



Cancer — Is A — *Journey* — Not A — Defeat

Pastor Robin Png
15 August 2025
www.restorativehearts.org



Talk Outline

Cancer is a Journey - *Not a Defeat*



What is a cancer **journey**?



Why is cancer **not** a defeat?



What are the **needs** and **concerns** of cancer patients?



What are the normal **stages** of a cancer journey?



Where is **God** in our cancer journey?



What are the five common **challenges** in a cancer journey?



What are the five biblical **truths** about the cancer journey?



What are the five **benefits** of a cancer journey?



What are the five **attitudes** to help us walk through our cancer journey?

*Even though I walk through
the darkest valley, I will fear
no evil, for you are with me.*

Psalm 23:4 (ESV)

**Women's Cancer
Wellness Fellowship**
Trinity Methodist Church

What Is A Cancer Journey?

A cancer journey is a deeply **personal** path marked by four main challenges:



MEDICAL
challenges



EMOTIONAL
ups and downs



FAITH
'crisis'



LIFE
changes

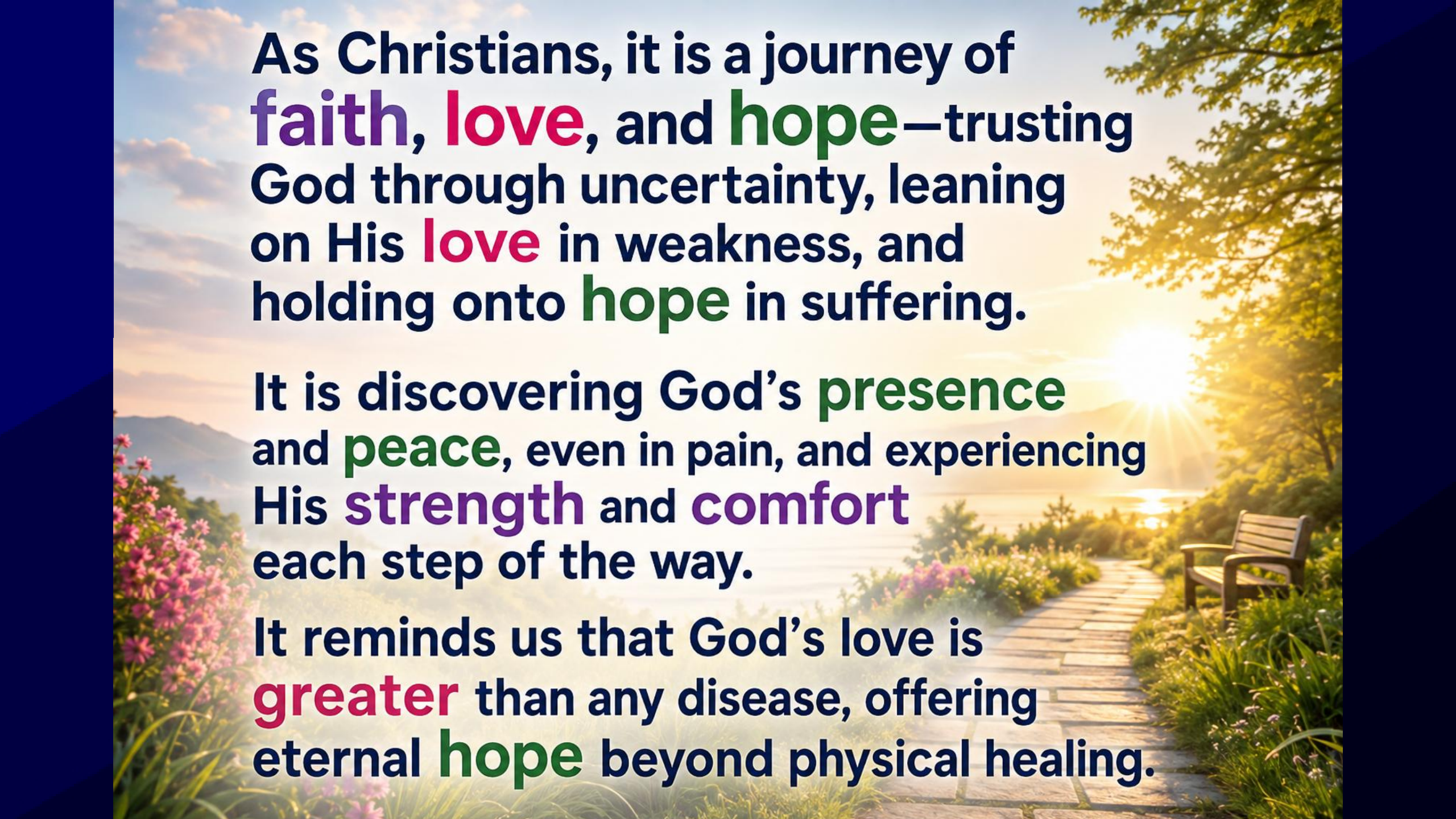


It involves navigating treatments, uncertainty, and hope,



while discovering inner strength, support from others, and often a renewed perspective on life's **value and meaning.** 





As Christians, it is a journey of **faith**, **love**, and **hope**—trusting God through uncertainty, leaning on His **love** in weakness, and holding onto **hope** in suffering.

It is discovering God's **presence** and **peace**, even in pain, and experiencing His **strength** and **comfort** each step of the way.

It reminds us that God's love is **greater** than any disease, offering eternal **hope** beyond physical healing.

WHY IS CANCER NOT A DEFEAT

Cancer is not a defeat because advances in medicine, early detection, and supportive care offer real hope for recovery and long-term survival. Many people live meaningful, fulfilling lives during and after treatment, finding new purpose, resilience, and deeper relationships, proving that cancer can be a chapter, another life's season, not the end.



*Cancer is not a defeat but a path to deeper trust
in God's promise of eternal life and victory.*

In Christ, our hope is secure beyond illness.

*God's love sustains us,
His promises assure us of
eternal life,
and His presence brings
peace and purpose.*

*Even in Suffering, Faith Brings Healing,
Growth, and Victory—Now and Forever.*

The Cancer Journey: Needs and Concerns



Challenges

- Physical
- Emotional
- Mental
- Social
- Spiritual
- Relational
- Financial
- Practical



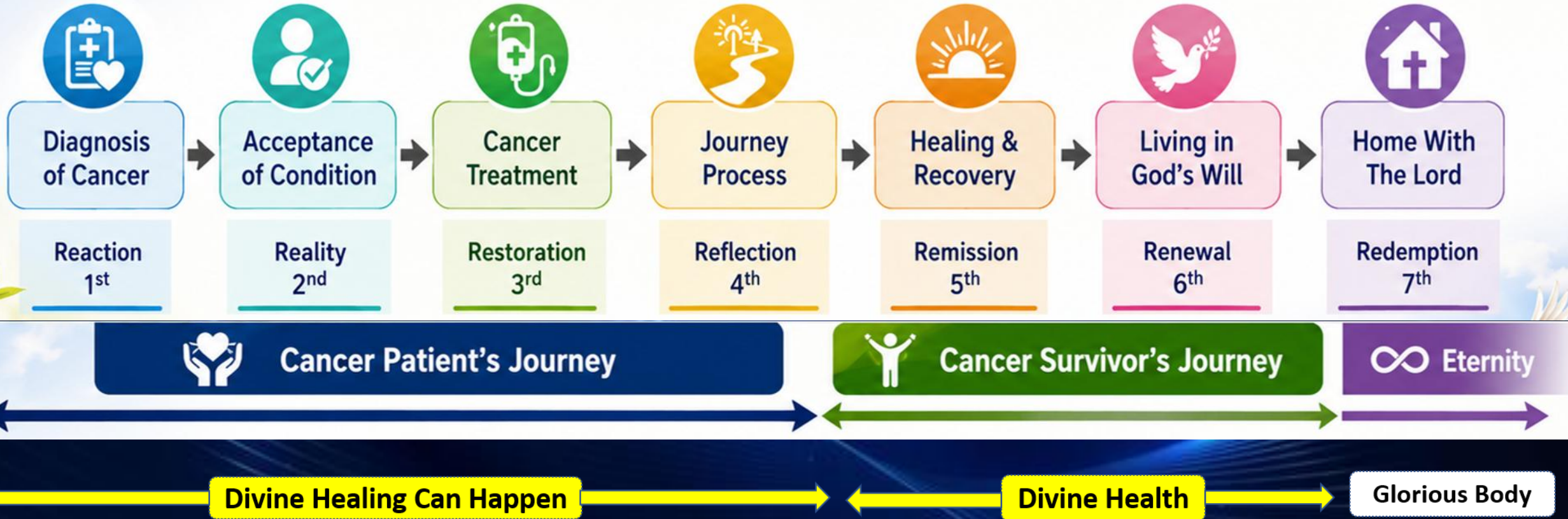
WHAT ARE THE STAGES OF A CANCER JOURNEY

The stages of a cancer journey are seasons in our Christian life where God's presence, love, and hope are experienced in different



What are the normal stages of a cancer journey?

From Diagnosis To Survivorship



Where Is God In Our *Cancer Journey?*

1 First Is Diagnosis *Facing the Unknown with God's Presence*



The initial **shock** and **fear** of a diagnosis are real. We can be paralysed by these emotions that grip our heart.



We may this struggle - to **surrender** our anxieties to God or find it hard to **trust** Him or believe that God is still in control.



It will take quite a while before we embrace this comforting word –

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

(Psalm 34:18 ESV)



*"You are
not alone.
God is
already
here."*

Then Comes The Treatment

Relying on God's Strength and Grace

During treatment, physical and emotional challenges abound. God walks with us through every procedure and side effect, offering hope and comfort.

We are reminded of our dependence on God's grace to sustain us – our body and mind from letting fear and anxiety rob us of our peace and trust in God.



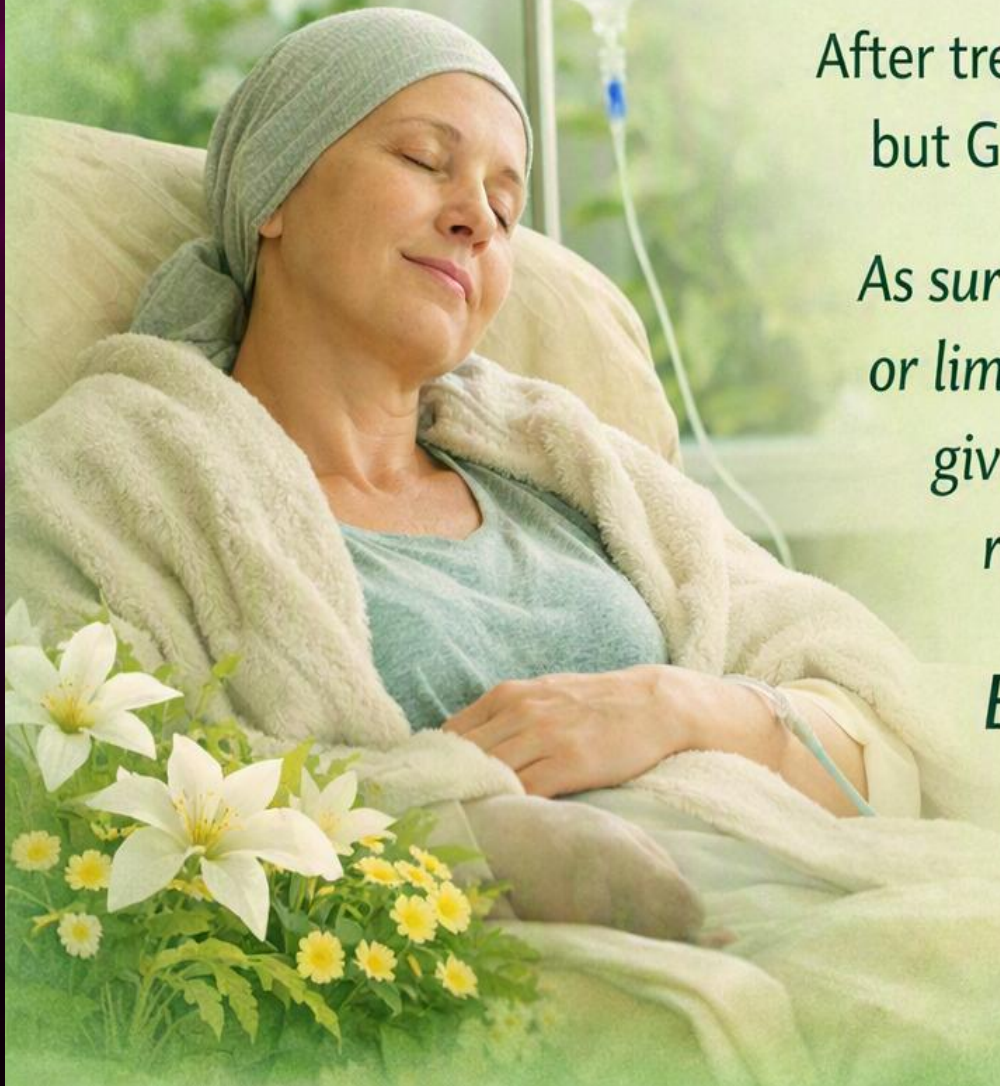
Followed By Post-Treatment/Survivorship

Embracing God's Ongoing Purpose

After treatment, life may look different,
but God's love remains unchanged.

*As survivors we may wrestle with new fears
or limitations, yet God promises to walk with us,
giving renewed perspective and purpose,
regardless of physical changes.*

*Even in Suffering, Faith Brings Healing,
Growth, and Victory—Now and Forever.*



Some May Get Relapse/Recurrence

Trusting God in the Valleys Again

A relapse can bring disappointment and fear, but it is another **opportunity** to trust in God's **faithfulness**.

The journey may repeat earlier stages, but each time, God's hope and presence remain **steadfast**.

Faith is refined, and we are reminded that our ultimate **hope** is in Christ, not in earthly outcomes.



Others Have End-of-Life or Ongoing Treatment

Resting in Eternal Hope

For some, the journey leads to ongoing treatment or end-of-life care.

This season is marked by a deepening reliance on God's promises of eternal life, peace, and the assurance that nothing can separate us from His love (Romans 8:38-39).



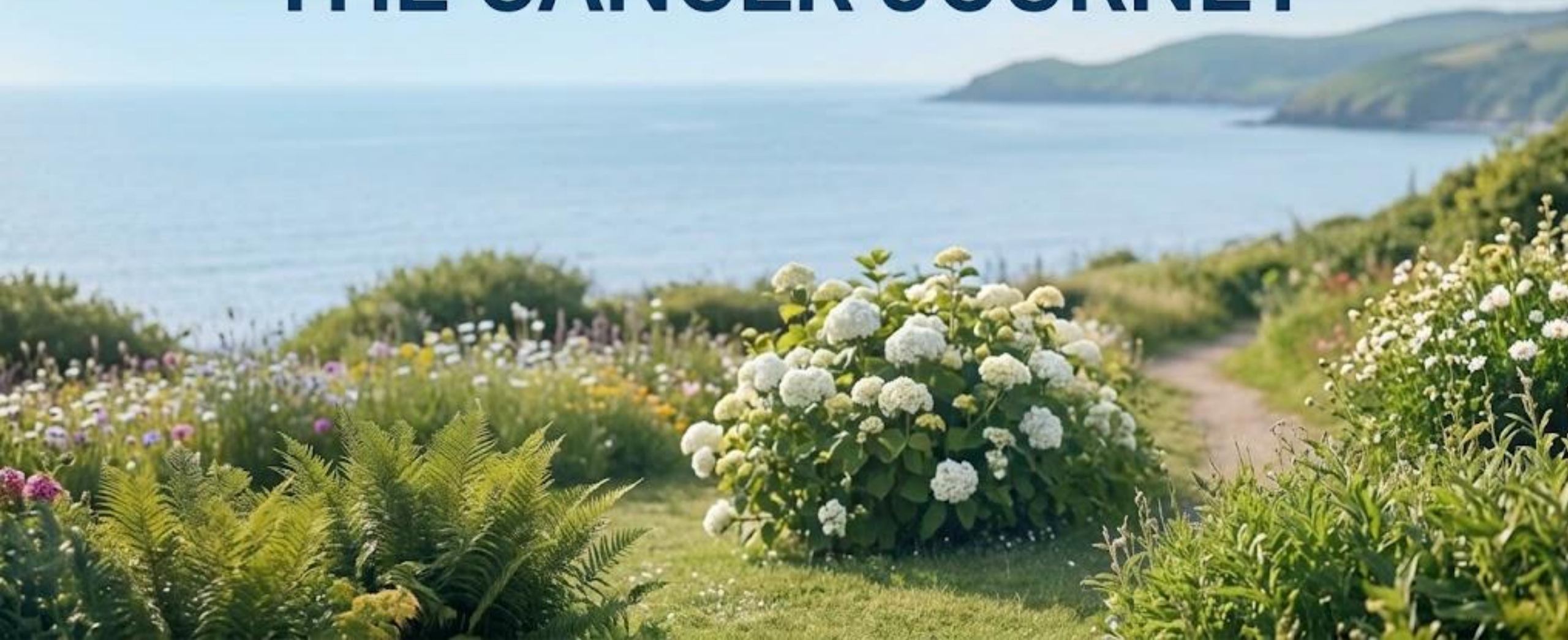


At every stage—including relapse—the cancer journey is marked by God's compassion, the sufficiency of His grace, and the *unshakeable hope found in Christ.*

Cancer may change the path, but it cannot diminish God's love or the eternal hope He offers.



FIVE CHALLENGES IN THE CANCER JOURNEY



1. Distress and Questioning God



Challenge

Many struggle with questions like “Why me?”
or feel abandoned by God,
leading to distress and doubt.

*Cancer may change the path, but it cannot diminish
God’s love or the eternal hope He offers.*



2. Physical Suffering and Pain

Challenge

Pain, fatigue, and other symptoms can cause significant distress, affecting **mood** and **spiritual well-being**.



3. Anger, Guilt, or Shame

Challenge

Feelings of anger toward God, guilt about lifestyle choices, or shame may arise, impacting faith and relationships.



4. Isolation and Loneliness

Challenge

Cancer can lead to feelings of **separation** from God, family, and church, increasing loneliness and despair.



5. Loss of Hope and Purpose

Challenge

The journey may bring a crisis of meaning, loss of hope, or fear of the future.



Five Biblical Truths About *Cancer Journey*



1



1st Truth

God is always present even in suffering.

2



2nd Truth

God is our strength and refuge in weakness.

3



3rd Truth

God brings healing and restoration in His way.

4



4th Truth

God's peace guards our hearts in anxiety.

5



5th Truth

Our hope in Christ is eternal, beyond diseases.

Five Biblical Truths About Cancer Journey



1. God is always present, even in suffering.

God promises never to abandon us,
walking beside us in our darkest moments.

His steadfast presence gives courage and
comfort, reminding us we are never alone,
even when facing cancer's uncertainties.

“...for it is the LORD your God
who goes with you. He will not
leave you or forsake you.”
(Deuteronomy 31:6, ESV)



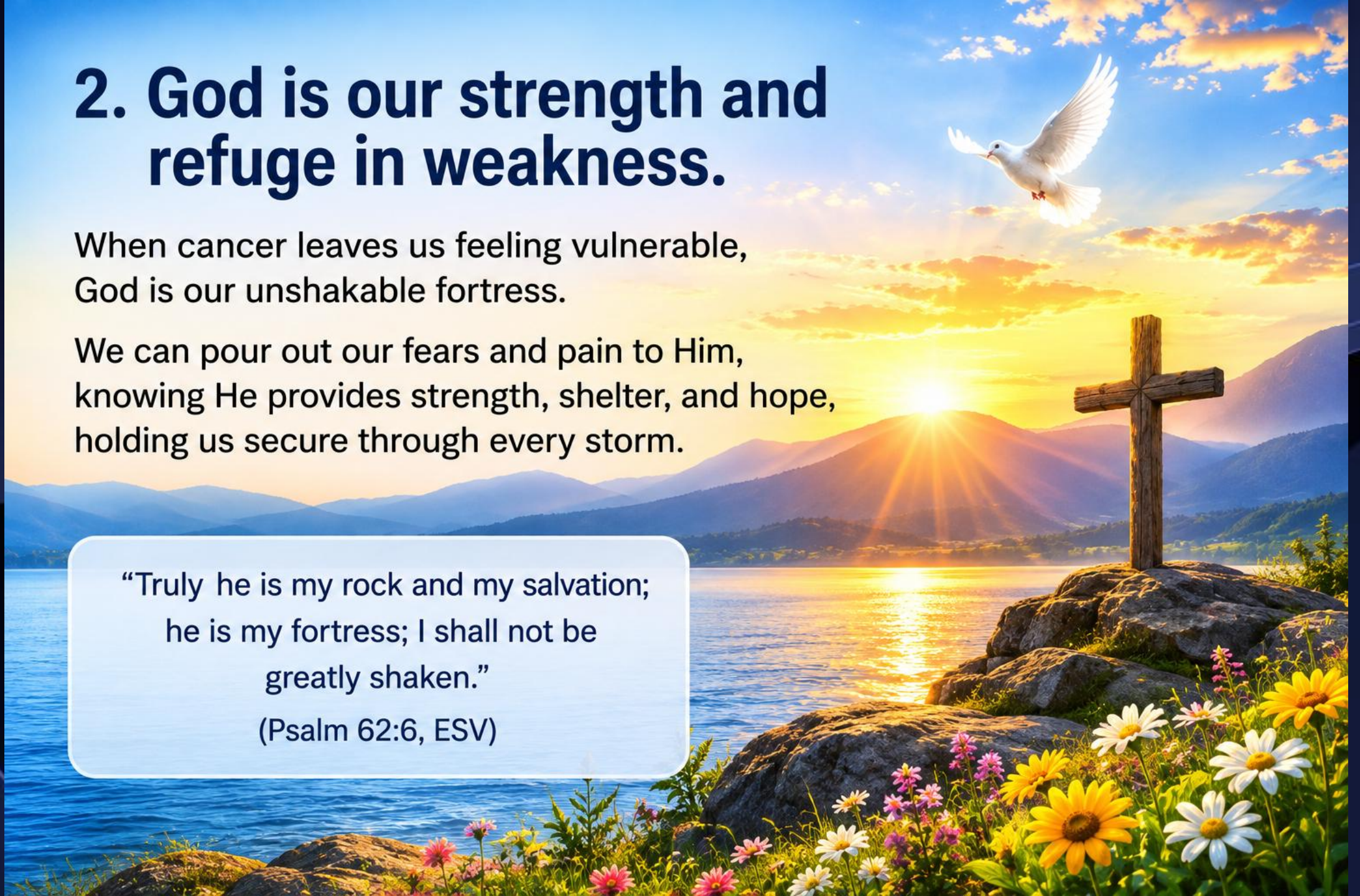
2. God is our strength and refuge in weakness.

When cancer leaves us feeling vulnerable,
God is our unshakable fortress.

We can pour out our fears and pain to Him,
knowing He provides strength, shelter, and hope,
holding us secure through every storm.

“Truly he is my rock and my salvation;
he is my fortress; I shall not be
greatly shaken.”

(Psalm 62:6, ESV)



3. God brings healing and restoration, in His way.

God's healing may come physically, emotionally, or spiritually.

He restores our souls and brings hope, even when outcomes are uncertain, reminding us that His power to heal and renew is always at work in our lives.

“The Lord sustains him on his sickbed;
in his illness you restore him
to full health.”

(Psalm 41:3, ESV)



4. God's peace guards our hearts in anxiety.

Facing cancer's anxiety, we have to replace it quickly with our trust in God, and experience His peace that surpasses understanding.

Prayer and surrender bring calm, and His presence guards our hearts and minds through every fear and worry.

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
(Philippians 4:7, ESV)



5. Our hope in Christ is eternal, beyond disease.

Cancer does not define our destiny. In Christ, we have the promise of eternal life and victory over death.

God's love assures us that our hope is secure, no matter what happens to our bodies.

“Jesus said to her, ‘I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live.’”
(John 11:25, ESV)





FIVE

Benefits

Of A Cancer Journey



1. Deeper Experience of God's Presence



Cancer often drives believers to seek God more earnestly, experiencing His nearness, comfort, and peace in ways they may not have before.



“God is closer than your breath”



and promises never to leave or forsake us



I will never leave you nor forsake you.
Hebrews 13:5



2. Strengthened Faith and Hope



Facing cancer can refine faith, shifting focus from fear to trust in God's plan.



This journey teaches reliance on Christ, who is bigger than any diagnosis,



and fills each day with hope rooted in His promises.



"May the God of hope fill you with all joy and peace as you trust in Him." Romans 15:13



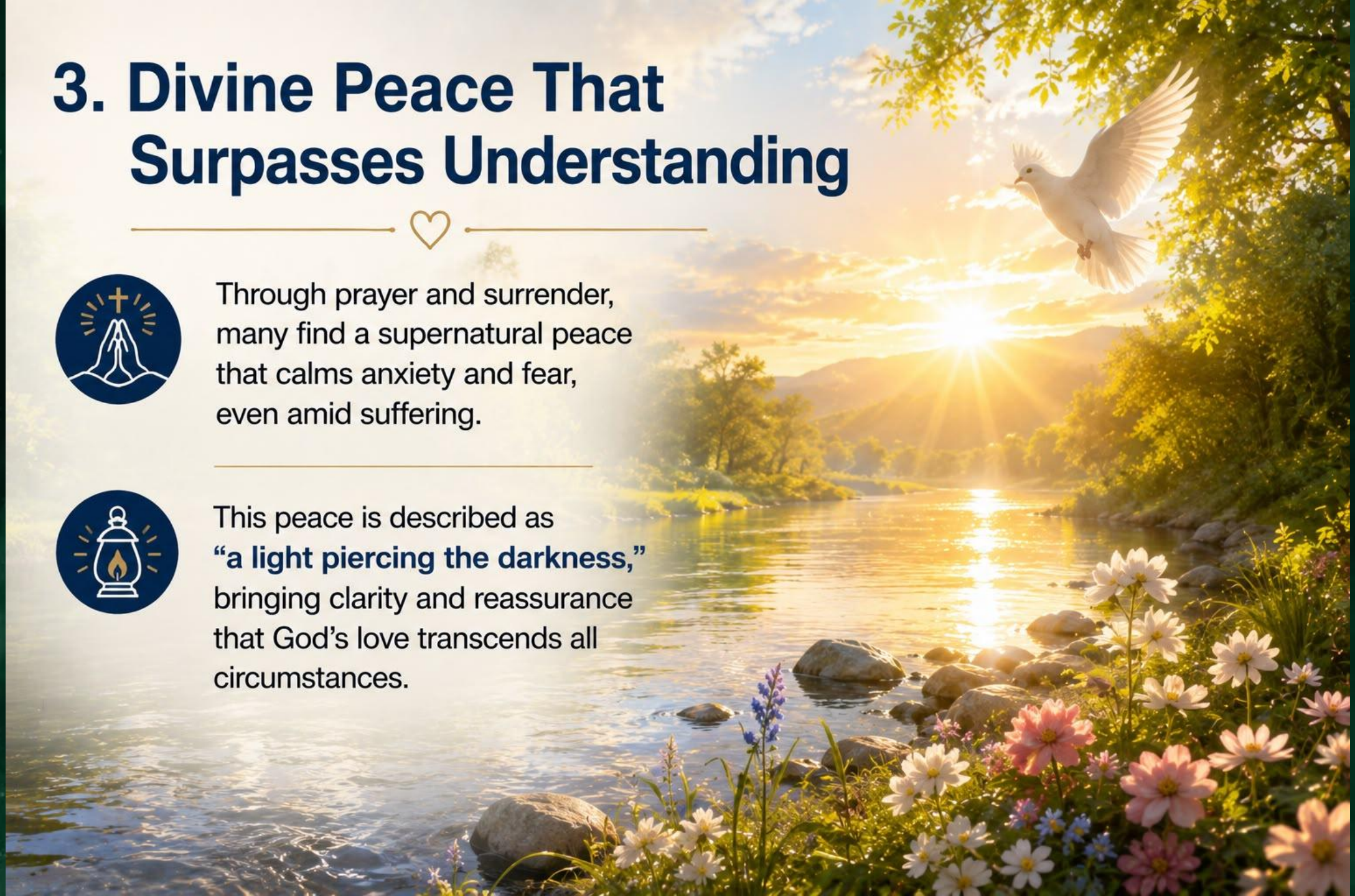
3. Divine Peace That Surpasses Understanding



Through prayer and surrender, many find a supernatural peace that calms anxiety and fear, even amid suffering.



This peace is described as **“a light piercing the darkness,”** bringing clarity and reassurance that God’s love transcends all circumstances.



4. Purpose and Meaning in Suffering



Cancer can bring new perspective, helping us discover deeper meaning in our lives, relationships, and legacy.



It encourages living each day with love, faith, and intentionality, knowing God can use every situation for good.



Love
from the heart



Faith
that sustains



Purpose
that gives meaning

*Trust God.
Live with Purpose.
Love without Limits.*



Faith



5. Deeper Bond with Family and Friends



The cancer journey often reveals the strength and unconditional love of family and Christian community through prayer, encouragement, and practical help.



Patients witness Christ's love through others, finding connection, compassion, and shared hope in their faith family.



These benefits reflect how God can bring growth, comfort, and hope through even the most difficult seasons of life.



Pray together



Encourage one another



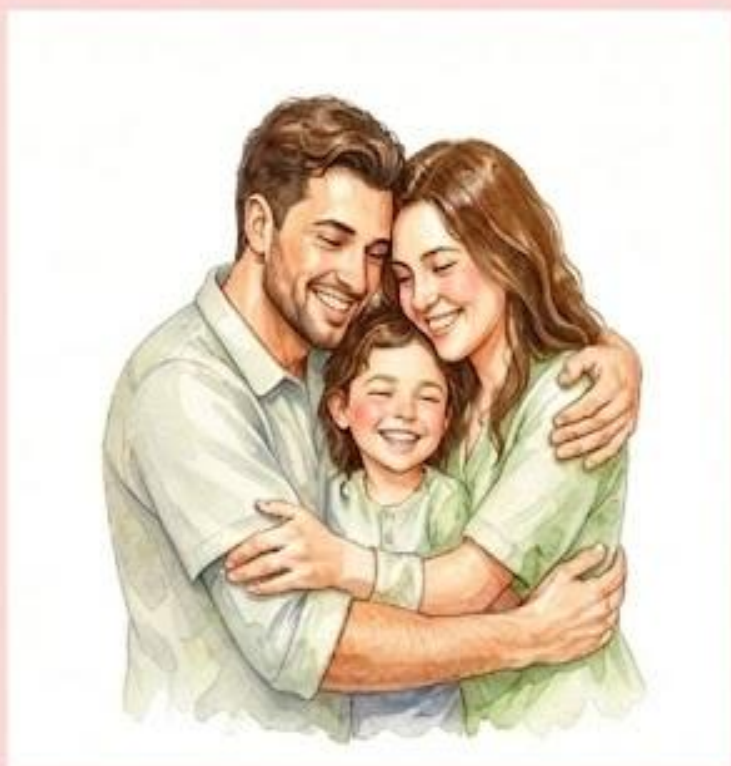
Help practically



Hope together



Five Benefits Of A Cancer Journey



- 1 DEEPER EXPERIENCE OF GOD'S PRESENCE
- 2 STRENGTHENED FAITH AND HOPE
- 3 DIVINE PEACE THAT SURPASSES UNDERSTANDING
- 4 PURPOSE AND MEANING IN SUFFERING
- 5 DEEPER BOND WITH FAMILY AND FRIENDS

Five attitudes

every cancer patient

should embrace in

the cancer journey.

Be strong and courageous.

*Do not be afraid;
do not be discouraged,
for the Lord your God
will be with you
wherever you go.*



Joshua 1:9



'SURRENDER TO THE SOVEREIGN WILL OF GOD'

Adopting an attitude of surrender—trusting God with outcomes and letting go of the need for control—brings peace and strength.

Surrendering fears and uncertainties allows God's grace to work deeply in the heart, offering clarity and hope.



我將我的事交託耶和華，
並倚靠祂，
祂就必成全。

詩篇 37:5

Trust in God's Goodness



Maintaining faith that God is sovereign and good, even in suffering, helps guard against despair.

Trusting that God can use even cancer for a greater purpose enables patients to find meaning and courage in the journey.



Be Grateful and Contented



Choosing gratitude, even for small blessings,
shifts focus from pain to God's daily provision.

Contentment in Christ, rather than circumstances,
fosters resilience and joy, regardless of the outcome.



Hope in Christ and Eternal Perspective



Holding onto hope—both for healing and for the ultimate promise of eternal life—transforms fear of death into anticipation of God's presence.

This eternal perspective brings comfort and assurance that cancer cannot separate believers from God's love.

Embrace the Love of Family and Friends



Embracing help from others, sharing burdens, and allowing your family and friends to minister brings encouragement and strength.

Openness to support combats isolation and reminds patients they are not alone in their struggles.

These attitudes will help us as Christian cancer patients to navigate our journey with courage, peace, and a deepening relationship with God.



FIVE ATTITUDES FOR SPIRITUAL STRENGTH



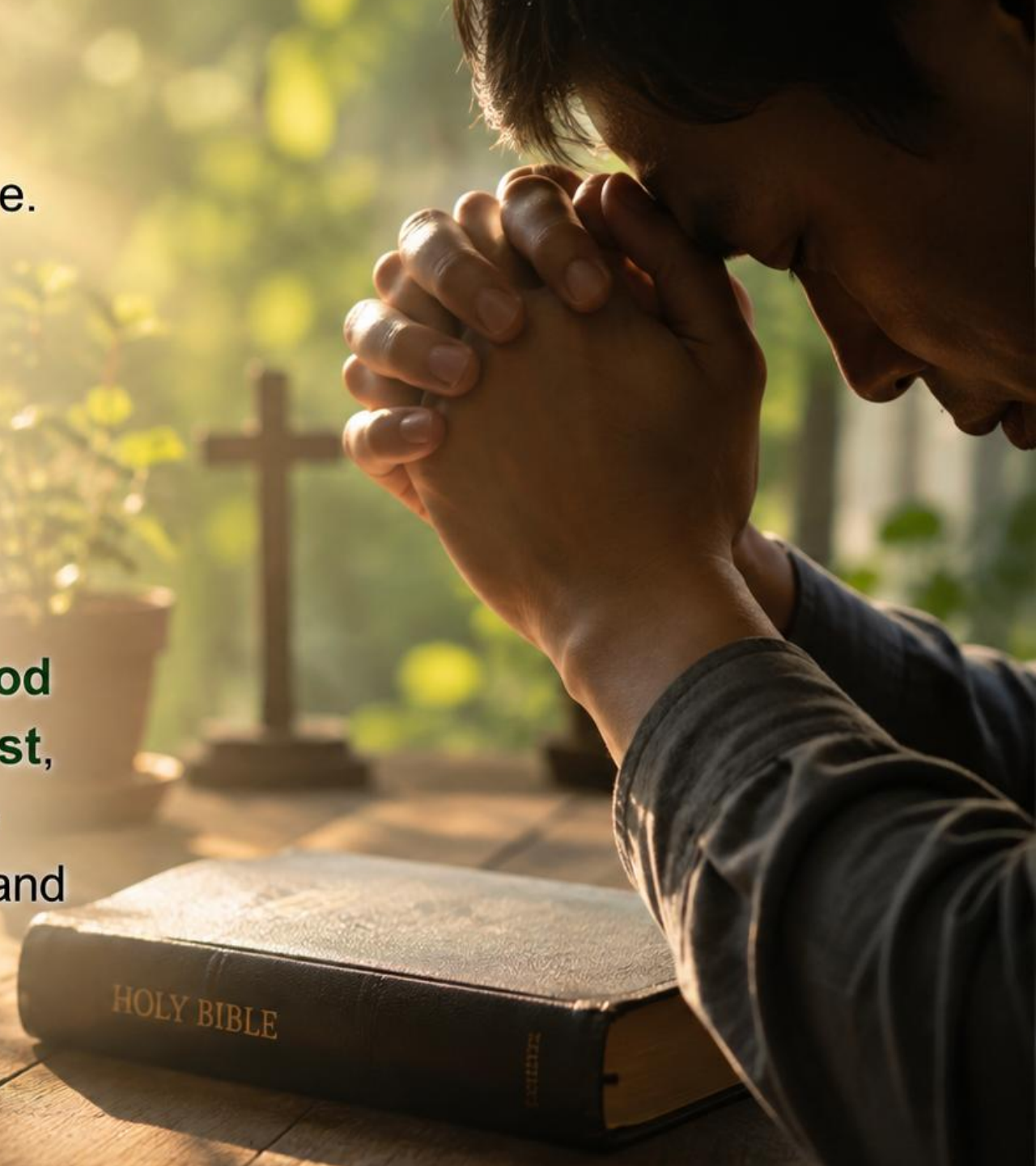
Personal Reflection

I shall let my deepest concern
known to God and
let Him take **charge** for my life
is no longer mine. I am no longer in control.
God knows my **desire** and **hope**.
He will give me the **best** as I **lean** on
Him every day till the end of my
cancer journey.



Prayer

Dear Heavenly Father, I know I am **not** alone.
You are with me. You will take **care** of me.
I **surrender** my life afresh to you.
Truly, my life has meaning and purpose with
you leading and guiding my **path**.
I shall take one day at a time. **Protect** and
preserve me for your purpose and glory.
I **trust** you Lord Jesus to give me what is **good**
for me for you have already given me the **best**,
which is your life. I have eternal life because
you are in my **heart**. In Jesus' name I pray and
give thanks. Amen.





GOD BLESS YOU

ALL FOR THE GLORY OF GOD