



Your Invisible Illness Inspiration Bundle

Hope for Those with Invisible Illness
(& Those who Love Them)

Compiled by
Erica Baldwin, Kellie La Follette & MaryBeth Eiler

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Hope for Those with Invisible Illness (& Those who Love Them)

[visit the website](#)

a note from us...

Often our dreams of the future share common storybook threads. We picture getting married, starting a family, launching our career, and living happily ever after. Some of us dream of going to space, winning an Olympic medal, governing a country, and changing the world for the better. But sometimes our dreams don't mirror storybook endings. No one ever imagines that one day they will wake up and their lives will never be the same.

Invisible pain and disability are part of each of our stories.

Maybe invisible pain isn't part of your story, but it's likely the story of someone in your life—a friend, family member, someone in your neighborhood, workplace, or close circles.

At first glance, you would never realize that underneath each of our smiles, we are all reaching deep past pain and broken dreams to share the gifts and wisdom we have each gathered along the rough road of living with an invisible disease or disability.

Despite our circumstances, we have all found a path through which we can continue to smile and shine the love of Jesus in the world.

Living with an invisible disability or illness can be isolating, frustrating, and anxiety-ridden. But you don't have to do it alone.

In this bundle, you'll find encouragement, hope, and Christ-centered resources from three chronic illness warriors who understand that your everyday struggles are anything but "normal."

We hope this bundle will offer you wisdom, insight, and practical tips for your journey with invisible illness. Take heart—your invisible illness can bring visible hope.

With love,

Erica, Kellie & MaryBeth

Please note: These resources are intended to encourage and equip you with hope. This compiled list does not necessarily indicate a full endorsement of each writer's and artist's body of work.

visible

Not every
disability is
visible.

visible

15 sustaining scriptures

...for He has said, "I will never under any circumstances desert you nor give you up nor leave you without support, nor will I in any degree leave you helpless, nor will I forsake or let you down or relax My hold on you assuredly not!

Hebrews 13:5b AMP

And he is before all things, and in him all things hold together.

Colossians 1:17 ESV

I will not cause pain without allowing something new to be born, says the Lord.

Isaiah 66:9 NCV

Praise be to...the God of all comfort, who comforts us in our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-5 NIV

Bless the LORD, O my soul, and all that is within me, bless his holy name!
Bless the LORD, O my soul, and forget not all his benefits,
who forgives all your iniquity, who heals all your diseases,
who redeems your life from the pit, who crowns you with steadfast love and mercy,
who satisfies you with good so that your youth is renewed like the eagle's.

Psalms 103:1-5 NIV

The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

Matthew 7:25 NIV

May the God of hope fill you with all joy and peace as you trust him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13 NIV

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Hebrews 12:1-3 NIV

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

Numbers 6:24-26 NIV

I will give you hidden treasures, riches stored in secret places, so that you may know that I am the Lord, the God of Israel, who summons you by name.

Isaiah 45:3 NIV

In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation.

1 Peter 5:10 NLT

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3:22-23 ESV

Those who sow in tears shall reap with shouts of joy!

Psalms 126:5 ESV

He heals the brokenhearted and binds up their wounds.

Psalms 147:3 ESV

For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Romans 8:26 ESV

find hope when it's hard

book recommendations



A Place of Healing by Joni Eareckson Tada

Suffer Strong by Katherine & Jay Wolf

Suffering is Never for Nothing by Elisabeth Elliot

Can't Steal My Joy: The Journey to a Different Kind of Brave by Bekah Bowman

Every Moment Holy Volume II: Death, Grief, and Hope by Douglas McKelvey

Hope When It Hurts by Kristen Weherell and Sarah Walton

One Thousand Gifts: A Dare to Live Fully Right Where You Are by Ann Voskamp

Relentless: The Unshakable Presence of a God Who Never Leaves by Michele Cushatt

The Promise is His Presence: Why God is Always Enough by Glenna Marshall

The Boy, the Mole, the Fox, and the Horse by Charlie Mackesy

Off Script: What to Do When God Rewrites Your Life by Cary Schmidt

This Too Shall Last: Finding Grace When Suffering Lingers by K.J. Ramsey

The Broken Way by Ann Voskamp

In Want + Plenty by Meredith McDaniel

Hope Heals by Katherine & Jay Wolf

hope

The “healing of diseases” may not come in this lifetime, but the hope of eternity without pain, suffering, or sin is real.

- Erica Baldwin

hope

inspirational quotes

...suffering is not good in itself. What is good in any painful experience is, for the suffered, his submission to the will of God, and, for the spectators, the compassion aroused and the acts of mercy to which it leads.

C.S. Lewis, The Problem of Pain

Presence lends us courage to persist.

Michele Cushatt, Relentless: The Unshakeable Presence of a God Who Never Leaves

It's through the deepest suffering that God has taught me the deepest lessons. And if we'll trust Him for it, we can come through to the unshakable assurance that He's in charge.

Elisabeth Elliot, Suffering is Never for Nothing

Hope is something we must chase as we choose to pay attention to the wins along the way.

MaryBeth Eiler

There is no greater mercy that I know of on earth than good health except it be sickness; and that has often been a greater mercy to me than health. It is a good thing to be without a trouble; but it is a better thing to have a trouble, and to know how to get grace enough to bear it.

Charles Spurgeon, Sermon: The Simplicity and Sublimity of Salvation

Weakness doesn't mean your faith is failing; it means you recognize your own strength is insufficient. And that is a beautiful realization.

Erica Baldwin

Giving thanks in hard times makes the canyon of pain into a megaphone to proclaim the ultimate goodness of God.

Ann Voskamp, One Thousand Gifts

I believe there is NOTHING in our lives or world that can't be reframed by JESUS.

Kellie La Follette

find hope and healing

videos & podcasts



podcasts

**Joni and Friends
Ministry Podcast** with
Crystal Keating

Suffer Strong Podcast
with Katharine & Jay
Wolf

Not My Story with
Sara Westfall

**This Undone Life
Together** with
Michele Cushatt

Chemo Chair Prayers
with Niki Hardy

videos

God's Plan For Your Life
by Nick Vujicic

play video

Greater Than: Day 2 by
Francis Chan

play video

**Worth Every Second:
Vaneetha's Joy in
Suffering** by Vaneetha
Risner

play video

**What do you do when
there's no way forward
and there's no way out?**
A 5-part teaching by Andy
Stanley, In the Meantime

play video

**Cultivating Gratitude and
Joy through Biblical
Realism** by Dr. Kelly Kopic

play video

goodness

Giving thanks in hard
times makes the
canyon of pain into a
megaphone to
proclaim the ultimate
goodness of God.

-Ann Voskamp

goodness

10 life-giving phrases to share with those living with invisible illness

**The most powerful words you can say to someone with
an invisible illness is...I believe you.**

1. "I'm sad too."
2. "This is so hard."
3. "I don't know what to say or even how to help. But I'm praying you know God is near and that He loves you."
4. "I'm sorry you're in pain today." "It's okay to rest."
5. "I believe you."
6. "You are going through a lot. The light in you is still bright." as a simple way to acknowledge the pain that others cannot see
7. "I'm thinking of you" messages
8. "I brought you something" are often the words we didn't know we needed to hear, whether it's a meal, gift card, or a laugh.
9. "This verse (or song, or quote) brought you to mind in this season."
10. Nothing at all

Words don't always have to be said.

helpful ways to offer presence:

- **Listening.** Even if we are repeating ourselves or sharing the journey of the latest physical battle, talking out loud helps us process what's happening.
- **Love in action.** Instead of asking "What can I do?" go ahead and do something practical like offering to care for a child, or bringing food or a restaurant gift card. These actions remind us we are still "us"—people who love coffee, and funny movies, and being in the company of others.
- **A note of support.** Send a pressureless "thinking of you" text like, "I'm deliberately not asking how you are because I don't want you to feel the need to reply—but if there is anything I can specifically pray for, please let me know! Big hugs!"
- **Stay in touch.** Even if it's hard or it's changed from how it was before, a friendship can help lift the fog of self-focus. One that endures is a testament to God's love.

words to avoid:

- Spiritual BandAids like:
 - "God uses all things for good."
 - "Everything happens for a reason."
 - "So many people have it much worse."
 - "You need to..."
 - "When a door closes, God opens a window."
- What do you do with all your time?
- Have you tried...?
- I know how you feel.
- I understand because (my aunt, friend, etc.) went through...
- At least...
- "You're so strong" or "You've handled this so well"

social accounts to follow for ongoing encouragement



Joni Eareckson Tada
(@joniandfriends)

a place where every person with a disability finds hope, dignity, and their place in the body of Christ

Jill Briscoe (@jill.briscoe)

encouragement to go where you are sent, stay where you're put, and give what you've got till you're done

Find these hope-givers on Instagram.

Glenna Marshall
(@glennadmarshall)

encouragement to suffer well and be faithful as God is faithful

K.J. Ramsey
(@kjramseywrites)

guiding people into a courageous, embodied faith

MaryBeth Eiler
(@marybetheiler)

hope and healing for your journey through the unexpected

Nicole O'Meara
(@nicoleeomeara)

encouragement for women with rare and chronic illness in the faith/fear wrestle

Vaneetha Risner
(@vaneetharisner)

support and encouragement as you walk through firey trials

Erica Baldwin
(@ericabaldwin_ohhisgoodness)

cling to God's goodness in life's impossible

Jay & Katherine Wolfe
(@hopeheals)

helping others disrupt the lie that joy can only be found in a pain-free life

Kellie La Follette
(@kellielafollette)

reframing rain by offering fresh perspectives through prayer, encouragement, and hope in Jesus

courage

Presence lends us
courage to persist.

- Michele Cushatt

courage

simple ways to encourage for the times you don't know what to say or do

Many disabilities are invisible. Your response to them is not.

- Life with a Side of the Unexpected

keep showing up:

Continue being a friend. It sounds simple, but statistically, people with diseases and disabilities lose the majority of their friendships. Friends fade away when they can't meet traditional friend expectations. Even if illness has changed some of their abilities, it hasn't stolen their desire for joy and connection.

- Pray with them and for them
- Send a text with days/times you can stop by for a visit
- Take them to church or join them for church online
- Send encouraging cards, letters, or texts
- Come over for a visit or movie
- Drop off a meal or treat

notice needs & just show up:

The ability to lift, reach, and bend down can be challenging for people in chronic pain. Be an attentive observer and see if there are any areas you might assist with. What feels like a monumental task to someone in pain may just take you a moment or two.

- Fold laundry while you visit
- Give the kitchen or bathroom a quick refresh
- Take the recycling & trash out
- Pull a few weeds
- Grocery shop

songs of hope for invisible illness | spotify playlist

click to start listening

Search for the "Songs of Hope for Invisible Illness" playlist on Spotify or create your own playlist with your favorites below.

Holy Spirit, You Are Welcome Here by Elevation

Even If by MercyMe

Trust In You by Lauren Daigle

Another in the Fire - Acoustic by Hillsong UNITED

In Christ Alone by Keith & Kristyn Getty

How Great Thou Art by Anthem Lights

Whom Shall I Fear (The God of Angel Armies) by Chris Tomlin

Bless the Lord O My Soul (10,000 Reasons) by Mitty Joy

Red Sea Road by Ellie Holcomb

The Blessing by Kari Jobe, Cody Carnes

Romans 11 (Doxology) by Andrew Peterson

Raise a Hallelujah by Bethel Music

All My Hope by Crowder

Waymaker by Sinach

Come Thou Fount (Above All Else) by Shane & Shane

Go Light Your World by Kathy Troccoli

Be Thou My Vision by Audrey Assad

Always Good by Andrew Peterson

Abide with Me by Audrey Assad

'Tis So Sweet to Trust in Jesus by Maggie Amini

Be Still, My Soul by David Archuleta

Take Heart by Matthew West

Be Still and Know by Steven Curtis Chapman

How Deep the Father's Love for Us by Selah

Great is Thy Faithfulness by Carrie Underwood, CeCe Winans

Turn Your Eyes Upon Jesus by Selah

He Will Hold Me Fast by Keith & Kristyn Getty

Always Remember to Never Forget by Christy Nockels

River of Grace by Christy Nockels

His Banner Over Me by Christy Nockels

Blessings by Laura Story

additional resources

for the days you need an extra dose of hope

Simply click on the link to access these resources.

Scripture

[Romans 8 Verses for the Suffering Soul](#)

[10 Scriptures to Battle Fear](#)

Prayer

[A Prayer for Hard Days](#)

[A Prayer for Perseverance](#)

Devotions

[Rest in Jesus Devotional](#)

[Ungrounded: A Companion for Pausing in God's Presence](#)

Finding God's Goodness

[10-Day Gratitude to Seek and Find God's Goodness](#)

Having trouble accessing the resources?
Email marybeth@marybetheiler.com or erica@ohhisgoodness.com.



Erica Baldwin

Diagnosed with an incurable genetic condition (Vascular Ehlers-Danlos Syndrome) at the age of 33, Erica writes to encourage women to trust God's goodness as they face life's unplanned detours and unwanted trials. Her fragile body and uncertain future has led her to place firm hope in God's character, not in her circumstances. Erica lives in North Carolina with her ever-detailed husband and active nine-year-old miracle son. She treasures every "normal" day as a gift, especially days that begin with coffee and end with the family cuddling on the couch.

Connect with Erica

 @ericabaldwin_ohhisgoodness

 @ohhisgoodness

 @ericabaldwin_OhHisGoodness

 www.OhHisGoodness.com



MaryBeth Eiler

MaryBeth is a writer who encourages people to hold onto hope + seek God's provision and grace in their weakness as they navigate the unexpected in life. As a rare disease warrior living with a desmoid tumor, MaryBeth has found God's provision in her weakest moments and with it the grace she needs to endure. She lives in Indiana with her husband and their dog, Alaska, where they enjoy a simple life that aims to soak up the beauty and goodness surrounding them.

Connect with MaryBeth

 @marybethewriter

 @marybethewriterwriter

 MaryBeth Eiler

 www.marybethewriter.com



Kellie La Follette

Kellie, a former teacher, mountain climber, marathoner, and race car driver, now lives homebound in unrelenting pain and failing vision from a mass radiation accident. Her new descriptors include hope bearer, encourager, and intercessor. Under the banner of Reframing Rain, she helps others "reframe" everything from mud puddles to catastrophic loss. She gently shares fresh perspectives through prayer, encouragement, and hope in Jesus. While walls may contain her body, over time, she realized walls don't limit or contain her prayers.

Connect with Kellie

 @kellielaforlette

 @reframingrainwithkellie

 www.kellielaforlette.org

about us
how we share hope with others

Hope for Those with Invisible Illness (& Those who Love Them)

visit the website

Did you know the Hidden Disabilities Sunflower signals staff in airports across the globe to discreetly identify those who may need extra assistance, time, or help due to an invisible illness or disability? [CLICK HERE](#) to find out more.

The LORD bless you and keep you;
the LORD make his face shine on you
and be gracious to you;
the LORD turn his face toward you
and give you peace.

- Numbers 6:24-26

Please note: These resources are intended to encourage and equip you with hope. This compiled list does not necessarily indicate a full endorsement of each writer's and artist's body of work.