

Support During Illness Message

Subject: Your Strength Inspires Me

Dear [Friend's Name],

I know this health journey has been incredibly challenging, and I admire your courage more than you know. Facing [illness/health issue] takes tremendous strength, and you've shown that strength every single day.

It's okay to have moments where you feel scared, frustrated, or exhausted. What you're going through would challenge anyone, and acknowledging those feelings doesn't make you weak - it makes you human.

I've seen you handle difficult situations before with such grace and determination. Remember when you [specific example of their resilience]? That same fighter spirit is going to carry you through this too.

Please don't worry about being a burden or asking for too much help. Your friends and family want to support you because you matter to us. Whether you need rides to appointments, meal deliveries, or someone to binge-watch terrible movies with, I'm here.

Focus on healing and taking things one day at a time. You're going to get through this, and I'll be cheering you on every step of the way.

With love and healing thoughts,

[Your Name]

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