

# How To Show Love & Grace To The Chronically Ill

Loving on those with chronic illness might seem difficult if you're healthy. You may not think about all of the ways that a person or family can struggle with a chronic illness. Here are a few things you can do to help...

## Show Grace with Your Time

- **Offer to cook for a chronically ill family.** Remember to ask first, as some people with illnesses may have special dietary restrictions.
- **Volunteer to drive them to a doctor's appointment.** Not everyone with a chronic illness can drive.
- **Keep your visits short.** Visiting a chronically ill person at home is a great idea, but remember they may tire easily, so don't plan to stay long.
- **Enlist others to help you care for the yard of someone who can't physically work.** Simple tasks you could do include: mowing the lawn, weeding the garden, cleaning out the gutters, raking leaves, or shoveling snow.
- **Have a standing nap date.** For parents with chronic illness, offer to care for their children one afternoon a week so they can nap or relax.
- **Wait with them.** For some, a waiting room can cause fear. If your friend is open to it, meet with them in the waiting room. You don't have to say anything inspiring. Just your presence can be reassuring.
- **Clean for them.** If you're willing and able, do chores they may find difficult such as sweeping, laundry, or vacuuming.
- **Run errands.** Even if a chronically ill person can drive, they may lack the energy to do tasks such as grocery shop, return books to the library, or pick up their prescriptions from the pharmacy.
- **Ask for an assignment.** Tell a chronically ill family to assign you any task they're struggling with and need off their plate right now. Then take immediate action!

## Bless the Chronically Ill Financially

- **Give them a gift card to a local gas station.** It might seem like a small thing, but traveling to doctor's appointments can be costly for some families.
- **Invite them out for coffee (your treat!).** People with chronic illness often experience isolation and feelings of loneliness.
- **Ask God to provide for those with chronic illness.** You may not have enough cash in the bank to support someone with a chronic illness, but God's resources are unlimited!
- **Tell a chronically ill friend about free meds.** Some pharmacies like Publix offer select medications for free with a doctor's prescription.
- **Remind a chronically ill friend about God's provision.** You don't have to preach a sermon. Simply share a verse like 2 Corinthians 9:8, Luke 12:24, Philippians 4:6, or Psalm 37:25.

## Let Them Know You Care

- **Drop a short hand-written note in the mail.** Share a favorite Bible verse, a beloved quote, or just say you're thinking of them.
- **Make a YouTube playlist for a chronically ill friend.** Choose tracks that personally minister to and encourage you.
- **Stop and ask how they're *really* doing.** Take the time to listen to stories about doctor's appointments, medication changes, or new symptoms.
- **See beyond the label.** A chronically ill person wants to be seen for more than just their illness. In conversations, make sure to ask about other areas of their lives besides their health.
- **Bring them a beautiful bouquet of flowers.** Flowers are a visual reminder of your love and add warmth to any room!
- **Loan a book that you love.** Reading can be comforting to those who are in chronic pain and need a distraction.
- **Send a text.** When you notice a chronically ill person isn't at church or another event, text them to let them know they are missed.

Christian  
Women's  
Corner

[www.ChristianWomensCorner.com](http://www.ChristianWomensCorner.com)