

Fearfully and Wonderfully Made...

...Even When It Hurts

Begin a grief share or other support group for those who are struggling with the loss of a loved one.

Invite friends who are experiencing suffering to join you for a Word of Hope mindfulness course.

Hold a Bible study on the theology of suffering.

Go for a nature walk and spend time in God's creation. Remember His faithfulness to you as His beloved child.

Share the Word of Hope self-harm infographic with those who may need it.

Volunteer with a local crisis hotline.

Connect those who are experiencing suffering to a pastor or deaconess for spiritual counseling.

Celebrate the lives of friends or family members who are experiencing mental health struggles.

Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in that name.
1 Peter 4:16

