in a new direction, offering us new
life. This book is for all who have known disappointment, bereavement or the shattering of faith, a book
all the more valuable because it promises hope without denying despair.

77. When Life Hurts, Understanding God's Place in Your Pain - Philip Yancey
Pain calls our most basic beliefs about God into question. Philip Yancey's When Life Hurts addresses
five major questions brought on by pain. Pain calls our most basic beliefs about God into question.
Philip Yancey's When Life Hurts addresses five major questions brought on by pain: Is God competent?
Is He really so powerful? Is He fair? Why doesn't He seem to care about pain? And where is God when
I need Him most? Yancey provides thought-provoking answers to questions faced by believers in their
darkest moments and reveals that even in suffering and pain -- and sometimes because of them -- God's
competence, power, wisdom, and love still shine through.

78. Where Is God When It Hurts?, Anniversary Edition - Philip Yancey
"If there is a loving God, then why ... ?" No matter how the question is completed, at its root lies the
issue of pain. Does God order suffering? Or did he simply wind up the world's mainspring and now is
watching from a distance? In this Gold Medallion Award-winning book, now revised and updated,
Where is God When It Hurts reveals a God who is neither capricious nor unconcerned. Using examples
from the Bible and from his own experiences, Yancey looks at pain—physical, emotional, and spiritual--and helps us understand why we suffer. Includes discussion guide.

79. Why? Trusting God When You Don't Understand - Anne Graham Lotz
Drawing her characteristically keen insights from the familiar story of Lazarus in the ninth and eleventh
chapters of the Gospel of John, Anne offers Jesus’ reassuring answers to our heartfelt cries for
doesn’t God answer my prayers? - Why didn’t He protect me? - Why doesn’t He perform a miracle? -
Why? helps us understand and deal with suffering while guiding us to the ultimate answer—the Savior who shares our grief and our tears.

80. Why Did This Happen to Me?: Finding God's Strength Through Life's Hurts and Heartaches - Ray Pritchard
Is God faithful only to those Christians who seem to never make mistakes? Or is God’s faithfulness so deep, so far-reaching, so unfathomable that it extends especially to those who are least deserving of it? Well-known pastor and author Ray Pritchard leads readers to an awesome God who is faithful to those who are...defeated, fearful, dying, tempted, and disobedient. This perfect gift for those in need of encouragement demonstrates how God’s faithfulness will finish His work in each believer and reach every generation, giving hope not only for the present but also for the future.

81. Why Me?: Straight Talk About Suffering - Lawrence W. Wilson
Suffering of any kind is a painful, lonely process. When Christians suffer, their first response is to question God and seek some understanding for their pain. In Why Me?, Lawrence Wilson explains that it's not always possible to find easy answers to life's most difficult questions, but it is possible to find good and God in every circumstance, to experience joy alongside pain, and to live a good life in spite of the nagging question, "Why Me?"
Beacon Hill Press; ISBN 9780834122017

DEPRESSION

82. A Ladder out of Depression: God's Healing Grace for the Emotionally Overwhelmed - Bonnie Keen
Singer, songwriter, and author Bonnie Keen addresses clinical depression from a rare perspective...a personal, “been there,” Christian viewpoint. Now her story of healing becomes a ladder out of the darkness for other Christians who face despair. Bonnie unveils misconceptions about depression and reveals the hope of faith as she shares; * the keys to first identify and tackle depression; * the spiritual, physical, and emotional climb up the ladder; *how churches can minister to those in emotional need; * why prayer is a powerful light; *how to find balance and joy once again. This source of encouragement and strength will give those who have struggled in the shadows of depression a path of light and hope

83. Conquering Depression: A 30-Day Plan to Finding Happiness - Mark A. Sutton and Bruce Hennigan
Depression is a largely overlooked and much misunderstood disease, yet there are vast numbers of Christian men and women who are looking for help with their problem. As troubled marriages collapse, single parents struggle with difficulties, and everyone feels the pinch of economic hardships and stresses, happiness seems forever elusive as people look for the more abundant life but seem unable to find it. With an interest stemming from their own experiences, Sutton and Hennigan take an approach to overcoming life's difficulties that is grounded in both spiritual and medical principles. *Conquering Depression* provides step-by-step encouragement and instruction to manage and win over depression.

Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond in the face of mental illness? In *Darkness Is My Only Companion,*
Kathryn Greene-McCreight confronts these difficult questions raised by her own mental illness—bipolar disorder. With brutal honesty, she tackles often avoided topics such as suicide, mental hospitals, and shock therapy. Greene-McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends, family, and clergy. Her voice is a comfort to those who suffer from mental illness and an invaluable resource for those who love and support them.


85. If God is so Good Why Do I Hurt so Bad? - David Biebel
The author's keen insight and experience in human suffering makes this book a must read. Written from a Christian perspective, the material contained in these pages will help you make sense of pain and suffering, while providing hope for your situation. Simply put, this is a great book that I would recommend to anyone going through a difficult time in life.

86. New Light on Depression: Help, Hope and Answers for the Depressed and Those Who Love Them - David B. Biebel
A medically reliable and biblically sound guide to understanding depression and finding help for it. Written for those who suffer from depression and those who want to help, this book will provide the knowledge and tools necessary to help you move toward a life of joy. The two authors - one a psychiatrist and one a minister - help you untangle your web of depression. The book covers the full range of concerns, including the use of antidepressants. It also includes questions for reflection and evaluation guides.

87. Overcoming Hurts & Anger, Revised and Expanded: Finding Freedom from Negative Emotions - Dwight Carlson, M.D.
For nearly 20 years, this bestseller has provided biblical guidance for dealing with potentially harmful emotions. In this expanded edition, Dr. Carlson (a diligent student of the Bible and specialist in both internal medicine and psychiatry) helps you find balance between over-expression and total internalization. For those who live with illness and find they are suffering from hurt feelings, setting boundaries and more, this is an excellent book.

88. The Bumps are What You Climb On: Encouragement for Difficult Days - Warren Wiersbe
When difficult days obstruct your view, climb higher! Drawing hope from God's promises, Wiersbe's powerful meditations offer encouragement and comfort to anybody facing depression, pain, disappointment, or loneliness. Filled with warm words of wisdom, these selections will help you take heart in Christ's love—and overcome whatever life sends your way. These thirty brief meditations spark a fresh optimism for facing new challenges. They show readers how to trust in God's promises, reap the benefits of forgiveness, find contentment, add joy to life, and more. With Wiersbe's uplifting, accessible teaching and empowering challenges, The Bumps Are What You Climb On is also useful as a devotional for any believer, at any time.

89. When I Don't Desire God: How to Fight for Joy - John Piper
What do you do when you discover that you're not satisfied in God the way he wants you to be? Joy is more than an afterthought of the Christian life; it is the sustaining fruit of a relationship with God. With a radical passion for Christ's glory, John Piper helps you find the joy God wants you to have.
90. **When the Darkness Will Not Lift: Doing What We Can While We Wait for God—and Joy** - John Piper

   Even the most faithful, focused Christians can encounter periods of depression and spiritual darkness, when joy seems to stay just out of reach. It happens because of sin, satanic assault, distressing circumstances, hereditary, or other physical causes. In *When the Darkness Will Not Lift*, John Piper aims to give some comfort and guidance to those experiencing spiritual darkness. Readers will gain insight into the physical side of depression and spiritual darkness, what it means to wait on the Lord in a time of darkness, how unconfessed sin can clog our joy, and how to minister to others who are living without light. Piper uses real-life examples and sensitive narrative to show readers that there is reason to hope that God will pull them out of the pit of despair and into the light once again. Crossway Books (2007) ISBN 9781581348767

91. **Why Do Christians Shoot Their Wounded? Helping (Not Hurting) Those with Emotional Difficulties** - Dwight Carlson

   This has a harsh title, but the question does need answered? This book is about how many people-Christian included- suffer from real emotional pain and other mental illnesses. How do we change the "pat answers" "the church” gives them? Dr. Carlson tackles this head on!

**STUDIES AND CHURCH RESOURCES**

92. **When Chronic Illness Enters Your Life Bible Study** - Lisa Copen

   This is a 5-lesson Bible study for individual or groups. Chronic illness is difficult. There is no question... whether you have a deep relationship with Jesus Christ, or are just beginning to search for answers from Him, chronic illness can send you reeling into wondering where is God when it hurts? and Why do I have this illness? "I received your book, When Chronic Illness enters your Life, and can't begin to tell you what a difference it has made in my life. My fiancé was having a difficult time coming to grips with what it would mean to live with someone with a chronic illness and working through this book together is helping us both understand what the other deals with. Thank you so much. ~ Tami"

93. **Learning to Live with Chronic Illness Bible Study** - Lisa Copen

   A 5-lesson Bible study for individual or groups. Our second Bible study addresses guilt, body image, asking for help, depression and more. A wonderful follow-up to our first Bible study. Discover how to feel more comfortable accepting help from others. Learn how to overcome feelings of guilt, moving towards acceptance of God’s grace. Find out how to surrender over to God your attempts to control your life. Chronic illness often affects one’s body image. Recognize how to base your self-image on how God sees you. Understand why even Christians become depressed and how to move on to feeling better.
   Available 888-751-7378 or restpublishers.com

94. **So You Want to Start a Chronic Illness/Pain Ministry: 10 Essentials to Make it Work** - Lisa Copen

   When someone in your church has surgery, how do people respond? Flowers are ordered; Cards are sent; A prayer chain is started; Hospital visits are made; Meals are delivered. Soon life returns to normal... But what happens to the person who never gets well? 1 in 3 people in the U.S. have a chronic illness and over 26 million live in chronic pain. Who is reaching these people with the hope that they can find in Jesus Christ? Your church likely reaches out to people who are home-bound. You probably send meals to those who need them. But it takes more than just casseroles to have an effective chronic
illness/pain ministry. This 70-page manual will lead you through everything you need to know to have a
more effective outreach to people who live with chronic illness or pain. It's designed with symbols and
in an easy-to-read format; it also includes over 65 personal anecdotes from people in pain.
restpublishers.com

95. The Silver Bullet: God's RX for Chronic Pain - Jonnie Wright
A devotional Bible study designed for people with chronic health conditions. Constructed to be flexible,
each study has two goals—first, to understand the Scripture quoted, and second, to encourage the user to
apply God’s words to his or her circumstances.

Study Guide - Carol Langenfeld
This book provides practical information and encouragement to help patients, families, and friends learn
how to live with illness. Authors Carol and Doug Langenfeld draw on their experience over many years
of living with illness and Carol's counseling background. Combines "how to" with "how it feels," to
help patients, families, and friends learn how to live with a chronic illness. Describes typical emotional
reactions and how to cope, tips on working with doctors and hospitals, down-to-earth approaches to
understanding the mind-body-spirit connection, nurturing yourself, feeling more connected and less
alone.

CANCER

97. When God and Cancer Meet - Lynn Eib & Lisa A. Jackson
A book of powerful stories about cancer patients and their families who have been touched by God in
miraculous ways--some in their bodies, others in their minds, all in their spirits--offers inspiring
testimony that, when God and cancer meet, cancer is conquered. The author, herself a cancer survivor,
gives us a behind-the-scenes glimpse of 18 personal encounters with God.

98. Finding the Light in Cancer's Shadow: Hope, Humor, and Healing after Treatment - Lynn Eib
Dave Dravecky (desmoid cancer survivor since 1988) Dave Dravecky’s Outreach of Hope Ministry,
Colorado Springs, Colorado says, "If you or someone you love is struggling with the fear and
uncertainty of cancer’s shadow, here’s your flashlight."
Harold G. Koenig, MD Professor of psychiatry and behavioral sciences Founder and co-director, Center
for Spirituality, Theology, and Health Duke University, Durham, North Carolina says "A much-needed
resource for those living in the shadow of this life-threatening disease."

99. Dear God, They Say It's Cancer - Janet Thompson
This Helpful Guide Will Be Your Mentor, Record keeper, Journal, Devotional, Prayer guide, And
friend. Christianbookpreviews.com says, "Janet Thompson, author of Dear God, They Say It’s Cancer,
has stocked her newest release chock full of everything a woman needs to journey through breast
cancer. Having been down this road herself, she comes alongside others with encouragement, support,
and a new angle of perspective. At whatever point a woman finds herself, Janet has compiled the things
she longed for on her own journey through breast cancer--appropriate Bible passages, prayers, and
quotes from others battling this intruder. There’s also space for journaling, note taking, and tracking
appointments. Presently heading a speaking and writing ministry titled About His Work ( AWH
Publishing), Janet writes to her breast cancer sisters: “Things never seem as scary when you have a friend…I want to walk besides you.”

BIBLES

100. He Cares NT W/Psalms & Proverbs New Living Translation: Pray for the Cure - Lynn Eib and Kay Warren
Lynn is a cancer patient advocate in a clinic where she is able to share her Christian faith. She is also author of When God and Cancer Meet.