

More of Jesus, Less of the Clichés: Grace Card

From one Spoonie to a supportive friend.

Unhelpful Things We Sometimes Hear:

1. "If you just had more faith (or prayed harder), you'd be healed."
2. "God gives His toughest battles to His strongest warriors."
3. "There must be unconfessed sin in your life holding back your healing."

God's Truths for the Weary Soul:

1. Healing is in His timing, not our performance. (2 Timothy 4:20, John 9:3)
2. His power is made perfect in our weakness. We are His held children, not just strong soldiers. (2 Corinthians 12:9)
3. Illness is not always a punishment for sin. We are His cherished children, fully loved. (John 9:3, 1 John 3:1)

How to Actually Encourage Someone with Chronic Illness:

1. Ask better questions: "How are you doing today?"
2. Offer practical grace: "Can I drop off groceries, or do your dishes while you rest?"
3. Practice the ministry of presence: Sit with them, without judgment or expectations.

You are not a project; you are His child.

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