

Chronic Illness & Friendship Resources

Books:

Chronic Illness and Friendship eBook by Rachel Lundy. If you have a friend with a chronic illness it can be a challenge to know how to encourage her or help in the way she needs most. This book inspires us all to be better friends--whether we are the one with the illness or the friend of one in pain. It gives terrific insight into the value of friendships--even when you feel too tired to pursue them. This short, but impactful book can be used as a conversation tool with friends, complete with topical discussion questions at the end of each chapter. (Download eBook at: www.cranberryteatime.com/2015/01/free-e-book-chronic-illness-and.html).

Beyond Casseroles: 505 Ways to Encourage a Chronically Ill Friend by Lisa Copen. This little book is full of great ideas for those who want to reach out to a friend with chronic illness. Beyond Casseroles has practical suggestions and advice from someone who understands what life is like for those who suffer from a chronic illness. Copen shares about things to say and things not to say. She gives creative ideas for gifts and for acts of service. She offers tips for what to talk about with your friend and how to pray for her. She also shares verses from Scripture that are applicable to serving a friend with chronic illness.

Barrier Free Friendships: Bridging the Distance between You and Friends with Disabilities by Joni Eareckson Tada and Steve Jensen. If you want to reach out in friendship to someone with a disability, this book will be a valuable resource for you. You will learn why it is important to befriend people with disabilities and how you can reach out to them in friendship. If you have a disability, the last two chapters are specifically for you! You will learn about God's plan for you in friendship and how you can be a good friend while dealing with a disability.

Same Lake, Different Boat: Coming Alongside People Touched by Disability by Stephanie O. Hubach. This book is an excellent resource for individuals and churches who wish to come alongside those who are affected by disabilities. *Same Lake, Different Boat* has three main sections. In the first section Hubach helps the reader understand disability from a biblical perspective. In the second section she shares some of the challenges faced by families who are affected by disability. In the third section she explains how those who are disabled can, and should, be an integral part of the local church body.

Websites:

Joni and Friends (www.joniandfriends.org): Joni and Friends is a ministry dedicated to serving people around the world who are affected by disability. Their mission is "to communicate the Gospel and equip Christhonoring Churches worldwide to evangelize and disciple people affected by disabilities." If you wish to learn more about disability, sickness, and suffering from a biblical perspective, the Joni and Friends website is an excellent place to start reading. There is a wealth of information, encouragement, and biblical teaching that can be found in the blog posts, radio programs, television programs, daily devotion emails, and in the bookstore.

Rest Ministries (www.restministries.com): Rest Ministries is a Christian nonprofit organization that is dedicated to providing information, support, and encouragement to those who live with chronic illness. They serve the chronic illness community through their website, daily devotions, online Sunroom, and HopeKeepers support groups. The Rest Ministries website also provides helpful information for those who have a friend with chronic illness.

Invisible Illness Awareness Week (www.invisibleillnessweek.com): Invisible Illness Awareness Week is an annual awareness event that started in 2002. There are a variety of ways to be involved each year and to help spread awareness of invisible chronic illness. The Invisible Illness Awareness Week website is available yearround, and it is a helpful informational tool for those who wish to read and learn more about invisible chronic illness.

Info from: "Chronic Illness and Friendship" eBook (www.cranberryteatime.com/2015/01/free-e-book-chronic-illness-and.html)