

Crushed Yet Chosen

*Finding Meaning and
Purpose in Suffering*

Pastor Robin Png

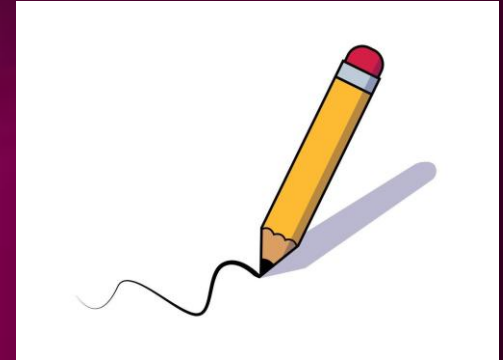
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Crushed Yet Chosen

Finding meaning and purpose in suffering



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1. Introduction

In life's crushing seasons, pain can feel purposeless and suffering unending.

Yet the Bible reveals a deeper **reality**: we are not forsaken but **chosen**—formed through trials to reflect God's glory.

Whether the weight we carry is emotional, physical, or spiritual, the Lord is **near** to the brokenhearted and mighty to restore.

This talk invites us to see that our scars, once symbols of weakness, can become testimonies of **healing** and divine **purpose** in the hands of a faithful Redeemer.





2. What happens to us when a major health crisis strikes?

We are affected emotionally, physically and spiritually.

A. Spiritual Effects

A major health crisis shakes one's faith and raises deep **questions** about God's presence and purpose.

Yet such times can awaken a **hunger** for divine comfort, prayer, and surrender.

It becomes a journey of **rediscovering** grace, learning trust, and finding **meaning** beyond physical suffering in **spiritual renewal** and intimacy.



B. Emotional Effects

Emotionally, cancer often triggers fear, grief, and uncertainty.

The **soul** wrestles with loss of control, loneliness, and anxiety about the future.

In that turmoil, moments of **vulnerability** can open the heart to compassion, reflection, and healing as **emotions** are brought honestly before God and loved ones.



C. Physical Effects

Physically, cancer brings fatigue, pain, and weakness that alter daily **life** and **self-image**.

Treatments **disrupt** normal rhythms, appetite, and strength, demanding resilience and care.

The body's suffering reminds us of human **fragility** but also invites **gratitude** for small **mercies** and the hope of God's sustaining power in every breath.



A serene forest scene with a stream flowing over mossy rocks, illuminated by warm sunlight filtering through the trees. The sun is positioned high in the center, creating a bright, golden glow that permeates the entire scene. Sunbeams (crepuscular rays) are visible, streaming down through the dense canopy of green leaves. The stream flows from the background towards the foreground, its water appearing soft and blurred as it cascades over numerous large, rounded rocks covered in vibrant green moss. The surrounding forest is lush with various shades of green foliage and tall, slender tree trunks that frame the scene. The overall atmosphere is peaceful and hopeful, with the warm light suggesting a sunrise or sunset.

3. Broken Hearts Discovering Hope Through God's Faithful Presence

When the heart shatters, God's **presence** becomes the anchor of hope.

His **faithfulness** does not remove pain but redeems it, turning loneliness into **communion** and sorrow into **strength**.

He walks with the broken, binding wounds with His steadfast **love**.

In our tears, we find that He never leaves nor forsakes us, revealing a **comfort** that is deeper than the cause of grief.

The presence of the Lord transforms despair into the birthplace of **renewed** faith.



The background of the slide is a photograph of a vast landscape of rolling green hills. In the distance, a bright sun is setting or rising, creating a strong lens flare and illuminating the sky with warm, golden light. A faint rainbow is visible in the sky above the sun. The hills in the foreground are covered in green grass and some small shrubs, with a dirt path visible on one of the slopes.

Psalm 34:18 (ESV)

The Lord is **near** to the brokenhearted
and **saves** the crushed in spirit.

Lamentations 3:22–23 (ESV)

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

A lush, green forest scene featuring a small waterfall cascading over rocks into a pool of water. Sunlight filters through the dense canopy of trees, creating a warm, golden glow and long rays of light that illuminate the scene. The water is dark and reflective, mirroring the surrounding greenery and the bright light. The overall atmosphere is peaceful and natural.

4. Physically Unwell Yet Encountering Healing Through Divine Strength

Physical suffering confronts us with weakness, vulnerability, and fear.

Yet in our frailty, Christ's **strength** meets us.

Healing may come through restoration, endurance, or divine peace that surpasses understanding.

God does not waste pain but uses it to draw us **closer** to His heart.

When our bodies fail, His power sustains us, proving that grace is **sufficient** and strength is perfected in weakness.

In **surrender**, we encounter the Healer who works within and beyond human limits.



2 Corinthians 12:9 (ESV)

But he said to me, 'My grace is sufficient for you, for my power is made **perfect** in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may **rest** upon me.

Psalms 73:26 (ESV)

My flesh and my heart may fail, but God is the **strength** of my heart and my **portion** forever.



**5. Spiritually Weary Renewed
by Christ in Dry Seasons**

Spiritual exhaustion is not abandonment but an invitation to deeper **dependence**.

When prayers feel unanswered and souls grow faint, Jesus calls us to **rest** in Him.

His **love** revives the weary and replenishes the thirsty spirit.

In dry seasons, we learn to **listen**, to **wait**, and to **trust** God's unseen work.

Renewal comes as His **Word** restores our souls and rekindles passion for His presence.

The desert becomes the place where living **water** flows again.



Matthew 11:28–29 (ESV)

Come to me, all who labor and are heavy laden, and I will give you **rest**. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your **souls**.

Isaiah 40:31 (ESV)

But they who **wait** for the Lord shall **renew** their strength; they shall mount up with wings like eagles; they shall **run** and not be weary; they shall **walk** and not faint.



Conclusion

Though crushed, we are **chosen**—formed by **God's hand** to bear His likeness and share His comfort.

Every scar bears silent witness to His **mercy** and calling.

Through His faithful presence, healing strength, and renewing Spirit, suffering becomes **sacred** ground where His glory shines, and His **purposes** are fulfilled in us





**6. What steps can we
take to find strength
and restoration?**



In emotional brokenness,

let us have **pauses** throughout the day to acknowledge God's faithful presence through **prayer** and personal reflection on God's living Word of **assurances** and promises.

In every tear, His **comfort** meets us with steadfast love and hope that endures through sorrow.

What the Bible says

Fear not, for **I am** with you; be not dismayed, for **I am** your God; **I will** strengthen you, **I will** help you, **I will** uphold you with my righteous right hand.

- **Isaiah 41:10 (ESV)**



In **physical weakness**, we completely depend on God's sustaining grace. In **quiet** prayer to God, we ask for His **strength** to work through our limitations.

When weakness overwhelms, He empowers us to endure with divine **peace** and inner renewal beyond human capacity.





What the Bible says

Philippians 4:13 (ESV)

I can do all things through him who strengthens me.

In spiritual dryness, let us commit to resting in Christ through silence, worship, and gentle **perseverance** in faith.

He **refreshes** our spirit when our heart is weary and He **revives** us when we feel like our spirit is about to faint. He will keep us with His **unchanging** love and living presence.



What the Bible says

Isaiah 40:29–31 (ESV)

He gives power to the **faint**, and to him who has no might he **increases** strength.

Even youths shall faint and be weary, and young men shall fall exhausted; but they who **wait** for the Lord shall **renew** their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint



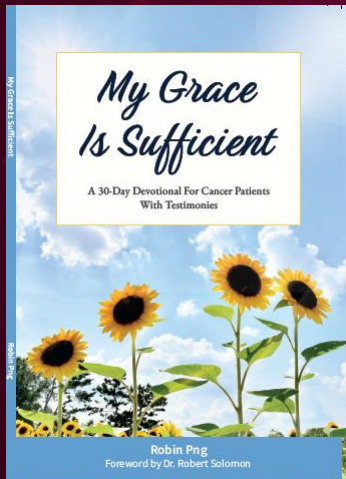
Prayer

Dear Heavenly Father, we look to your steadfast love, great mercy and abundant grace to carry us through this rough patch. In this season, we desire to stay close to you, trust you and believe that you will always give us to best. Father, we commit our life to you, especially our body and mind to let you do a complete work in us. Thank you for your presence and power to heal, restore and renew. In your healing name we pray. Amen

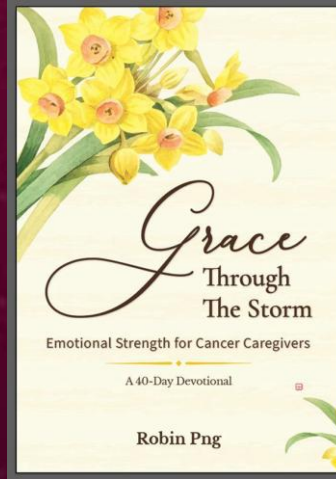


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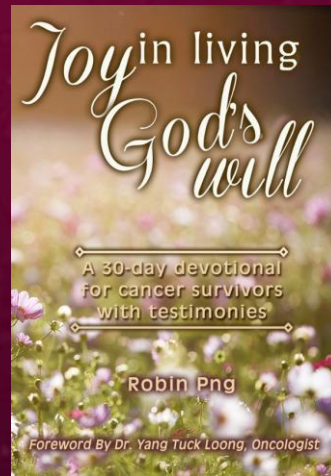
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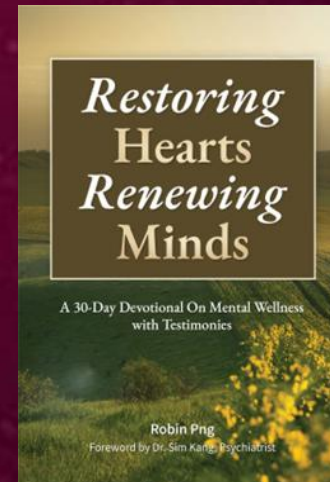
For Cancer Patient



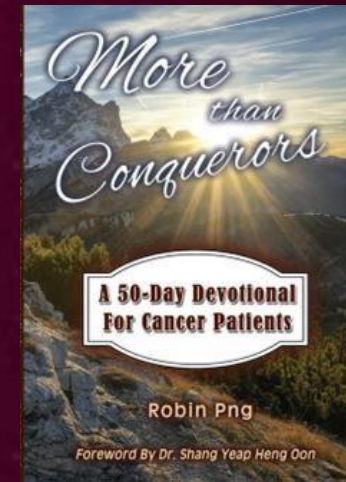
For Cancer Caregiver



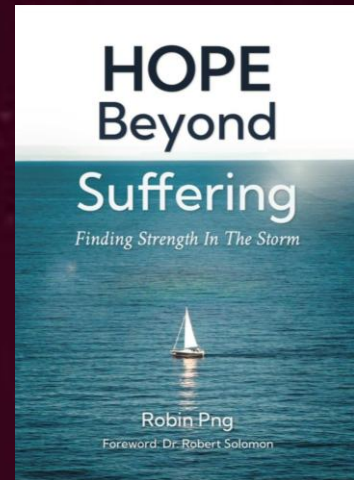
For Cancer Survivor



For Mental Wellness



Sequel of My Grace Is Sufficient

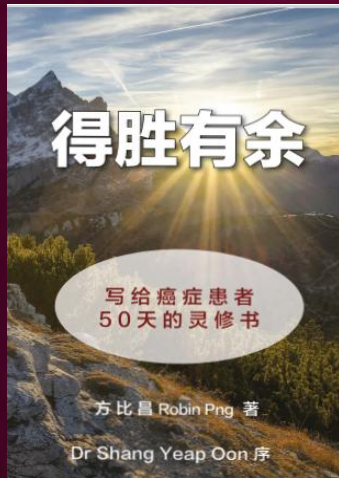


For Cancer Patient (Prebeliever)

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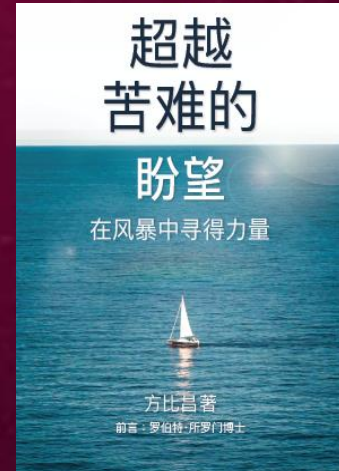
For Cancer Patients



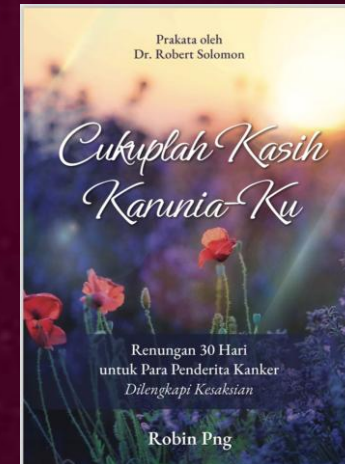
**Chinese
Version**



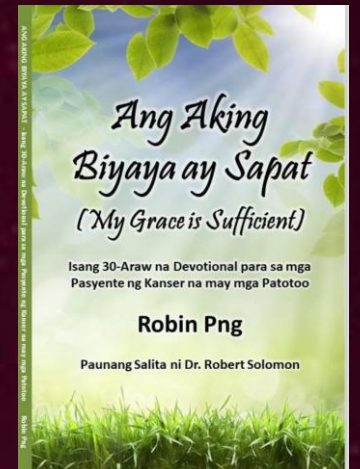
**Chinese
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Our Vision

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.



GOD BLESS
have a great week

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