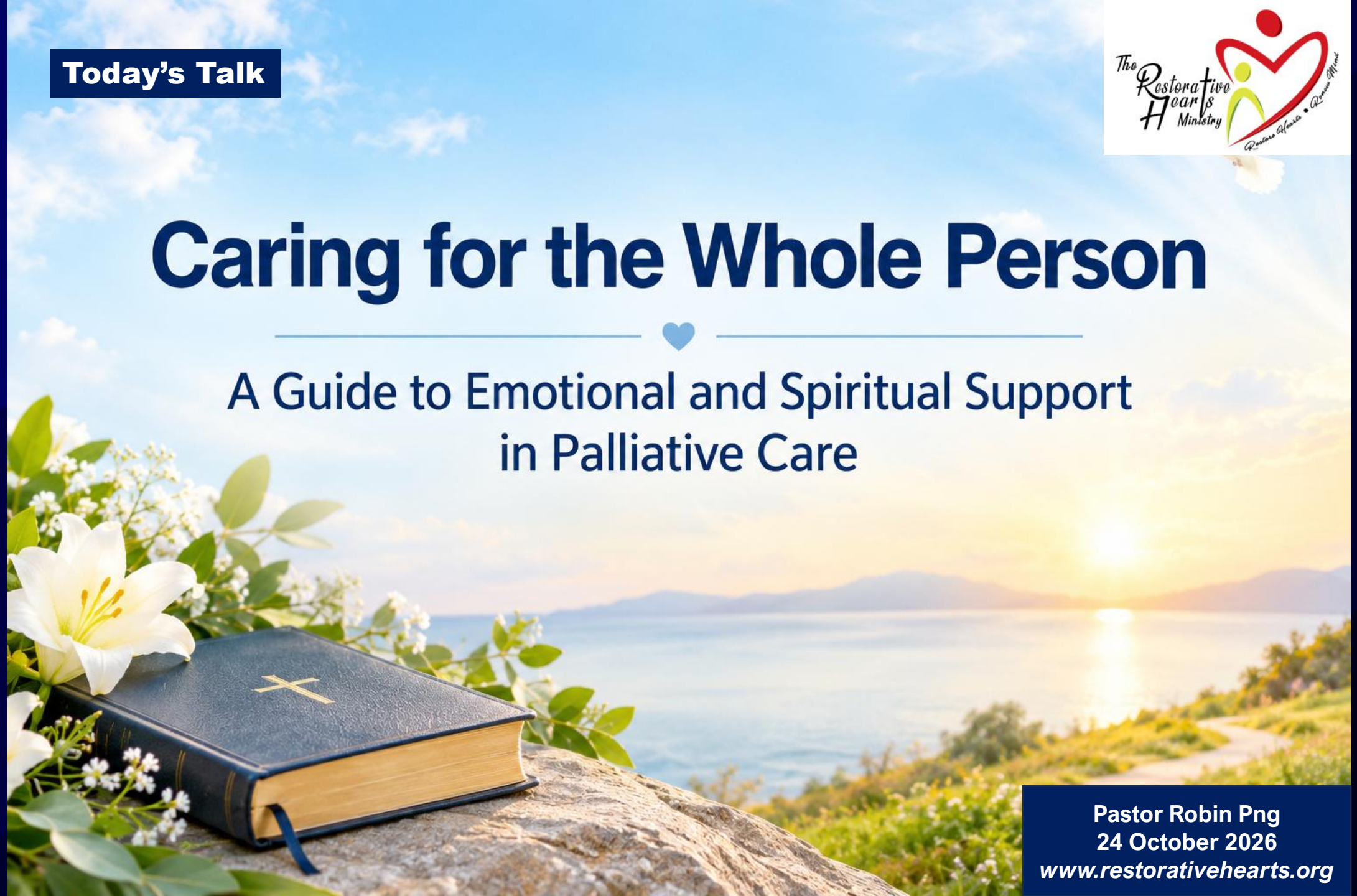
Today's Talk

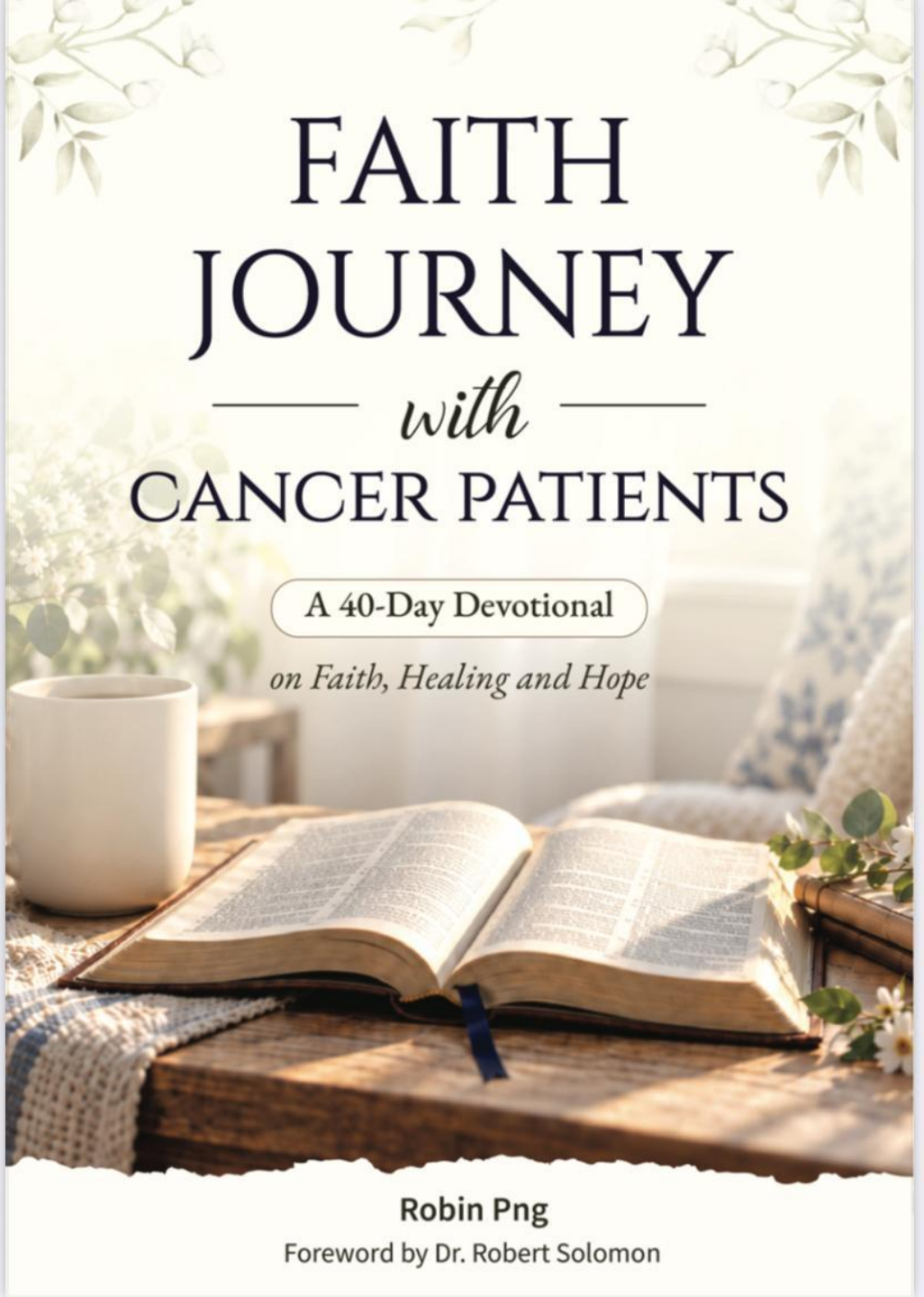
Caring for the Whole Person

A Guide to Emotional and Spiritual Support in Palliative Care



Pastor Robin Png
24 October 2026
www.restorativehearts.org


The Restorative Hearts Ministry
Restore Hearts • Renew Minds
Divine Healing & Divine Health
Experiencing God's Healing Power and Sustaining Grace
Date: 28 November 2026
Time: 10am to 11.30am
Venue: Zoom meeting
Registration: Text to mobile no. 92705205 (Ps Robin)



New Devotional Book

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Deliver by end of October 2026

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RHM Healing Camp 2026

— 17 to 20 November 2026 —

For Cancer Patients, Survivors and Caregivers.

Theme

A Life Ready For Christ

Through daily worship, walking and working with God



The Restorative Hearts Ministry

Restore Hearts • Renew Mind

Berjaya Waterfront Hotel JB

1. Accommodation - Twin Sharing Room
2. Dinner (3), Lunch (1), Breakfast (3), Tea Break (1)
3. Meeting Room with Sound System
4. 2-Way Air-Con Coach Transport from Singapore to Hotel and back

Cost: S$250



1. Introduction to emotional and spiritual care for palliative patients?
2. Why is this two-fold care vital to palliative care patients?
3. What is emotional care?
4. List five emotions and questions commonly asked by palliative patients and how to answer them?
5. What is spiritual care?
6. What are the five existential questions asked by palliative patients and how to answer them?
7. Summary of the lesson

1. Introduction to Emotional and Spiritual Care for Palliative Patients

Palliative care improves quality of life by relieving suffering and addressing patients' physical, emotional, social, and spiritual needs.

This lesson explores how serious illnesses affect patients emotionally and spiritually, and how caregivers can provide compassionate support, with biblical truths offering comfort, strength, and hope to those who welcome Christian support.



2. Why Is This Two-Fold Care Vital to Palliative Care Patients?

Serious illness affects patients physically, emotionally, and spiritually, bringing fear, grief, loneliness, uncertainty, and questions about suffering, life, and death.

Emotional and spiritual care helps patients feel heard, valued, and less alone, cope with changes and losses, find comfort and hope, preserve dignity, strengthen relationships, and improve quality of life.

3. What Is Emotional Care?

Emotional care means listening without judgment, acknowledging patients' feelings and losses, offering companionship, and helping them cope with difficult changes.

Rather than providing quick solutions or removing every negative feeling, it creates a safe space where patients feel heard, understood, valued, and supported through their fears and uncertainties.


The Bible says — Psalm 34:18 (ESV)
“The LORD is near to the brokenhearted and saves the crushed in spirit.”



4. Describe Five Important Emotions of Palliative Patients

Serious illness can bring a range of emotional responses. Recognising these emotions helps caregivers understand patients' experiences and respond with empathy.


1.
Fear & Anxiety
2.
Sadness & Grief
3.
Loneliness & Isolation
4.
Anger & Frustration
5.
Helplessness & Uncertainty
FIVE EMOTIONS

A. Fear and Anxiety

Patients may fear worsening symptoms, losing independence, burdening loved ones, and facing death.

Question

What if my condition worsens and I become a burden to my family?

Answer with compassion

You are not a burden. You are loved, and you do not have to face this alone.



B. Sadness and Grief

Patients may grieve lost abilities, changing relationships, missed experiences, and an uncertain future.

Question

How do I cope with losing my independence and the life I once enjoyed?

Answer by acknowledging their feelings

It is understandable to grieve. Your worth remains unchanged, and you are still deeply loved.



C. Loneliness and Isolation

Patients may feel lonely when others overlook their feelings, interests, and need for companionship.

Question

Why do I feel so alone even when people visit me?

Answer with assurance

I am here to listen and walk alongside you. Your feelings matter, and you are not forgotten.

D. Anger and Frustration

Patients may feel frustrated by physical limitations, dependence on others, and disrupted routines.

Question

Why must I depend on others when I want to do things myself?

Answer in a non-judgmental manner

I understand your frustration. You can express your feelings freely; you deserve patience, dignity, and understanding.

E. Helplessness and Uncertainty

Patients may feel powerless when they cannot control their illness or predict what lies ahead.

Question

How can I face tomorrow when I do not know what will happen?

Answer with understanding and empathy

Take one day at a time. You need not face tomorrow's worries today; God will sustain you.


1.
Fear & Anxiety
2.
Sadness & Grief
3.
Loneliness & Isolation
4.
Anger & Frustration
5.
Helplessness & Uncertainty
EMOTIONS



Key reminder

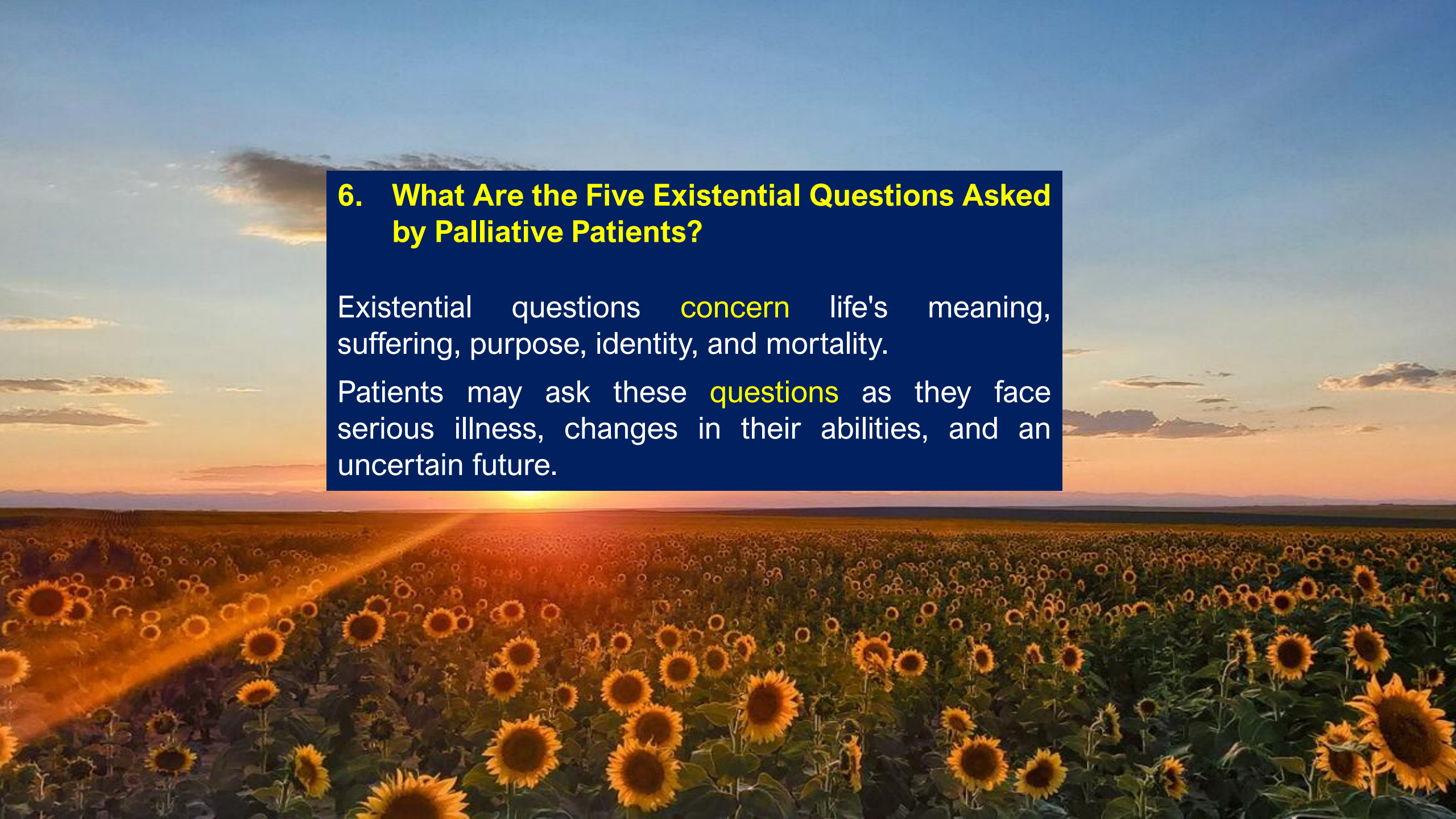
These emotions are natural responses to difficult circumstances. Not every patient experiences the same emotions, and patients should not be judged for how they feel.



5. What Is Spiritual Care?

Spiritual care helps patients explore life's meaning, suffering, purpose, hope, and mortality in the light of God's Word.

Through prayer, Scripture, compassionate listening, and encouragement, it helps patients experience God's presence, find peace in Christ, strengthen their faith, and hold on to His promises amid uncertainty.



6. What Are the Five Existential Questions Asked by Palliative Patients?

Existential questions concern life's meaning, suffering, purpose, identity, and mortality.

Patients may ask these questions as they face serious illness, changes in their abilities, and an uncertain future.

5 KEY EXISTENTIAL QUESTIONS

1

Why am I suffering?

Why me?

2

Has God abandoned me?



3

What is the meaning and purpose of my life now?



3

4

What will happen to me and my loved ones?

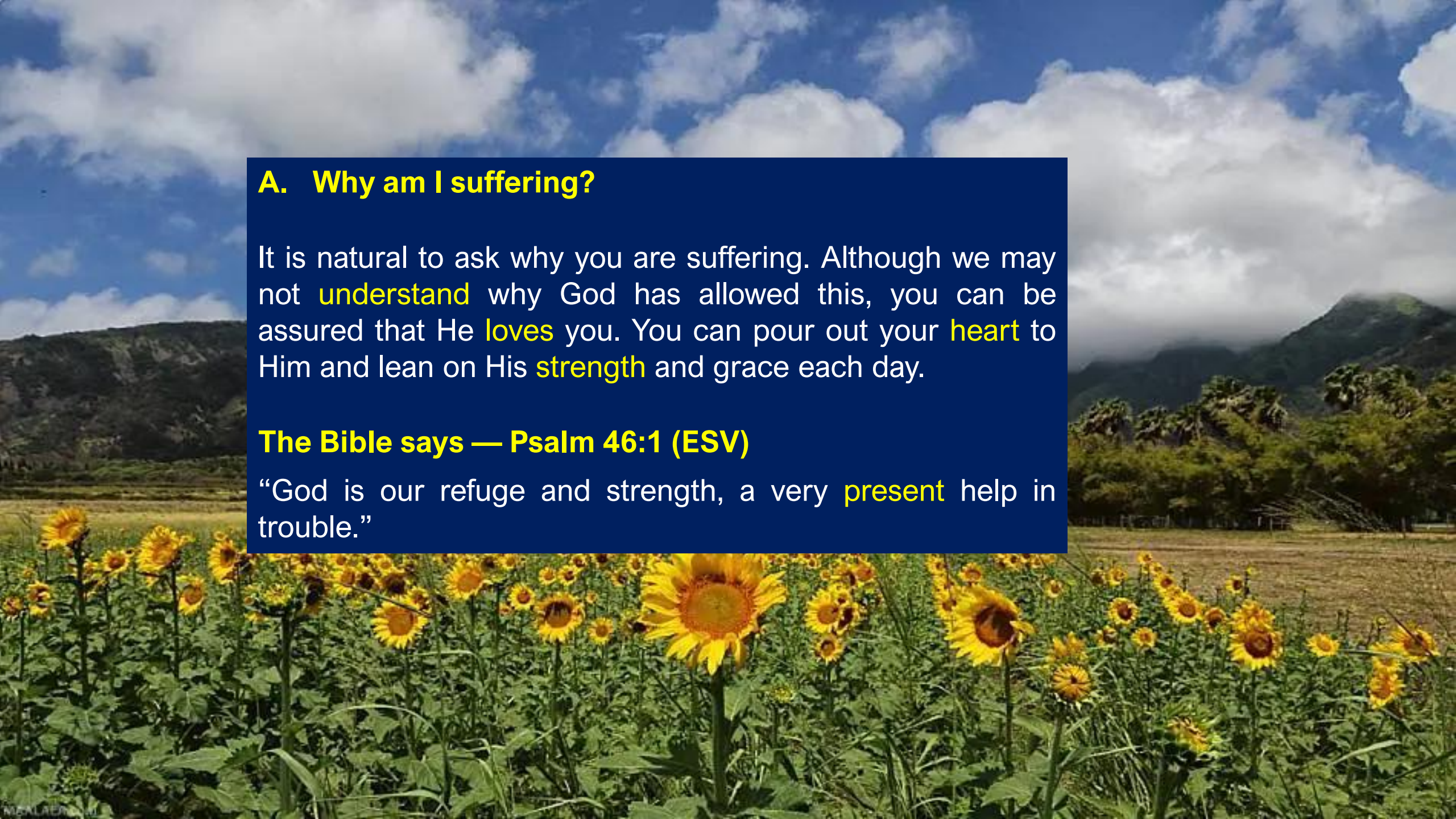


4

5

Is there hope beyond suffering and death?



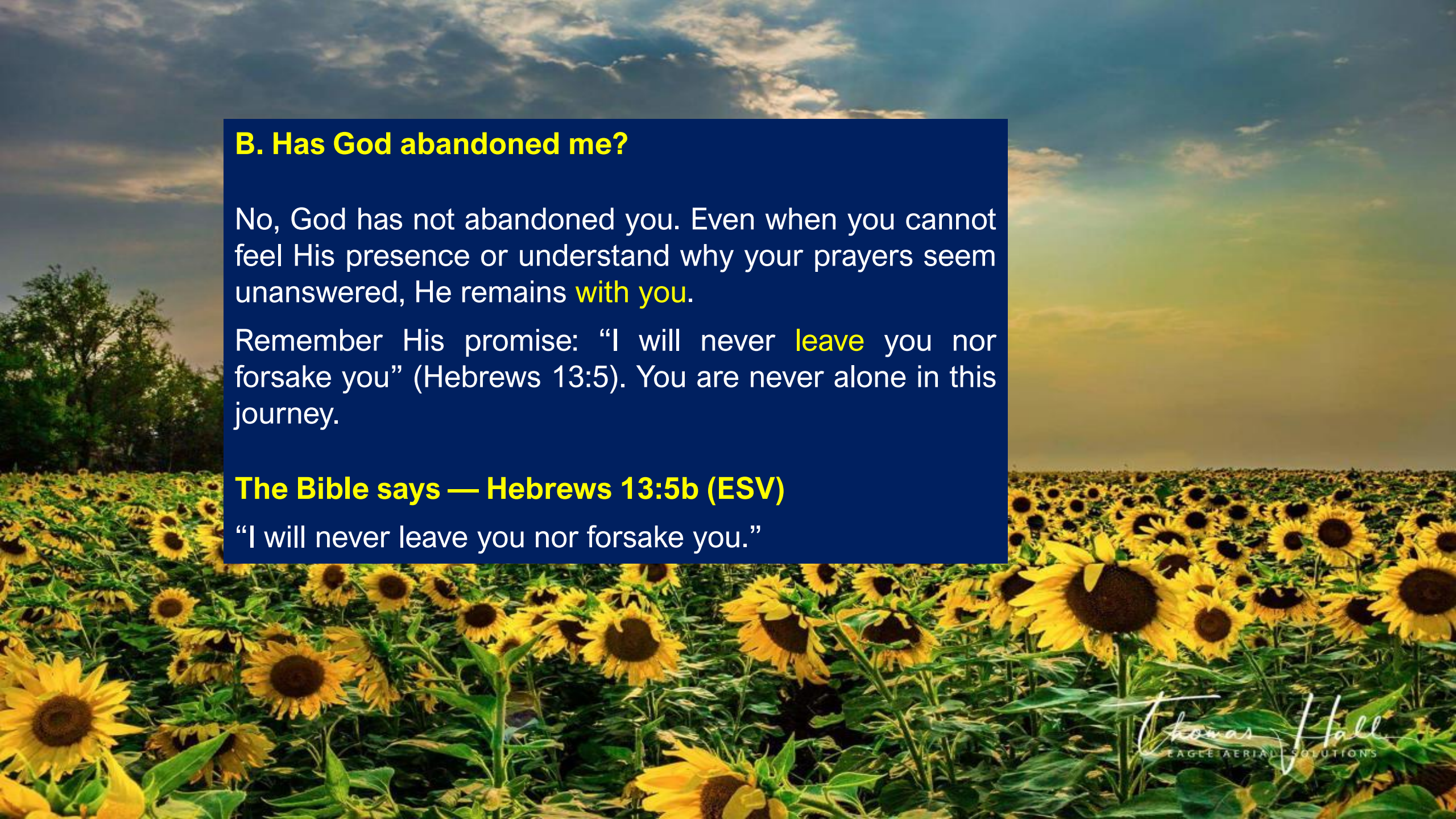


A. Why am I suffering?

It is natural to ask why you are suffering. Although we may not understand why God has allowed this, you can be assured that He loves you. You can pour out your heart to Him and lean on His strength and grace each day.

The Bible says — Psalm 46:1 (ESV)

“God is our refuge and strength, a very present help in trouble.”



B. Has God abandoned me?

No, God has not abandoned you. Even when you cannot feel His presence or understand why your prayers seem unanswered, He remains with you.

Remember His promise: “I will never leave you nor forsake you” (Hebrews 13:5). You are never alone in this journey.

The Bible says — Hebrews 13:5b (ESV)

“I will never leave you nor forsake you.”

C. What is the meaning and purpose of my life now?

Your life remains precious to God, even as illness changes what you can do.

You are still deeply loved and have purpose. Your prayers, love, wisdom, and presence continue to bless others.

You can rest in God's grace and trust Him each day.

The Bible says — Ephesians 2:10 (ESV)

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."



D. What will happen to me and my loved ones?

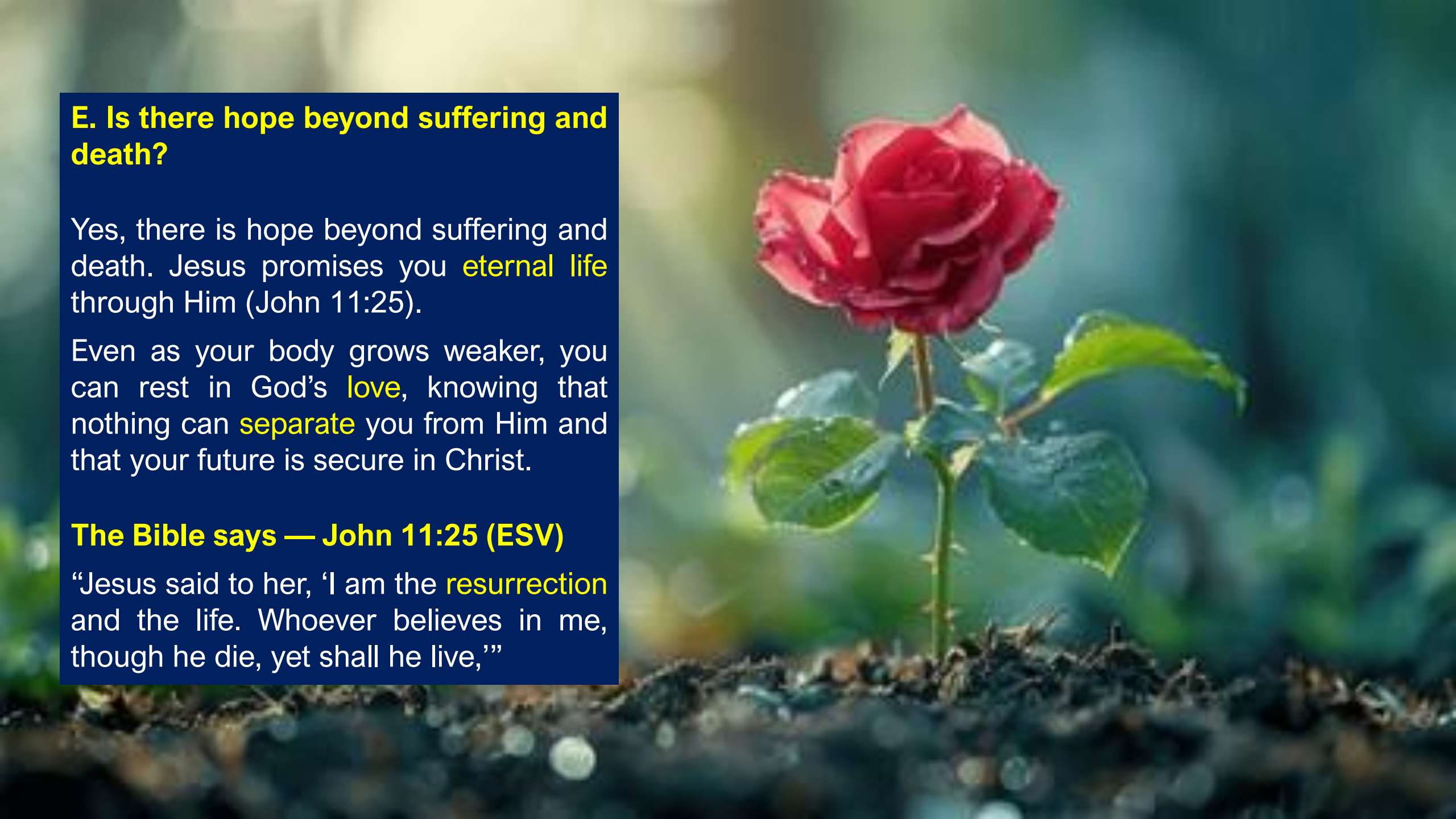
I know you may worry about what lies ahead for you and your loved ones.

Though we cannot know the future, God promises to be with you.

Take one day at a time, trusting Him to guide, strengthen, and care for your family.

The Bible says — Matthew 6:34 (ESV)

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”



E. Is there hope beyond suffering and death?

Yes, there is hope beyond suffering and death. Jesus promises you eternal life through Him (John 11:25).

Even as your body grows weaker, you can rest in God's love, knowing that nothing can separate you from Him and that your future is secure in Christ.

The Bible says — John 11:25 (ESV)

"Jesus said to her, 'I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live,'"

5 KEY EXISTENTIAL QUESTIONS

1

A. WHY AM I SUFFERING?

Why me?

2

HAS GOD ABANDONED ME?

3

WHAT IS THE MEANING AND PURPOSE OF MY LIFE NOW?

3

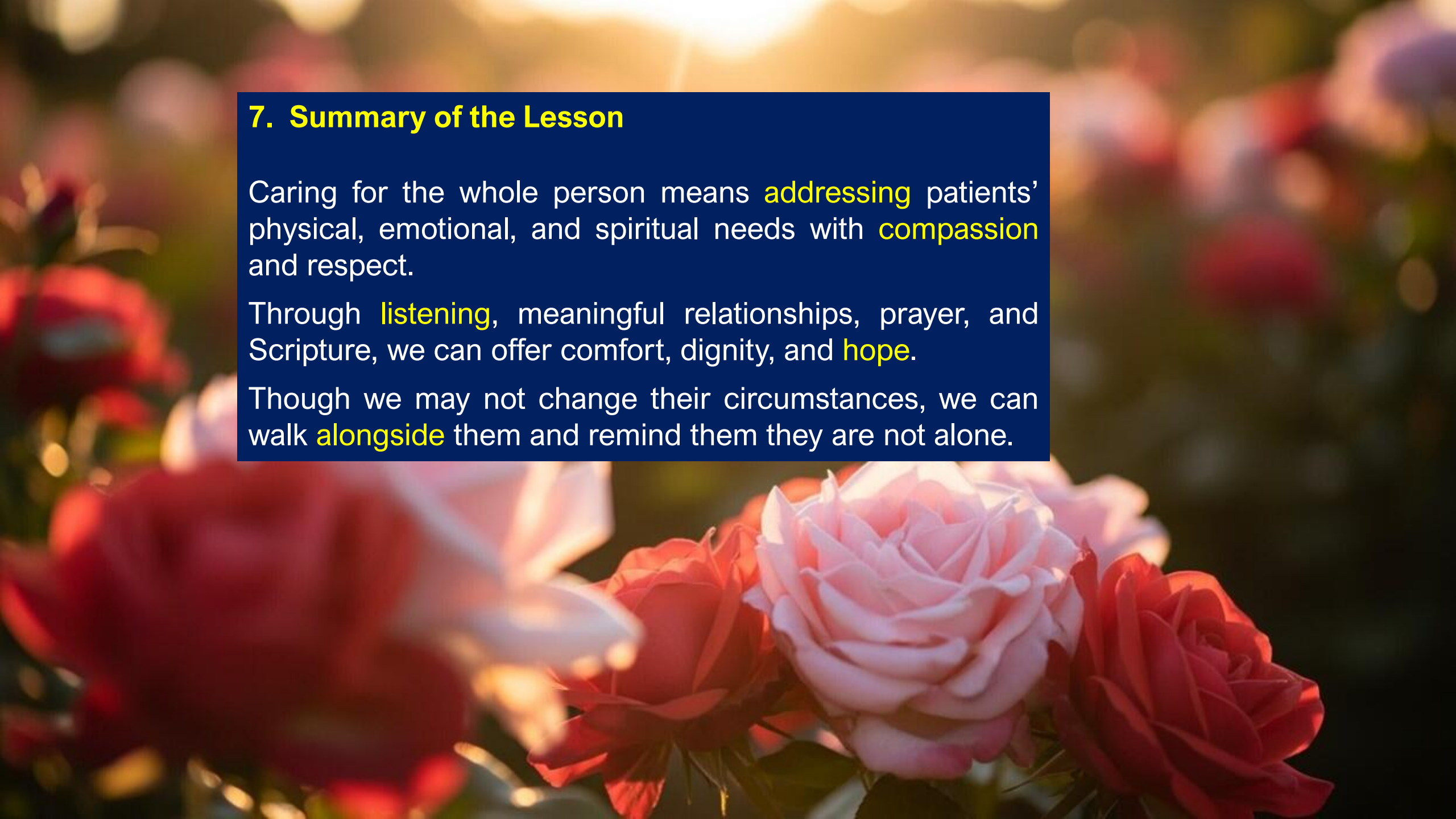
4

WHAT WILL HAPPEN TO ME AND MY LOVED ONES?

4

5

IS THERE HOPE BEYOND SUFFERING AND DEATH?



7. Summary of the Lesson

Caring for the whole person means addressing patients' physical, emotional, and spiritual needs with compassion and respect.

Through listening, meaningful relationships, prayer, and Scripture, we can offer comfort, dignity, and hope.

Though we may not change their circumstances, we can walk alongside them and remind them they are not alone.

Reflective Question

How can I provide compassionate emotional and spiritual care that helps palliative patients experience dignity, comfort, and hope in Christ?



Cancer Wellness Zoom Meetings & Home and Hospital Visitation



Men's Cancer Wellness Group Zoom Meeting
on 1st & 3rd Mondays, 3pm to 4.30pm.

Ladies Cancer Wellness Group Zoom Meeting
on 2nd & 4th Mondays, 2.30pm to 4pm.

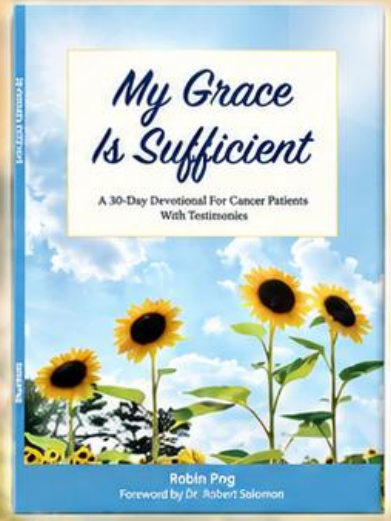
Ladies Cancer Survivors Group Zoom Meeting
on 2nd Wednesday of each month, 8 - 9.30pm.



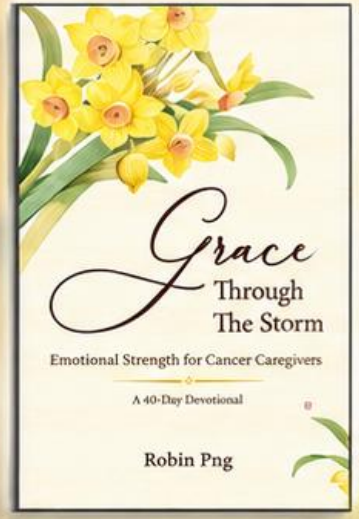
If you have a cancer patient or survivor friend, you may invite this friend to our men and ladies' cancer wellness zoom meeting or request RHM to do a home or hospital visit and pray for her.

Free Download Of DEVOTIONAL BOOKS

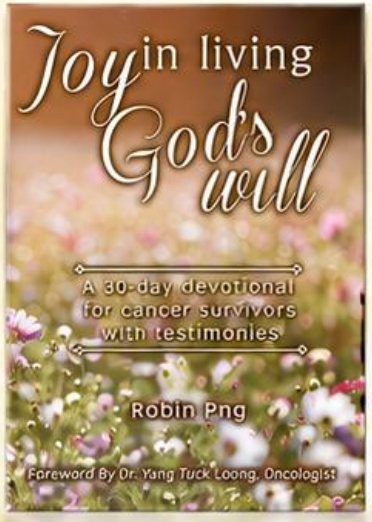
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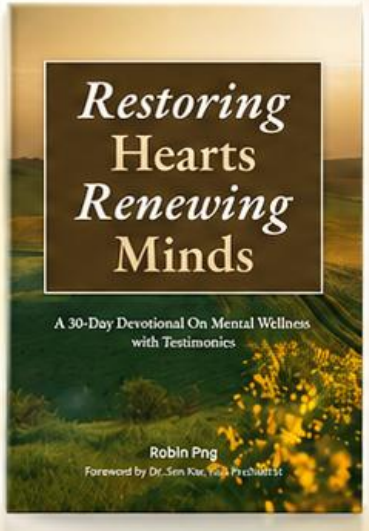
For Cancer Patient



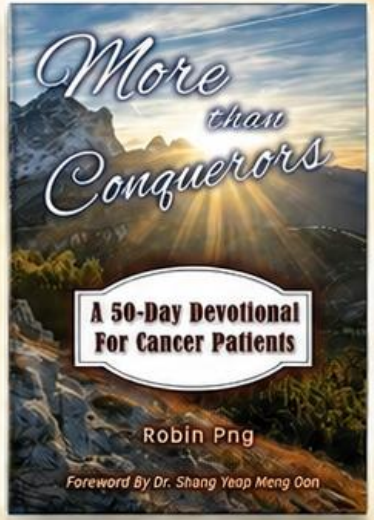
For Cancer Caregiver



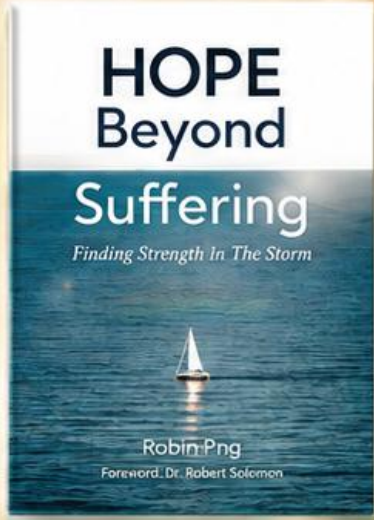
For Cancer Survivor



For Mental Wellness



Sequel of My Grace Is Sufficient



For Cancer Patient (Prebeliever)

Free Download Of Devotional Books

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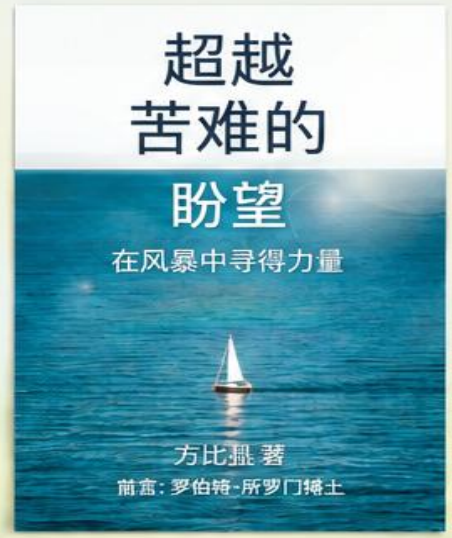
For Cancer Patients



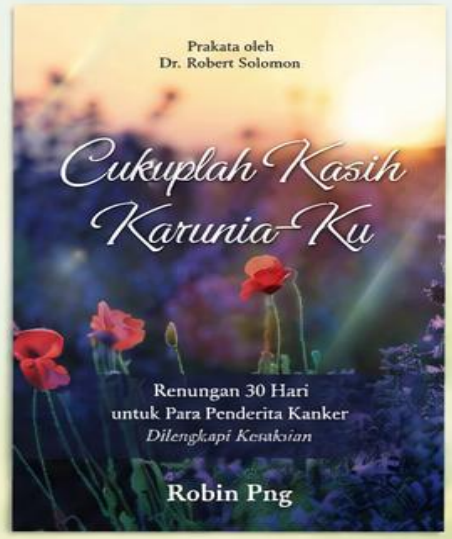
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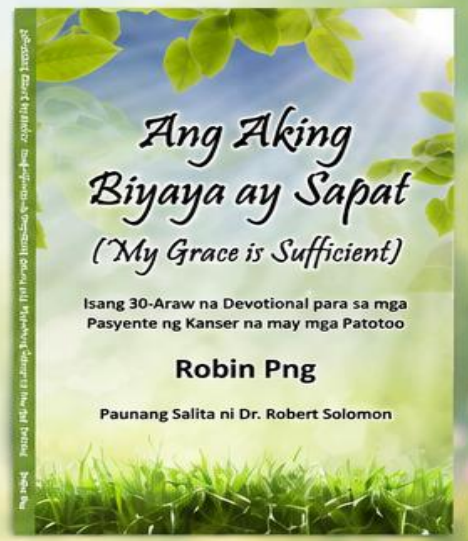
Chinese Version



Chinese Version



Indonesian Version



Tagalog Version


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RESTORATIVE HEARTS MINISTRY
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Introducing RHM

Restorative Hearts Ministry

Restoring Hearts • Renewing Minds • Reflecting Christ's Love

The Restorative Hearts Ministry
Restoring Hearts • Renewing Minds

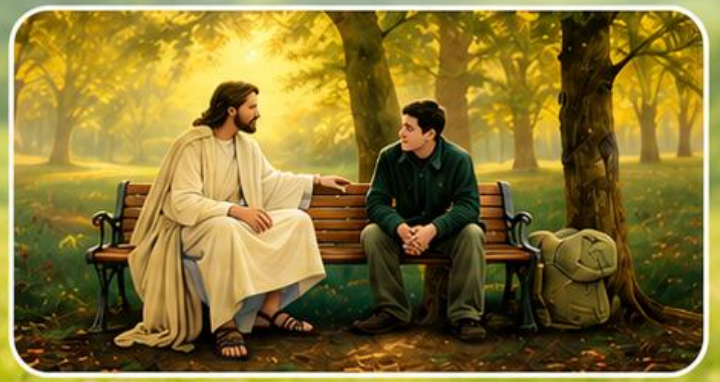
Our Vision

To **restore** the **hearts** and **renew** the **minds** of cancer patients and persons with mental wellness concerns with the **love** and **power** of **Jesus Christ**

Our Mission

To provide restorative **talks**, conduct cancer and mental wellness restorative **groups**, provide pastoral **counselling** and **care**, and doing hospital and home visits to **cancer patients** and **persons** with **mental wellness concerns**





If you wish to enquire more about this ministry, you may email to **restorativehearts@gmail.com**.