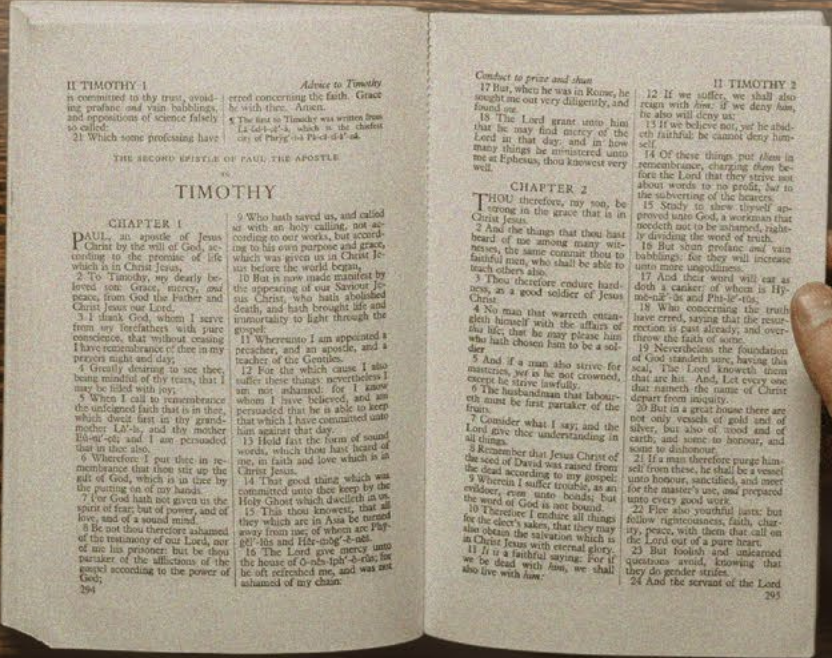


# Attributes of God:

UNDERSTANDING COMFORT BY WALKING WITH JESUS





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“God, please help me get through this.”

#### CHAPTER 1:

## Who is God?

It's the prayer we whisper when we've just heard the diagnosis.

It's the phrase we utter in desperation when our anxiety and stress increase.

It's the plea our hearts echo when we're getting ready to chat with a hurting friend.

*It's the moment we realize how helpless we are to offer comfort from our own strength.*

As humans, we want to be helpful. Whether it's a longtime friend struggling with a medical condition, a family member walking through grief, or even a church acquaintance hearing hard news, our natural tendency is to try and ease the pain.

The trouble is that offering help is often more challenging than it seems.

Maybe it's a long "to-do" list that gets in the way, a situation that requires more attention that day, or just not knowing the "right words" to say. Maybe it's a season of struggle in our own lives, or burnout from caregiving or general strife.

Regardless of the reason or our good intentions, giving support and comfort requires patience, time, and effort that nearly seems impossible some days.

Here’s the thing: that’s a correct statement. Some days it doesn’t just seem impossible, it is impossible—but only from our own strength.

God created us to live in community, even from the first moments in Eden [Genesis 2:18]. In fact, we’re called to bear each other’s burdens [Galatians 6:2]. We’re wired to witness to one another, be there for each other, walk alongside each other, and lift each other up as brothers and sisters in Christ.

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

- JOHN 16: 33 [NIV]



One way we bear each other’s burdens is by providing comfort and support to our family and friends as they walk through trials and medical events. But it’s a task that we can only accomplish by allowing Christ to work in our lives. Here’s what that looks like:

**JEHOVAH JIREH: THE LORD WHO PROVIDES FOR YOU**

In Genesis 22, we see a scene play out that seems like it comes straight from a historical drama:

Abraham waited for years to have a child. When he was blessed with a miracle child, Isaac, he was overjoyed and filled with gratitude. However, his faith was soon put to the test. God asked Abraham to sacrifice Isaac as an offering. Distraught and disheartened, yet willing to put His faith in the God who gave him this gift, he takes Isaac to the mountain God commanded as an act of obedience. Right before the sacrifice, God intervenes and provides a ram as the sacrifice instead, sparing Isaac’s life.

It was a trial of faith, but it was also a reflection of the ultimate sacrifice God would make on a different mountain later in history. Jesus, the perfect, holy, and righteous Son of God, would give His life for the sins of humankind. With full abandon and no safety net or last-minute sacrifice swap, He willingly chose to lay down His life as an act of love.

Genesis 22 is the first instance where God is called Jehovah Jireh, which means “the Lord who provides for you”.

- He provided an exchange for Abraham.*
- He provided an exchange for our sins.*
- He provides an exchange for you today.*

## SPIRITUAL HEALTH AND EMOTIONAL SUPPORT

When we allow ourselves to operate in the realm of faith, even amidst trials, challenges, or difficulties, God shows up. It might not be how or when or what we'd expect, but no matter what, we can rest knowing He keeps His promises.

At its core, offering comfort through emotional support means allowing our hearts to first be comforted by Christ. Our spiritual health determines not only the way we see situations, but also the way we live them out by providing support to hurting family and friends.

But how do we do that when the world seems to get darker each day? Does providing support even matter? When does God step in? Can we, like Abraham, truly trust Him?

By unpacking more of who God is, we become closer to His heart. When we draw closer to His heart, we become more like Him. When we become more like Him, we're able to allow Him to work through our lives and comfort others.

That's why this e-book explores the attributes of God. In each chapter, we'll learn more about who God is by discovering facets of His character. With a deeper dive into connected topics and practical application steps to stretch our comfort capabilities, we'll start to get a bigger picture of biblical community. As we read, our prayer is that we'll be equipped with the tools to be the hands and feet of Jesus to our hurting world.

Let's take on the challenge of comfort together.



“So Abraham called the name of that place, ‘The Lord will provide’; as it is said to this day, ‘On the mount of the Lord it shall be provided.’”

– GENESIS 22:14 [ESV]





## CHAPTER II:

# God is: All-knowing

When we cry in grief with our family: God knows.

When we stare down fear with a friend: God knows.

When we walk out of the doctor's office with sorrow: God knows.

When we fall to our knees with our church community: God knows.

But He doesn't just "know." *He's all-knowing.* He sees you. He cares.

*"She gave this name to the Lord who spoke to her: 'You are the God who sees me,' for she said, 'I have now seen the One who sees me.'"*

— **GENESIS 16:13 [NIV]**



## EL ROI: THE GOD WHO SEES YOU

In Genesis 16, Hagar encountered God in a new way: as the God who saw her. Not just in the physical sense, but also in the spiritual, emotional, and mental sense. He didn't just "see her," He made her feel seen. That's comfort in action.

Hagar, fleeing from an incredibly challenging and draining situation, found herself in a desert, pregnant and alone.

It was a physical desert, but it was also a spiritual and emotional desert.

A desert of desperation.

A desert resulting from degradation.

A desert of deep depression and resignation.

With the risk of death growing ever nearer, God met her in the midst of her pain.

God saw Hagar, but in doing so He gave her renewed hope, courage, and a promise to restore her and her unborn son. This equipped her with the strength to return and face her situation with a new perspective and renewed sense of identity.

Just as Hagar discovered that she was seen by God, so too can we rest knowing that we are seen and loved by God. He sees the circumstances of our family and friends on a deep level that we can't begin to comprehend. And He cares, oh, how He cares.



## WHAT IS THE WILL OF GOD?

It might not always feel like God sees or cares, especially when we're stuck in a hopeless situation. We often feel helpless comforting our family and friends amidst the darkness of depression, doubt, diagnosis, or dire circumstances.

Here's the thing: that's okay.

We don't have to feel okay or be okay to approach Christ with our challenges. In fact, He'd rather we were honest with questions about His will for our lives (and our loved ones). After all, He already knows what troubles our hearts and wants us to put our trust in Him [John 14:1].

When we *wonder* about God's will, we often start to *wander*, both emotionally and spiritually. As we find more questions than answers, we're faced with the challenge of faith.

- Is God who He says He is?
- Does He want to heal us?
- How can I walk in His will, so I don't accidentally go down the wrong path?
- How can I lead others to find His will for their lives?

Finding God's will isn't a "one-size-fits-all" type of faith. Rather, God's will is found in His purpose for your life.

In his book, "The Will of God as a Way of Life: How to Make Every Decision with Peace and Confidence", Jerry Sittser explains the method to finding God's will:

*"We come to know the will of God as a life calling through experience itself. We discover what our calling is in the same way an artist paints on a canvas or a person falls in love. We learn by trying, by experimenting, by doing. Our calling is inseparable from the journey. In one sense, it is the journey."*



God’s will is always to point our hearts to Him. As we live our life’s journey, He gives us options to live within His will and select the path we intend to walk.

Along the way, He knows, cares, and loves each of us intimately.

He sees us.

*Walking with Jesus: Knowing how to comfort a friend*

Knowing how to comfort a friend or family member isn’t just a biblical skill, it’s crucial for connection, community, and overall wellbeing.

In fact, according to research conducted by the University of Wisconsin, people who lack social and emotional support experience increased mental distress and decreased physical health. This results in a whole list of symptoms, illnesses, and side effects, including stress, depression, heart disease, stroke, dementia, diabetes, anxiety, and even premature death.

**STRETCH YOUR COMFORT CAPABILITIES:**

Offering comfort depends on three factors:

- 1. What’s needed in the context or situation, plus
- 2. The skills and strengths of the person providing support, plus
- 3. How the hurting person best receives, and desires help.

Check out our list of ways to comfort a friend at the end of this book and pick one that best suits all three factors that you can put into practice this week.

**What worked well? What would you do differently next time?**

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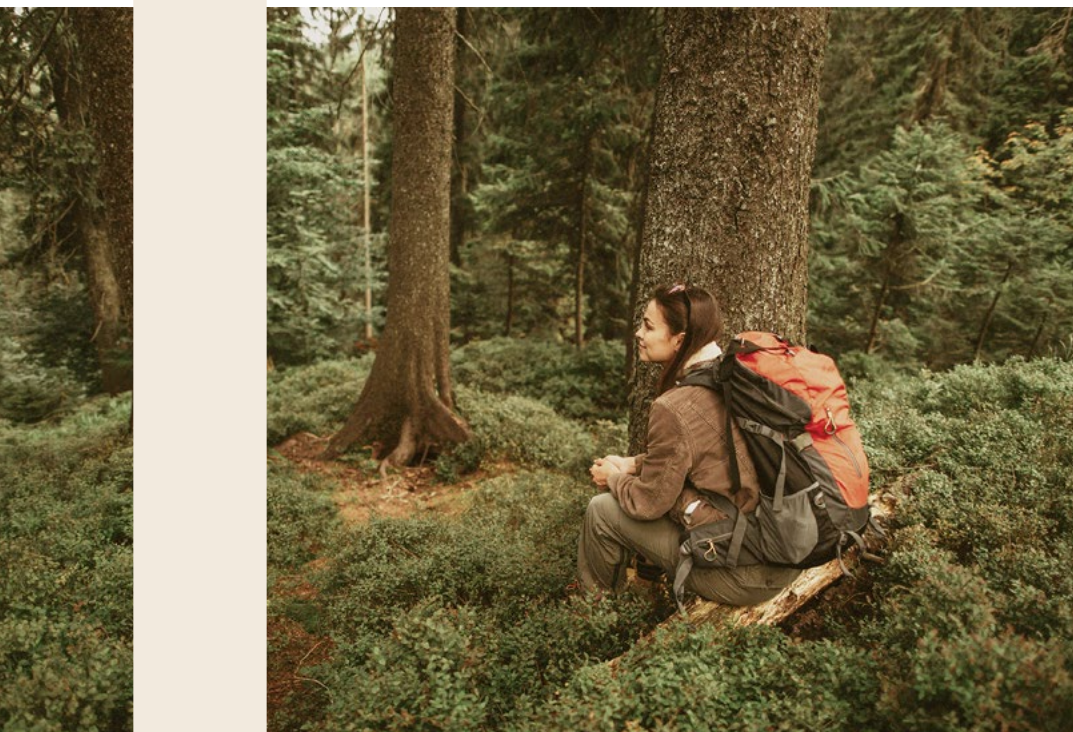
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“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.”

– MATTHEW 10:29-31 [NIV]

### CHAPTER III:

## God is: All-present

God is present with our family and friends when we face pain, fear, and situational struggles. He cares about us and knows exactly what we need, even if (and when) we don’t.

As humans, we’re limited to the confines of time, space, and place.

- **Time:** Our scheduled meetings, activities, and obligations fill our days, not to mention the everyday necessities required to sustain our lives.
- **Space:** Our intangible mindsets (such as having a growth vs. fixed outlook) and tangible areas (like living rooms, kitchens, and more) make an impact on our capacity for care.
- **Place:** Our proximity to the hurting world, or our friend living three states away, will determine the kind of support we can offer.

Unfortunately, we can’t be physically, mentally, or emotionally present during every moment of every day. As much as we’d like to offer support, there’s only so much we can do in the confines of our limitations.

Here’s the good news: God doesn’t have limitations.

That’s why we must rely on Him to know where to prioritize our presence, and when to trust Him to take care of the rest.

## EMMANUEL: GOD WITH YOU

The Lord is with us even in the darkest times of our lives [Psalm 23:4]. In fact, that promise is embedded in the meaning of Jesus' name, with its first appearance in the Bible showing up in a prophecy in Isaiah:

*"...the Lord himself will give you the sign. Look! The virgin will conceive a child! She will give birth to a son and will call him Immanuel (which means 'God is with us')."*

**-ISAIAH 7:14 [NLT]**

God isn't just all-present, He's intimately present.

*What would it look like if we lived our lives that way?*

*How would you live if you truly knew and believed that He was always with you?*

*How would you give comfort to others?*

When we know that He's with us, we live, love, and walk differently. But we must first let that truth drop from our heads (general knowledge) into our hearts (belief and action).

Before Jesus ascended to heaven, He gave His disciples a promise:

*"Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."*

**-MATTHEW 28:20 [NLT]**

"Even to the end of the age."

Those words echo through centuries of time and into our souls today. He's with us in every "even when." Even when bringing a meal to a hurting friend. Even when staring down a diagnosis with a family member. Even when we don't know how much more pain we can take.

Even then.

*Especially then.*



We can rest knowing that no matter what this season has thrown your (or your friend or family member's) way, no matter what pain or trauma has scarred your heart, no matter what has caused you to believe that you're alone, God loves you fully and completely.

He will never revoke His love from you. Even in the valley of darkness and pain, we can't hide our hearts from Him [Psalm 23:4]. His good purpose is still being worked out on this side of heaven. That means we can act as messengers offering this truth – this comfort – to our community:

God is with them.

**THE POWER OF CHRISTIAN COMMUNITY**

Churches rarely underestimate the power of a home-cooked meal (or dessert – pie lovers, we're looking at you). Potlucks and picnics are social gatherings, it's true, but they're more than an easy method to gather recipes and life updates. If done just right, it's a way to serve hurting hearts with a healthy dose of "comfort casserole."



Recipe for comfort casserole

**INGREDIENTS:**

- A cup of real conversation
- A dash of daring to take the first step
- A pint full of imperfect people
- A full measure of heart
- A tablespoon of understanding
- A big scoop of empathy (packed with different methods to care for others)
- A smidgen of you
- And most importantly, a whole lot of Jesus

**INSTRUCTIONS:**

Mix well and apply with prayer and care.

Knowing that God is all-present means exploring the ways He shows up and works in our lives. One way He does that is through the power of Christian community.

He's given us the chance to serve others [1 Peter 4:10], love others [Mark 12:31], and bear each other's burdens [Galatians 6:2]. Though not an easy task, when we know He's with us, it empowers us to serve and love as He serves and loves us.

There's a lot of church hurt, it's true, and some of it has happened during the picnics, potlucks, and even well-intended prayerful conversations. We've all been wounded by individuals who weren't acting as accurate representations of Jesus.

It grieves the heart of Christ when His people malign His character. What's important to remember is that imperfect people will never be able to portray a perfect God. While that's never an excuse for sin, it is a reminder to separate a holy Savior from His people who need saving. Biblical community, when done with people who live their lives in discipleship with Christ, can be one of the most powerful ways we act as the hands and feet of Jesus.

*The second is this: 'You shall love your neighbor as yourself.' There is no other commandment greater than these."*

**-MARK 12:31 [ESV]**



### *Walking with Jesus: Lived-in biblical community*

Lived-in biblical community means facing the tough conversations straight-on. It means staring down the darkness to bring the light. It means joining in the joy and sitting in the sorrow. It means trudging in the trenches with bruised hearts and battered souls to offer a cup of comfort and a hearing heart.

According to a study published by the National Library of Medicine, having a sense of community and belonging results in many positive life perks. However, feeling a lack of belonging results in a loss of meaning and purpose, heightened risk for physical health problems and mental distress, and even a shortened lifespan. That's why lived-in community makes a difference.



**STRETCH YOUR COMFORT CAPABILITIES:**

Identify one area of service that suits your skill set. It can be as simple as starting a “coffee and connect” group or as elaborate as jumping into joining the worship team or starting a brand-new ministry. It can be as close as your church, community group, or neighborhood. It can even be as easy as calling a friend. Whatever it is, try out what “lived-in biblical community” looks like for you in this season. **Afterwards, take time to journal and jot down your thoughts. How did Jesus show up with you (and with them)?**

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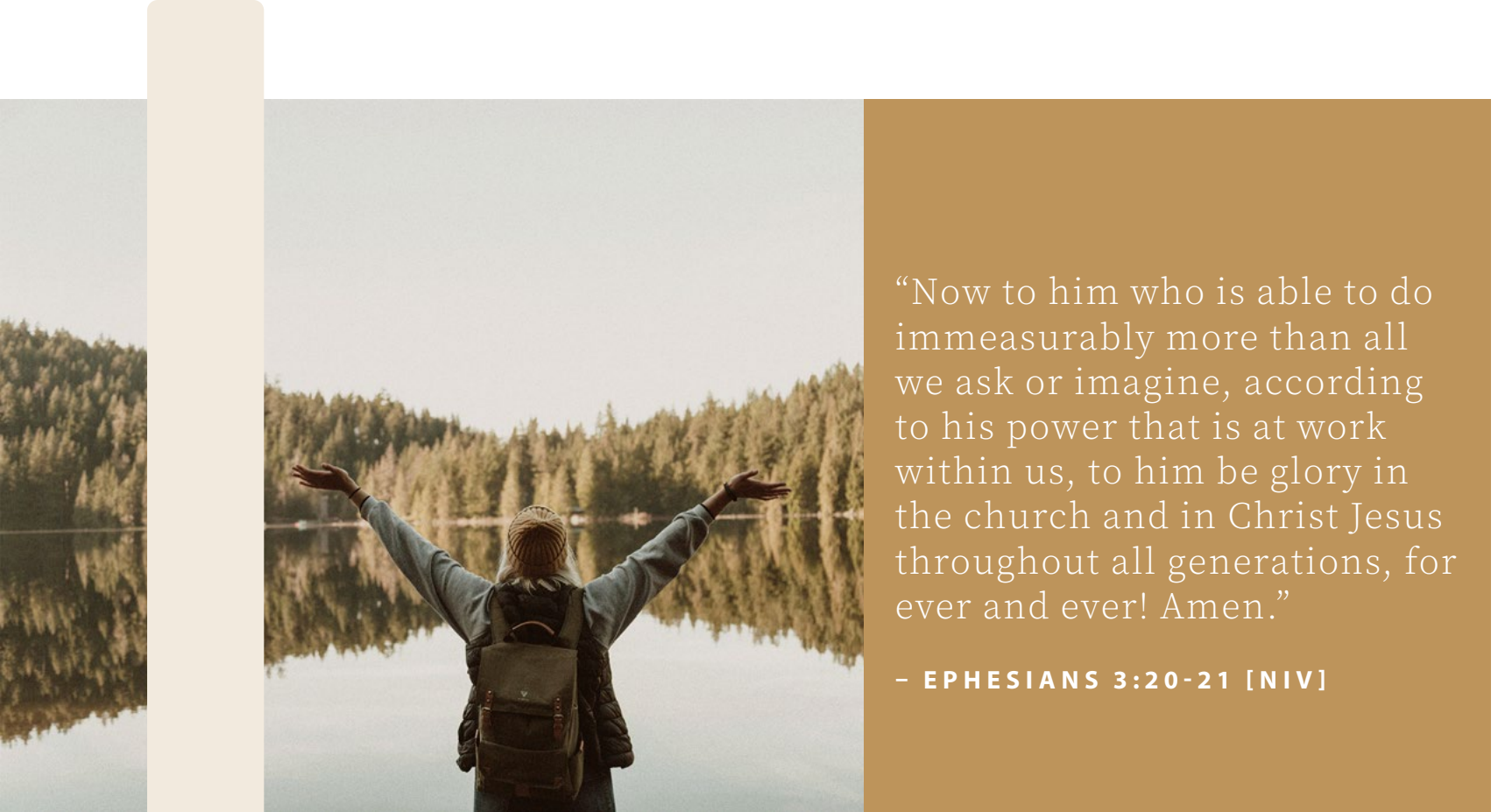
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“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

– EPHESIANS 3:20-21 [NIV]

**CHAPTER IV:**

God is: All-powerful

God is all-powerful, but that doesn't mean He's distant. Instead, His power and glory are reasons for us to revere and worship Him, even in the waiting. His power offers us comfort, so we in turn can comfort others.

Power distance is a cultural concept that explores the ways power is shared between people. It also explores our individual comfort levels with any power distribution that might be unequal. For example, in cultures or situations with "high power distance," the power, or communication, trickles down from those at the top to those at the bottom. In these situations, there's little to no input on decisions or lifestyle choices from those people perceived to have "less power."

As we interact in cultures with defined power structures, we often tend to bring those ways of relating into our relationship with God. Because He's all-powerful, we might see His power as being threatening, judgmental, or distant. While it's true that God is holy and just, His power isn't warped with sin or a desire for control. Instead, His power is far above anything we could imagine.

While God is indeed all-powerful, He doesn't abuse that power or force His love on us. He has good plans for our lives (and the lives of our friends and family members) [Jeremiah 29:11]. He's given us free will to live in communion with Him. This in and of itself is comforting, because He uses His power to heal, restore, and draw us closer to His heart. What's more, we can call on His power in times of need.

## JEHOVAH RAPHA: THE GOD WHO HEALS YOU

After the Israelites crossed the Red Sea to escape from their slavery under Egyptian rule, they had incredible faith, never doubted again, and always lived in awe of God's power, right?

*Nope.*

Even after witnessing an incredible feat of God's power and strength, they complained in the wilderness. They forgot the horrors of their slavery and looked back on the life they lived before, thinking it must've been better than where they were now. They couldn't find drinkable water in the wilderness, and it made them weary.

Yet even here, God met them with mercy and healing:

*"He said, 'If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.'"*

– EXODUS 15:26 [NIV]



Moses threw a piece of wood in the water (a picture of Jesus' later sacrifice on the cross), and it made the water sweet and drinkable. It was the first instance where we see God revealing Himself as Jehovah Rapha, the God who heals us.

*It wasn't in a moment of great faith.*

*It wasn't in a moment of incredible prayer.*

*It wasn't in a moment of worship or striving or earning.*

*It was a moment of need. A moment of thirst.*

God puts moments in His Word to remind us that He is powerful, but that His power is blended with the sweetness of mercy, kindness, and holiness. He is the one who heals us. It might not look like we'd expect or arrive exactly when we'd like, but He is faithful all the same.



Today, we can approach Him and His power without reservation because of Jesus' finished work on the cross. He took the burden of our sin and shame. He took the requirements and decrees of the law that we could never meet. He took our sicknesses and diseases and brokenness. And in His one perfect sacrifice, He gave us freedom.

Living on this side of the cross, we don't need to have the "right words" to be healed or offer healing or comfort to others. Instead, we can rest knowing that God is the one who holds the power and purpose for our lives.

## WORDS OF COMFORT FROM THE BIBLE

When we infuse our words with Scriptural truths, we can offer healing to others from the heart of Christ. In order to do so, we need to spend time in His presence. Tackle these tips to get started:

- **Be honest:** Start by being real with God about what you think, feel, and see.
- **Sit in His presence:** Pray and ask God how He sees the situation.
- **Hear healing in His heart:** Spend time focusing on verses about His healing, power, mercy, and love. Share or journal what you learn.

Words of comfort from Christ soothe not only our broken souls, but also the hurting hearts of our family and friends. God's power is found in the mixture of velvet and steel, of softness and strength. His character combines the best of the lion and the lamb, of beauty and boldness. His power is full of grace, and we can draw from it in our own lives as we embrace our status as carriers of Christ's goodness.





*Walking with Jesus: Embracing our Christ-carrier status*

God’s comfort is perfect.

Spoiler alert: ours is not.

Not seeing instant healing doesn’t mean your faith is flawed. Forgetting to reach out to a hurting friend doesn’t mean you’re a failure. Feeling fear and backing away from a situation doesn’t mean you’re broken. Being unsure about how to reassure a family member doesn’t mean you’re disqualified from offering help.

*Sharing comfort in a way that went awry doesn’t mean you shouldn’t try again.*

It means you’re *human*.

Giving comfort is about leaning into God’s power and learning about the way He made us.

**STRETCH YOUR COMFORT CAPABILITIES**

God created you to share comfort through your unique gifts and talents. Our strengths aren’t all the same, and that’s by design! God knew the people you’d come across, the situations you’d encounter, the friends you’d make, and the trials you’d face. He created you intentionally to reflect a unique bit of His heart. For your next step, discover your talents by taking our Caretaking Strengths Self-Assessment located at the end of this e-book. As you do, pray and ask God to show you new attributes of your own strength. **What could He be calling you to in this next step of your spiritual journey?**

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*“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”*

– JAMES 1:17 [NIV]

## CHAPTER V:

# God is: All-constant

The storms of life have sneaky ways of wearing us down.

Waves of weariness and winds of worry grow wild in the seas of our mind. As we experience whirls of turbulence, we reel back to the familiar in our attempt to find solid footing. However, the rapid changes knock the breath out of our lungs before we can find our balance.

*Can you relate?*

Even the best changes come with learning curves. However, negative changes, like a difficult diagnosis, sticky situation, or spiritual stagnation, present additional challenges.

We navigate emotions and relationship dynamics while also trying to grab groceries, plan meals, and do the dishes. Forget trying to load the laundry – we’re just trying to keep our souls afloat in the storm.

We ask, *“Does anyone have a life preserver?”*

Here’s the good news: God is all-constant. He’s the safe harbor for our souls, and He can be the safe harbor for our friends and family members, too. He gives us this beautiful, wild, incredible gift called life and He’s our ever-constant Morning Star to guide us along the way:

*“I, Jesus, have sent my angel to give you this testimony for the churches. I am the Root and the Offspring of David, and the bright Morning Star.”*

– REVELATION 22:16 [NIV]

God never changes. But He changes us.



## JEHOVAH SHALOM: GOD OUR PEACE

Gideon is one such person who experienced a transformative life change from an all-constant, never changing God.

In Judges 6, Gideon had an encounter with an angel of the Lord. Like many instances throughout Scripture, he didn't realize it at first, but once he recognized the power of God, he was terrified. He cried out to God in despair, thinking it was likely the end of his life. However, God reassured and calmed his anxious heart:

*“But the Lord said to him, ‘Peace! Do not be afraid. You are not going to die.’ So Gideon built an altar to the Lord there and called it The Lord Is Peace. To this day it stands in Ophrah of the Abiezrites.”*

**– JUDGES 6:23-24 [NIV]**

With just one moment of reassurance, Jehovah Shalom, or God our peace, is demonstrated and recorded for all history.

God's shalom, or peace, isn't like the typical peace we know in our human minds and hearts. It's not found in the absence of trouble or trial, or even when we're simply at rest. It doesn't mean ignoring our problems or pushing down panic or pain. In fact, it has nothing to do with us at all. Instead, it means allowing our lives to be embraced by the One who never changes.

Shalom peace is a divine, encompassing transformation of wholeness. It's the comfort that only God can whisper to our heart, mind, spirit, soul, body, and emotions. It's the comfort we can share with other people in our lives, too.

God's peace is ever-constant. It doesn't just outlast the storm; it overwhelms the storm.

*It sits amidst the hospital rooms and hospice decisions.*

*It stays during the surgery for fractured bones and fractured lives.*

*It sees through broken hearts and broken relationships.*

*It spreads healing that redeems, restores, and changes us.*

*It's an everlasting peace from an unchanging God.*



## ETERNAL EDEN: UNCHANGING LOVE AND SAFETY

When we breathe in His peace and breathe out our worries and cares, we become capable comforters. By reflecting who He is, we become more of who we are – beloved children of God. That’s an ever-constant identity we can share with our family and friends when they walk through storms of their own. It’s what God originally created us for – a life lived in Eden.

While we couldn’t experience the original Garden of Eden, we have a sort of eternal Eden found in the unchanging love and safety of Christ. It’s a garden of grace, mending our souls together and holding the fragments of our shattered hearts in His tender care.

Just as His character never changes, His peace, love, and safety never change, either. We might not always feel it, believe it, or remember it when we’re walking through a storm, and that’s okay. In fact, it’s more than okay, because Jesus wants us to be real with Him.

It’s also why He gave us biblical community to walk alongside each other. Life’s challenges do blow strong winds, it’s true. But none of them are stronger than our God. Sometimes we just need a friend to stand in the eye of the storm, kneel in prayer, or cry in the corner with us for a bit for us to remember we’re not alone.

When we comfort each other, we act as the tangible hands and feet of Christ. We’re able to remind each other that we’re between the “already finished” and “still to come” work of Christ.

So again, we ask, *“Does anyone have a life preserver?”*

*God answers with a resounding “Yes.”*

*It’s a yes that says, “Be still, my child – I’m your safety in the storm.”*

*It’s a yes that says, “You can offer comfort even here, because I am your comfort.”*

*It’s a yes that says, “You can be a human life preserver for someone else who’s drowning, because I’m strong enough to keep you both afloat.”*

*It’s a yes that says, “You can trust me – I will never change on you.”*



*Walking with Jesus: Delivering grace to hurting hearts*

We can offer comfort, even during storms, because He made each of us for such a time as this [Esther 4:14]. He looked out across all time and space and decided that He needed one of you, now, to show His grace and goodness to your friend or family member in need. Likewise, He created you to live in community so that when you need help, you'll have an opportunity to receive the gift of hope.

**STRETCH YOUR COMFORT CAPABILITIES**

Delivering grace is like offering a life preserver to someone who's spiritually drowning. In the next section of this e-book, you'll find a prayer and takeaways to share with someone in need. Check them out and put them to use by spending time with Jesus and asking Him who He's called you to comfort today. **How can you be a vessel of God's unchanging peace?**

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CHAPTER VI

Takeaways for you (and your friends)

Need ideas of new ways to comfort a friend or family member? You’re in the right spot! Check out our list below for inspiration to get started:

Practical Picks



- offer to deliver meals
- load laundry
- drive to appointments or activities
- clean floors, windows, tables, and more
- give a gift card
- bring a care basket
- look after little ones
- pick up clutter
- make a meal
- set up a meal train/swap-off schedule

- relax and read
- pack a picnic
- pause for time in prayer
- bring a craft or game
- tackle a diy project
- watch a movie or series together
- sit and stargaze
- do a devotional
- spend time in self-care or do a spa night
- go for a hike, walk, or other outdoor activity

Time Together



Creative Cultivation



- write and illustrate a prayer book
- send notes of encouragement
- create a playlist of heartfelt songs
- earn or give a floral arrangement
- paint pictures or cards
- set up a snack bar
- put together a piece of furniture or build it
- make a mosaic or collage
- knit, sew, or embroider
- start a shared journal or scrapbook to pass back and forth



## SELF-ASSESSMENT

# Caretaking strengths

Find your caretaking comfort strengths by filling out the quick self-assessment below:

First, mark any skill checkboxes you relate to most. Remember, cultivating comfort doesn't need to be perfect!

Next, decide on your top 3-5 strengths. How have you seen (or would you like to see) God show up through those skills? What would it look like to use them in a practical way? Prayerfully consider how God might be calling you to a life and mission of care.

Lastly, take action! How can you build upon those strengths? Who can you comfort today? Revisit this self-assessment as many times as you'd like (or pass it along to a friend).

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Listening       | <input type="checkbox"/> Videography          | <input type="checkbox"/> Prioritizing    |
| <input type="checkbox"/> Cooking         | <input type="checkbox"/> Picture-taking       | <input type="checkbox"/> Counseling      |
| <input type="checkbox"/> Baking          | <input type="checkbox"/> Babysitting          | <input type="checkbox"/> Problem-solving |
| <input type="checkbox"/> Cleaning        | <input type="checkbox"/> Organizing           | <input type="checkbox"/> Teaching        |
| <input type="checkbox"/> Encouraging     | <input type="checkbox"/> Supporting           | <input type="checkbox"/> Leading         |
| <input type="checkbox"/> Sharing humor   | <input type="checkbox"/> Tech troubleshooting | <input type="checkbox"/> Mentoring       |
| <input type="checkbox"/> Praying         | <input type="checkbox"/> Preparing            | <input type="checkbox"/> Adapting        |
| <input type="checkbox"/> Reading         | <input type="checkbox"/> Handicrafting        | <input type="checkbox"/> Believing       |
| <input type="checkbox"/> Creating        | <input type="checkbox"/> Decorating           | <input type="checkbox"/> Communicating   |
| <input type="checkbox"/> Building        | <input type="checkbox"/> Empathizing          | <input type="checkbox"/> Learning        |
| <input type="checkbox"/> Planning        | <input type="checkbox"/> Recovering           | <input type="checkbox"/> Finding         |
| <input type="checkbox"/> Public speaking | <input type="checkbox"/> Analyzing            | <input type="checkbox"/> Cultivating     |
| <input type="checkbox"/> Crafting        | <input type="checkbox"/> Challenging          | <input type="checkbox"/> Understanding   |
| <input type="checkbox"/> Writing         | <input type="checkbox"/> Constructing         |  |

**MY ASSESSMENT:**

**My top 3-5 strengths:**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**How I can use them in practice:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**How God can use these strengths:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**How I can build these strengths further:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SCRIPTURE FOR COMFORT

# Share and care

Print, cut out, and fill out these notecards and bookmarks with a personal message to send a quick reminder of God's comfort. Share them with friends or family members who are struggling, hurting, or could just use a little pick-me-up to brighten their day:

“The Lord himself  
goes before you and  
will be with you;  
He will never leave  
you nor forsake  
you. Do not be  
afraid; do not  
be discouraged.”

- DEUTERONOMY 31:8 [NIV]



“The Lord is  
close to the  
brokenhearted  
and saves those  
who are  
crushed in spirit.”

- Psalm 34:18 [NIV]



“Peace I leave with you; my peace I give you.”

- John 14:27 [NIV]



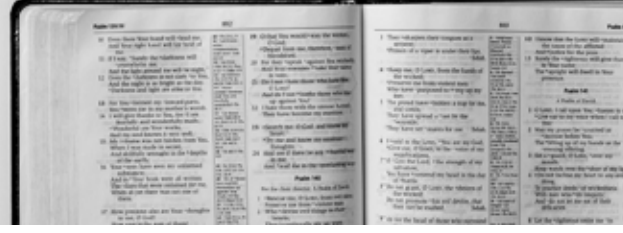
“Shout for joy,  
you heavens;  
rejoice, you  
earth; burst  
into song, you  
mountains!  
For the Lord  
comforts His  
people and  
will have  
compassion on  
His afflicted  
ones.”

- ISAIAH 49:13 [NIV]



“You will increase my honor and comfort me once more.”

- Psalm 71:21 [NIV]



“Even though I  
walk through the  
darkest valley,  
I will fear no evil,  
for you are with  
me; your rod and  
your staff,  
they comfort me.”

- Psalm 23:4 [NIV]



“The Lord is  
near to all who  
call on Him, to  
all who call on  
Him in truth.”

- PSALM 145:18 [NIV]



# Prayer for you

*Dear Heavenly Father,*

*Your Word says that you comfort your people and have compassion for them when they're walking through challenges [Isaiah 49:13]. Thank you for your unchanging grace and unshakable love towards us. As I comfort others, please help me to reflect that same support, kindness, and grace to each hurting heart.*

*Although I might not always know the best way to offer comfort, I know that you're the One who has all the answers I need. You created my friends, my family, and my own heart, and you declare that each of us is fearfully and wonderfully made [Psalm 139:14]. You know what each person in my life needs even more than they do, and you love them more than I ever could hope or dream. Thank you for caring for each of them with your tender mercy. I praise you for the good plans and purpose you have for their lives [Jeremiah 29:11]. Guide me as I offer support and lead me to make decisions that align with your heart.*

*You, God, operate outside of time and space. I trust you to put me at the right place at the right time so I can be helpful to each person who needs support, comfort, and care. You know and see every challenge and trial we face. Today, I choose to lift my burdens, worries, and cares to you so I can trade them for your shalom peace. As you comfort my heart, help me to comfort others.*

*Amen.*





# About CHM

Founded in 1981, Christian Healthcare Ministries (CHM) is the nation’s original health cost sharing ministry. Our biblical community of members in all 50 states and around the world works together to share (voluntarily pay) the burden of medical expenses as we put Galatians 6:2 into action.

Friendship is all about relationships and bringing people closer to Christ by bearing one another’s burdens—one friend at a time! One way we do that is through our Refer-a-Friend program, which makes sharing and saving simple. Members earn rewards through credits toward their monthly contribution or Personal Responsibility—just by sharing CHM with friends. Plus, referred friends get a special perk too! It’s just another way we show comfort and care as part of the CHM family.

Learn more about CHM and Refer-a-Friend perks by visiting ***CHMinistries.org*** or your Member Portal.





## Resources

<https://www.countyhealthrankings.org/health-data/community-conditions/social-and-economic-factors/safety-and-social-support/lack-of-social-and-emotional-support?year=2025>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8095671/#:~:text=Just%20as%20harbouring%20a%20healthy,health%20problems%2C%20and%20reduced%20longevity.>

<https://www.centerforbibleengagement.org/post/research-factors-that-help-and-hinder-bible-reading>