

Cancer
Wellness
Talk



Strengthening Your Emotional And Spiritual Health

For Cancer Patients



Robin Png
RHM Care Pastor
17 May 2025

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 pastoral care, and doing hospital and home visits to cancer patients and persons with mental wellness concerns



Restoring Hearts
Renewing Minds

Six Core Values



Humble
Empathic
Authentic
Respectful
Thankful
Serving

WELCOME TO
RESTORATIVE
HEARTS



Today - Cancer Wellness Talk

**Strengthening Your Emotional
And Spiritual Health**

For Cancer Patients And Caregivers



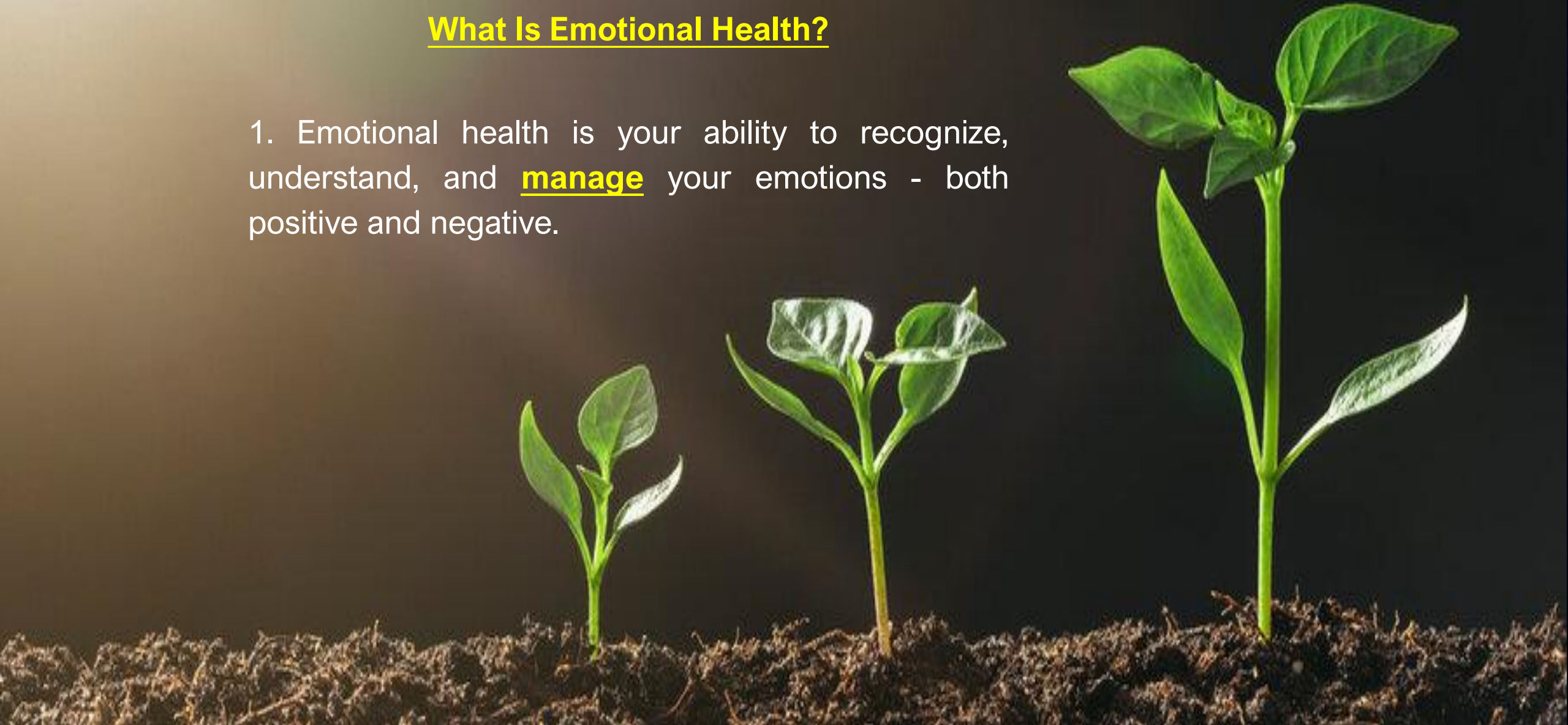
Speaker

Robin Png

*RHM Care Pastor
Counsellor, Member SAC*

What Is Emotional Health?

1. Emotional health is your ability to recognize, understand, and manage your emotions - both positive and negative.



2. A healthy Christian cancer patient learns to cope with the ups and downs of cancer treatment and its side effects in a **balanced** way.

3. She is aware of her feelings, expressing them appropriately times, and maintaining emotional **resilience** most of the times in the cancer journey.





Benefits of of an emotionally healthy cancer patient

You are able to:

1. Manage stresses that come from having blood tests, scans, chemotherapy, radiation, surgery, immunotherapy and other medical procedures.
2. Express emotions like frustration, disappointment or sadness as well as gratitude, gladness or joy to others and God.

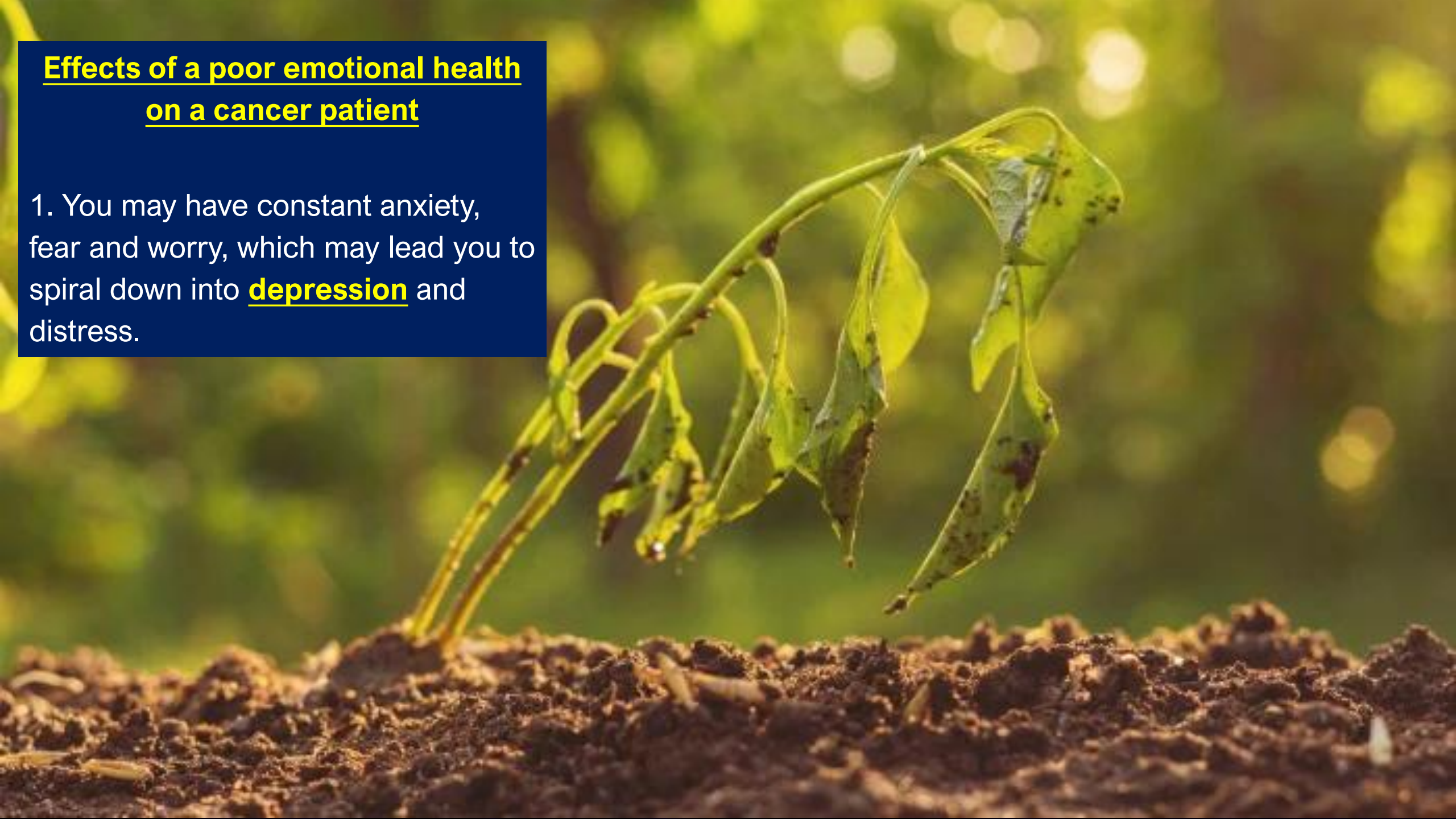
3. **Adapt** and **adjust** to change, inconvenience and discomfort in this unpredictable cancer journey with better emotional resources like self-control and patience.

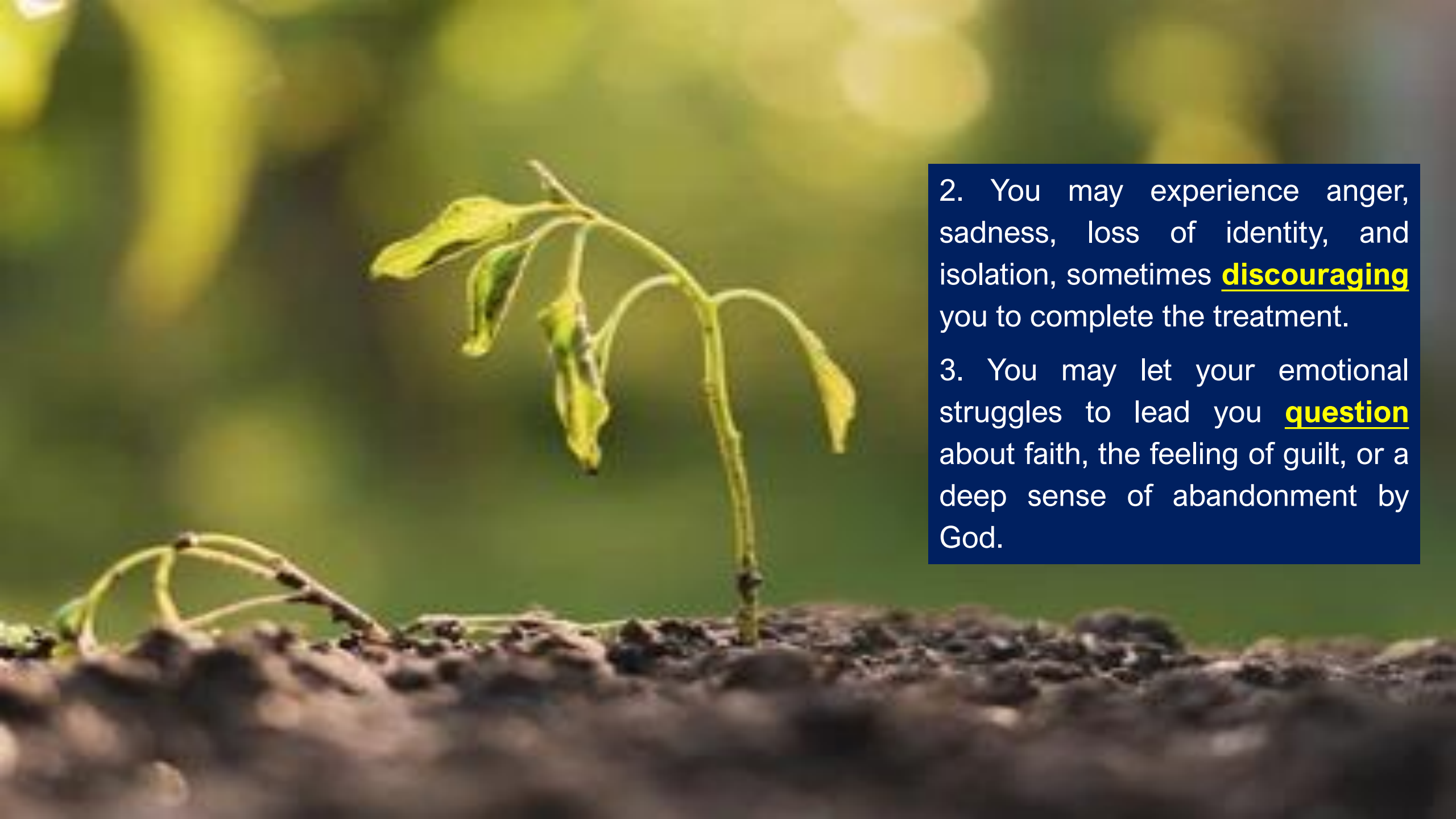
Our emotional health is closely linked to our **mental state** and it impacts our spiritual health. An emotionally healthy Christian cancer patient seeks to bear the fruit of the Spirit .



Effects of a poor emotional health on a cancer patient

1. You may have constant anxiety, fear and worry, which may lead you to spiral down into depression and distress.





2. You may experience anger, sadness, loss of identity, and isolation, sometimes discouraging you to complete the treatment.

3. You may let your emotional struggles to lead you question about faith, the feeling of guilt, or a deep sense of abandonment by God.

What is Spiritual Health?

Spiritual health is the state of a person's relationship with God, marked by faith, peace, purpose, and a life aligned with God's Word.



As a spiritually healthy Christian cancer patient:

1. You are able to maintain and nurture your relationship with God through daily **conversations** with Him in prayer, **listening** or **singing** to worship songs or hymns, reading and **meditating** on the assurances and promises of **God's Word** to manage your situation and condition.



2. You know that the safest place on earth is to live in the Will of God, and your daily life and lifestyle reflect the grace and mercy of God upon you.





3. Practice gratitude and thanksgiving to God regularly, and you know that your time, treasure and talents are blessings from God given to make you Christlike.

4. Are a gracious and forgiving person because of strength received from God's love in you. You know that God will not take you home until you fulfil His plan for your life.



5. Know that this season of your faith journey is a trial, but you also know the Lord is journeying with you. You learn to yield your life to Jesus on a daily basis knowing every day is a gift from God.

6. See your faith is being strengthened by the encouragement, support and prayer of your loved ones, friends and church. You feel very much supported by them coming alongside with you.

7. A spiritually healthy Christian cancer patient knows that the Lord is with him to ride through this cancer storm with all its challenges. Despite the ups and downs in this cancer journey, you trust the Lord wholeheartedly and experience His mercy, divine peace and strength every day through daily conversations with Him.



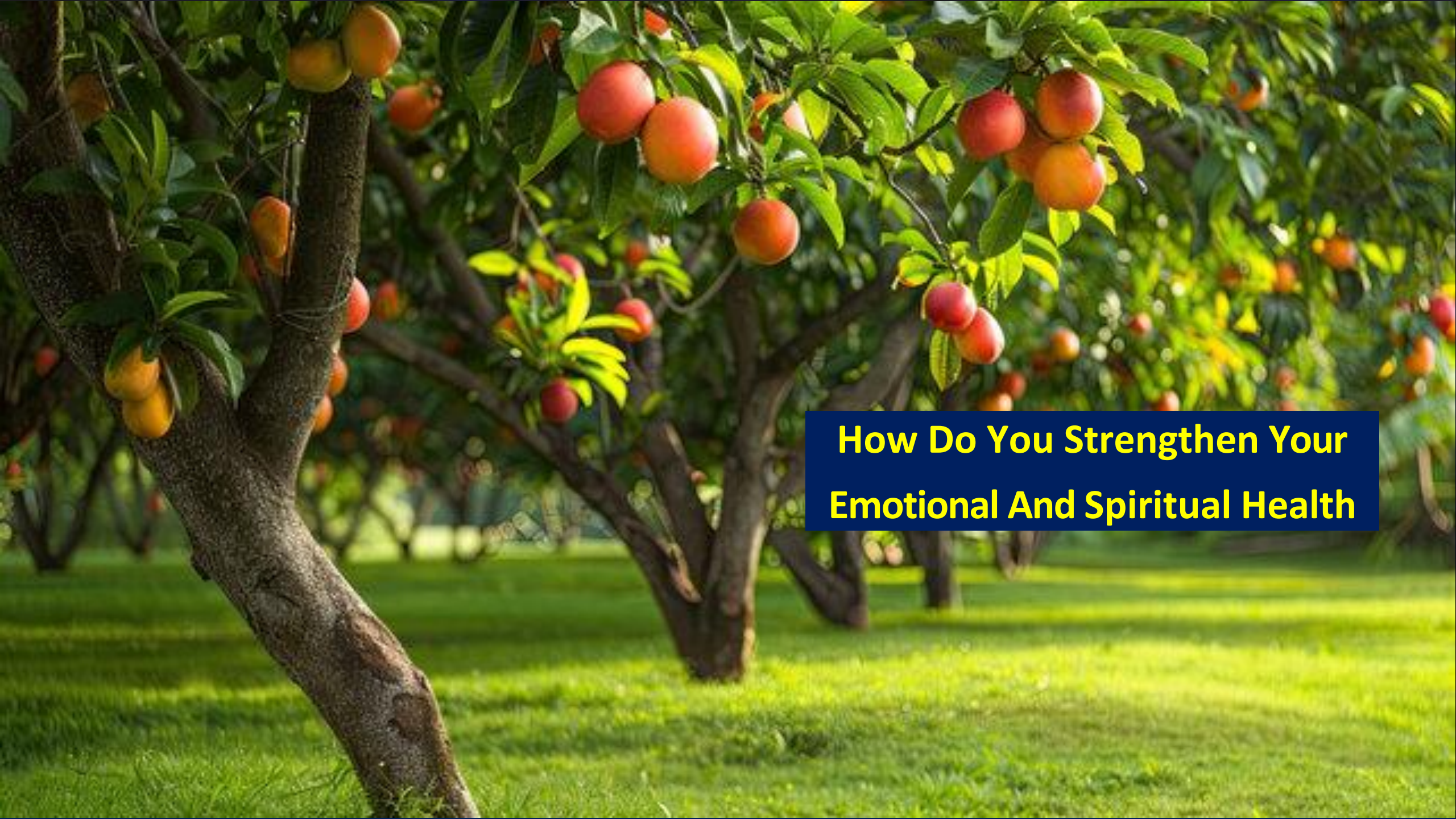


Effects of a poor spiritual health on a cancer patient

1. You feel confused, lost or distressed when your physical health deteriorates leading you to question your own self-worth, meaning and purpose in life and doubt the love of God upon your life.

2. You may have fleeting thoughts that you may not be saved and fear of the consequence after you breathe your last. You may also experience suicidal thoughts, when the feeling of isolation and rejection grip your heart.
3. You have no desire to read the Bible or to seek God. There is a lack of motivation to persevere because you doubt if God really cares for you.





**How Do You Strengthen Your
Emotional And Spiritual Health**

The Three Biblical Ways

1st - **Settle** in your mind that this cancer journey is with the Lord and you truly trust Him to carry you through.

2nd - **Learn** to manage your fear, anxiety and worry by His grace for Jesus is full of grace and truth.

3rd - **Apply** the 5Ps daily – Pause, Ponder, Pray, Praise, Practice every day.



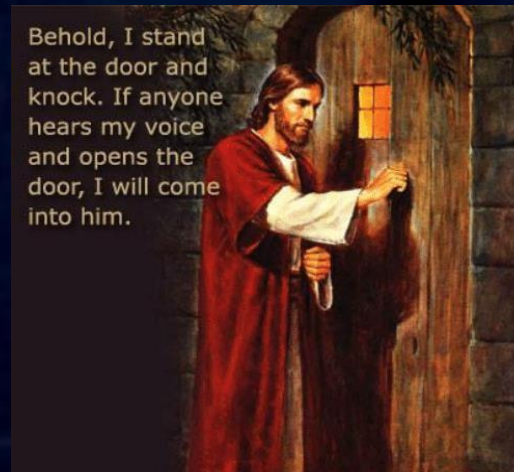
1st - Settle in your mind that this cancer journey is with the Lord and you truly trust Him to carry you through

Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” **Deuteronomy 31:6**

You believe that you have a relationship with God, and it will never stop. It is ongoing throughout eternity



You believe your relationship with Jesus began when you asked Him to come into your heart



You believe that your body is no longer your own for it's bought by Jesus, and He is taking care of it



But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: 'Fear not, for I have redeemed you; I have called you by name, you are mine.'” Isaiah 43:1 ESV

2nd - **Learn** to manage your fear, anxiety and worry by His grace for Jesus is full of grace and truth

Anxiety in a man's heart weighs him down, but a good word makes him glad. Proverb 12:25 ESV

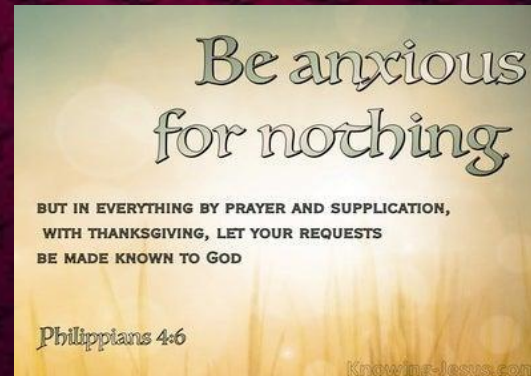
Fear

**Side effects,
Treatment incomplete
Giving up, worst is coming**



Anxiety

**MRI, pet scan, blood test
Sleeplessness
Discomfort, Pain**



Worry

**Hospitalisation
Children/Family
Work, Finance**



But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” - **2 Corinthians 12:9a**

3rd - Apply the 5Ps daily – Pause, Ponder, Pray, Praise, Practice

Pause

Every morning, learn to pause and talk to God once you open your eyes while still in bed. Do several pauses daily



Pray

Make a conscious effort to pray to God on what is in your heart – desires, hope, needs and concerns a few times in a day



Practice

Daily, you encourage yourself to practice the presence of God and experience His peace through the 5Ps

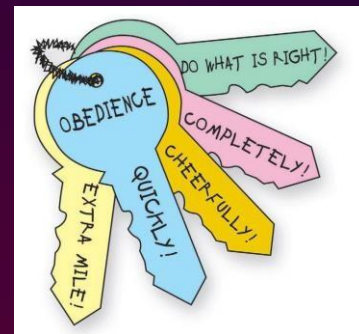
Ponder

Make it a habit to ponder on the goodness, love and mercy of God in your life few daily, Cancer journey is only one season of your life



Praise

Begin to cultivate a heart of gratitude by thanking God for what you have and not what you don't have



Pause

Every morning, learn to pause and talk to God the moment you open your eyes while still in bed. Do several pauses and have short conversations with Jesus daily.

You begin to learn how close the Lord is – as close as your breath. You learn to enjoy divine peace in a personal yet profound way.

A time will come when you know that you know the Lord is just beside you communicating with your spirit. The more you have this experience on a daily basis, you learn to enter the presence of God in any moment of the day.

Once cancer patient found herself saying this: “I want the presence of God more than healing. If your presence is not with me, I don’t want the healing either.”

"Draw near to God, and He will draw near to you. James 4:8a

Ponder

You make it a habit to ponder on the goodness, love and mercy of God in your life doing it a few times on a daily basis. Soon it becomes a spiritual practice that you find yourself encouraged by this reflection.

The benefits for you, as a cancer patient, in pondering the goodness of God over the years is renewing your mind and refreshing your heart through this wonderful gratitude moments of your personal history with God.

To sit alone to do this daily is a precious time to open the treasure of memories in God's presence. You tell yourself that you have come so far with Jesus and you feel assured that He will carry you through.

The memory of the righteous is a blessing. - Proverb 10:7a

Pray

Each time you make a conscious effort to talk to God about what is in your heart, you humble before the Lord and your heart becomes tender.

You learn to be vulnerable and authentic with Jesus, expressing your desires, hope, needs and concerns on a regular basis.

Fear, worry and anxiety are replaced by God's presence that releases peace, confidence and even joy into your heart.

When the righteous cry for help, the LORD hears and delivers them out of all their troubles. -Psalm 34:17 ESV

Praise

Begin to cultivate a heart of gratitude by thanking God for what you have and not what you don't have.

In time of praise or thanksgiving, you learn to see your life from the vantage point of God. You do not thank God only for the many blessings upon your life over the years, but you see the heart of God.

You see His mercy, grace and compassion that bring blessings of provision, protection and peace in your journey with Jesus all these years.

Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. - Hebrews 13:15 (ESV)

Practice

These 5Ps are a spiritual discipline. When embedded in your heart, they help you live a faithful, fruitful, and fulfilling Christian life.

You learn to strengthen your emotional and spiritual life to manage the many unknowns in your cancer journey.

You also learn that the Lord wants you to experience liberty and freedom for your mind and heart in His presence. You cultivate an increased awareness of His presence throughout the cancer journey. You know you are living in the will of God.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. - **Romans 12:2 ESV**

**Because Jesus Is In Your Heart, You Have Freedom To Live A Faithful,
Fruitful and Fulfilling Life As A Cancer Patient**

2 Corinthians 3:17-18 ESV

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

SUMMARY

The Three Biblical Ways

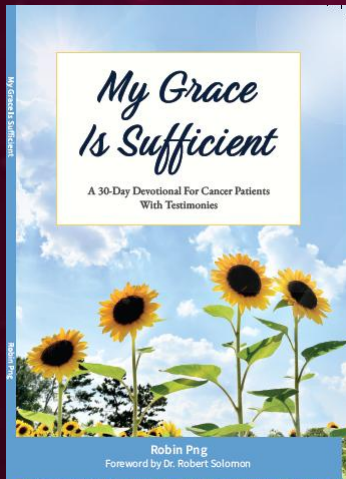
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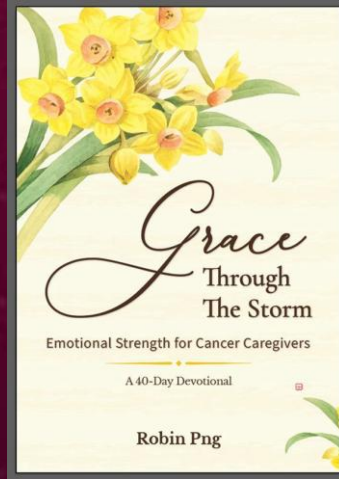
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Free Download Of Devotional Books

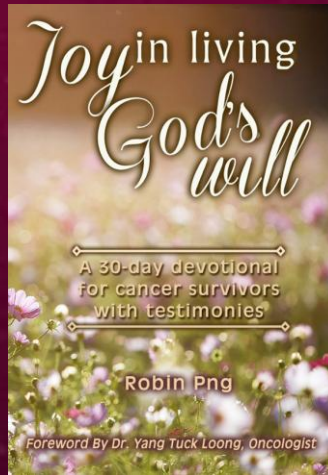
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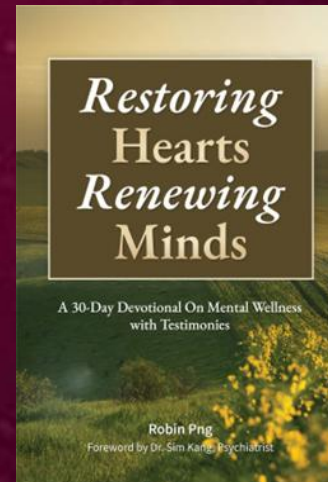
**For Cancer
Patient**



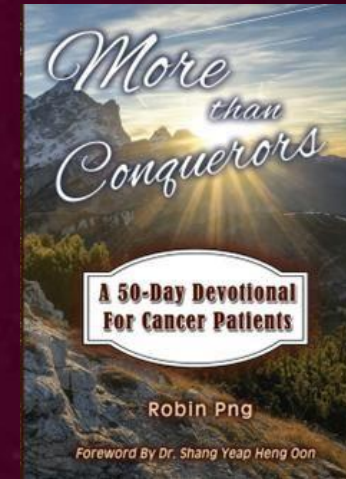
**For Cancer
Caregiver**



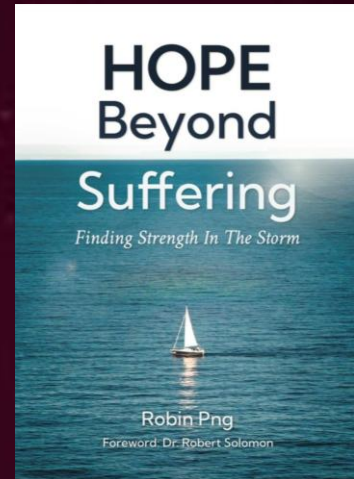
**For Cancer
Survivor**



**For Mental
Wellness**



**Sequel of
My Grace Is
Sufficient**

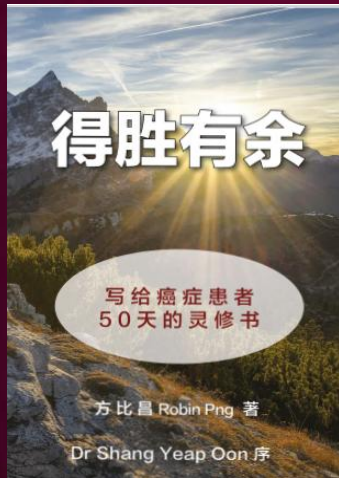


**For Cancer
Patient
(Prebeliever
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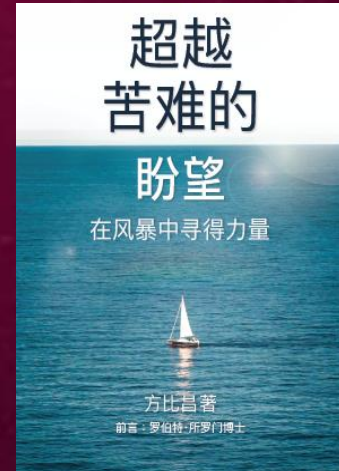
For Cancer Patients



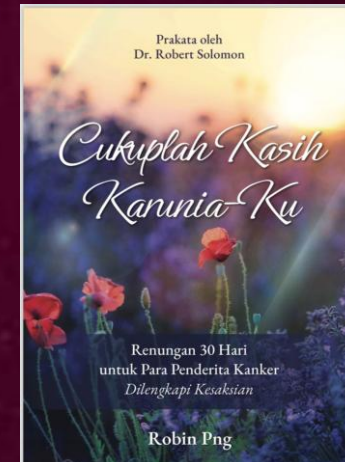
**Chinese
Version**



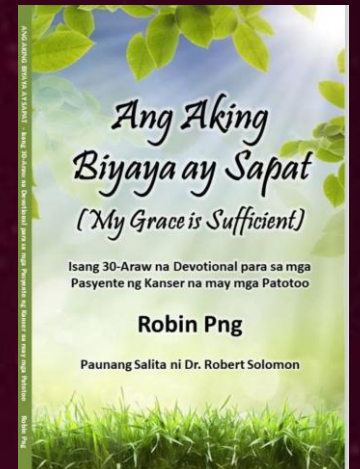
**Chinese
Version**



**Chinese
Version**



**Indonesian
Version**



**Tagalog
Version**



WELCOME TO RESTORATIVE HEARTS *MINISTRY*

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



GOD BLESS
have a great week

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