



A Life Ready For Christ

Walking Daily In God's Presence



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www.restorativehearts.org

OUTLINE

Life Ready for Christ

Helping Cancer Patients Walk Daily in God's Presence

1. Introduction – Experiencing God's *rhythm of life*
2. Rhythm of **Rest** – Experiencing God's presence of *peace*
3. Rhythm of **Renewal** – Experiencing God's presence of *grace*
4. Rhythm of **Restoration** – Experiencing God's presence of *love*
5. Rhythm of **Readiness** – Experiencing God's presence of *hope*
6. Conclusion
7. Prayer

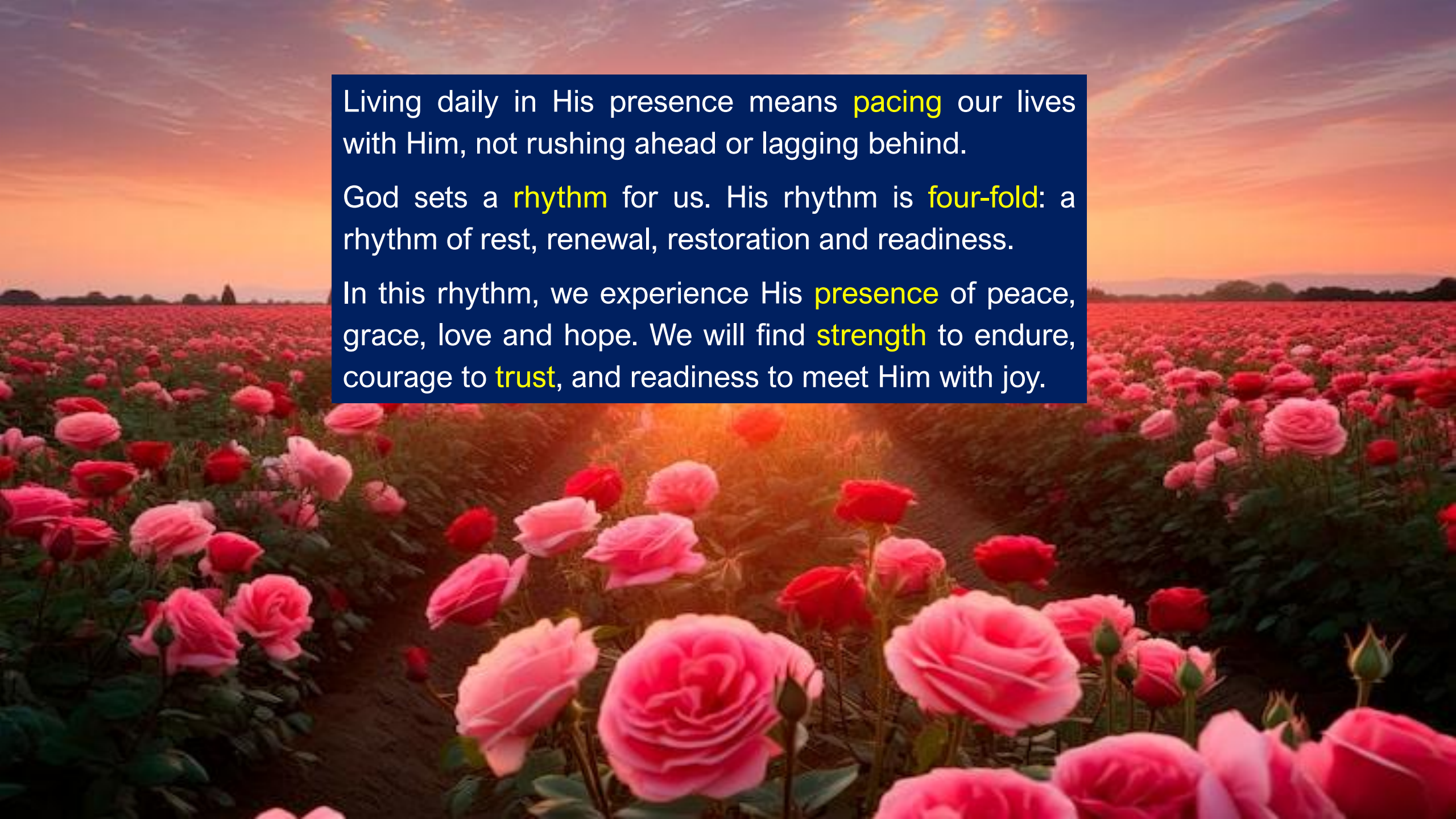
Introduction

*How can a cancer patient or anyone with a major health issue experience God's **presence** and to live a life **ready** for Christ?*

Facing cancer or serious illness can feel overwhelming, yet God wants us to experience His **peace** as evident of His **presence** with us

This peace, beyond understanding, assures us He **holds** our hand through every treatment, fear, and uncertainty.

Jesus, the **Prince** of Peace, **walks** beside us—providing, protecting, and preserving.

A vast field of pink roses stretches towards the horizon under a soft, orange-hued sunset sky. The sun is low, creating a warm, golden glow that filters through the petals of the flowers in the foreground. The roses are in various stages of bloom, with some fully open and others as buds. The overall atmosphere is peaceful and serene.

Living daily in His presence means **pacing** our lives with Him, not rushing ahead or lagging behind.

God sets a **rhythm** for us. His rhythm is **four-fold**: a rhythm of rest, renewal, restoration and readiness.

In this rhythm, we experience His **presence** of peace, grace, love and hope. We will find **strength** to endure, courage to **trust**, and readiness to meet Him with joy.

1. Rhythm of Rest

Is experiencing God's presence of peace

It is a rhythm of **rest**. You let the **peace** of God rest in your heart and mind.

Each time we **surrender** to God, we rest in His peace. His mercy and providence never fail us.

His peace **calms** our fear and strengthens our **heart**, even in hospital rooms or sleepless nights. Jesus promised never to leave or forsake us.



When we rest in Him, our heart finds **quiet** strength and **confidence** in Him.

We feel His presence, sometimes even **tangibly**, because there is His divine peace and inner joy that cannot be expressed in **words**. There is this inner knowing that God is with us.

We rest in His peace in our heart, knowing God will not let us **tested** beyond what we can bear. He will provide a way out because He is **faithful**.

The Bible says

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. - **John 14:27 (ESV)***

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you. - **Isaiah 26:3 (ESV)***

*And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. **Colossians 3:15 ESV***

*No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it. **1 Corinthians 10:13 (NRSV)***



PAUSE

&

REFLECT

Reflective Question

How can you let God's **peace** calm your heart in the ongoing treatment, trusting His **presence** even when fear and uncertainty threaten to overwhelm you?

Five Steps To Rest In God's Peace

1. **Begin each day with quiet prayer and Bible meditation** on a verse (*E.g. The Lord is my shepherd, I shall lack nothing*) – set aside a few minutes to center your heart in God's presence even while lying on the bed.
2. **Practice pausing throughout the day** – when feeling discomfort, stressed or hurried, stop briefly to breathe, pray silently, and realign your heart with God's peace.

3. Cultivate a clear conscience – regularly examine your heart, confess sins, and seek reconciliation so you remain blameless before God and man constantly.

4. Embrace contentment – remind yourself that peace is anchored in God's unchanging love, not in shifting circumstances. Commit the outcome of your treatment to God completely.

5. End the day with thanksgiving – reflect on God's presence which is His peace in your heart, Give thanks for small mercies, and rest your body in His care asking the Lord to grant you sufficient rest.

2. Rhythm of Renewal

Is experiencing God's presence of grace

It is a rhythm of renewal of your **life**. God's grace **renews** both your heart and mind. In other words, you experience God's **presence** when you let the grace of God renew your **character** to be like Christ. We need God's grace **daily**.

It calms our unstable emotions, **reshapes** our thoughts, and softens our heart to trust God's mercy.

His grace strengthens us to endure pain and uncertainty, reminding us of His **faithfulness** through every season.

Gratitude grows as we recall His provision. In this rhythm of renewal, God is **shaping** your character through this challenging journey.



The grace of God is freely given, sustaining us when our strength runs out, renewing our **inner life** with Christ's compassion and wisdom.

This rhythm of grace reminds us that God's loving presence is with us to mould and shape our character in this **journey** of faith.



The Bible says

*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. - **2 Corinthians 12:9 (ESV)***

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)**



Reflective Question

In what ways can you let God's presence, through His grace, **renew** your heart and mind daily as the Lord **shapes** your character to be more like Christ during your cancer or health journey?

Five Steps To Let God Shape Your Character

1. **Surrender daily through prayer** – begin each day by inviting God to prune, refine, and shape your heart, acknowledging that renewal is His work, not self-effort. Even a conversational **prayer** to confide in God your sadness or anger pleases the Lord.
2. **Reflect Christ's character in relationships** – intentionally practice **humility**, compassion, patience, and kindness in your words and actions, especially to doctor, nurses, fellow patients and family members.

3. Pause to notice God's presence in ordinary moments – cultivate **attentiveness** to His gifts in creation, people, and daily experiences. You begin to discover the grace of God sustains life in all His creation everywhere not just human life.

4. Respond calmly under pressure – when faced with unkind words or misunderstanding, lean on the Spirit's rhythm to remain steady and gentle. Exercise **patience** and self-control when things are not what they should be.

5. Practice gratitude in hardship – give thanks for small **mercies** and trust God's goodness, allowing joy and peace to grow even in trials.

3. Rhythm of Restoration

Is eXperiencing God's presence of love

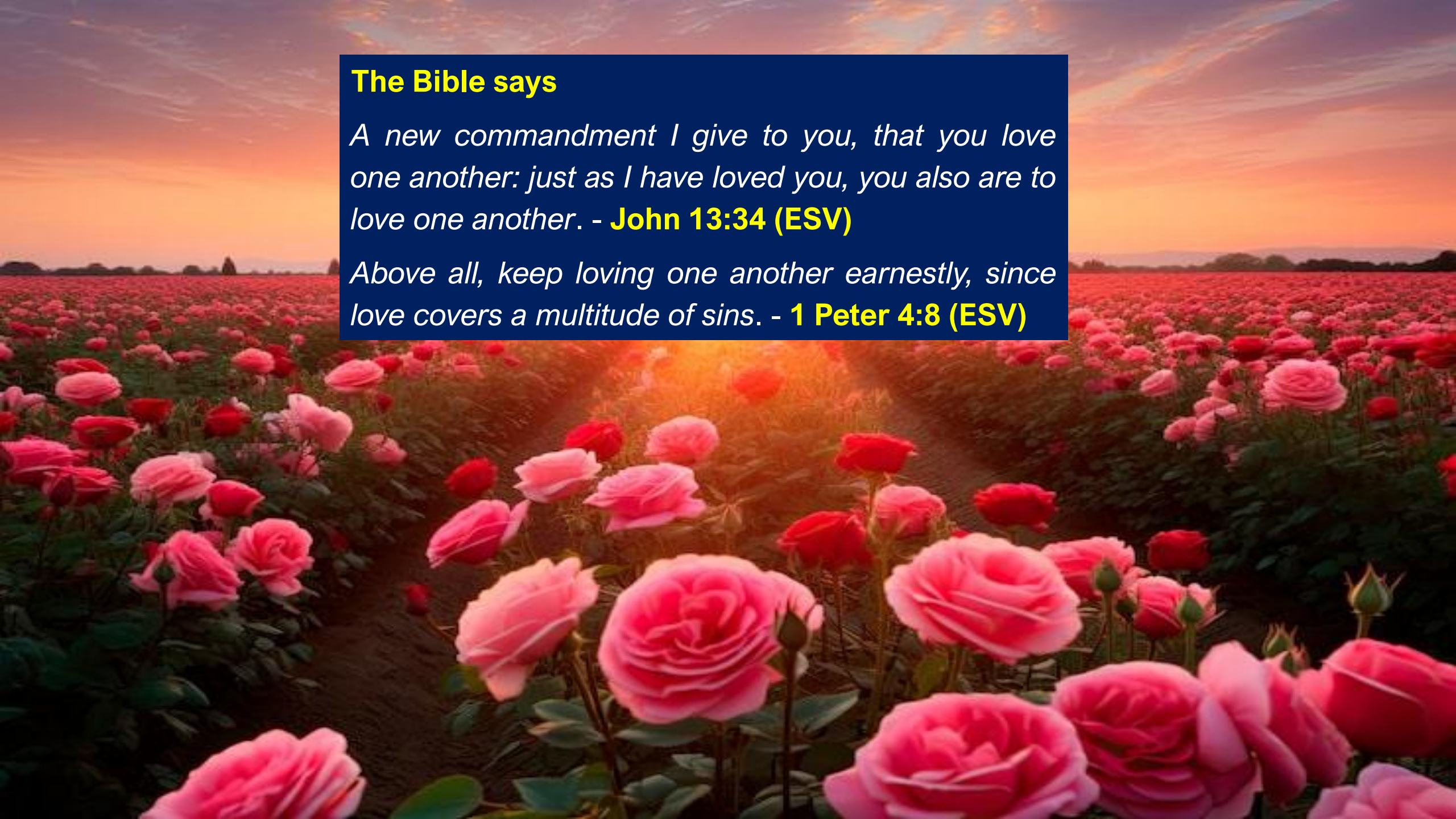
It is a rhythm of **restoration** of lives. You let the love of God restores lives through you, even when you are **unwell**. God's love restores **broken** lives.

God uses the sick and the healthy to **share** His love through kindness, encouragement, prayer, or a smile.

Small acts open **doors** for deeper care and **healing**. His love **flows** through us, reminding others they are not alone.

In giving love, we also **receive** comfort, for His love never runs dry.
The wonderful **truth** is that God can use us in sickness and in health!
We are living in God's will daily doing every good **work** He has long planned for us to walk in it.
This rhythm of love in **restoring** lives with the Lord gives us a constant assurance that the presence of God is with us. He is **pleased** with how we let our sick body keeps serving Him with His love.



A vast field of pink roses stretches towards a horizon under a sunset sky. The sun is low, creating a warm, golden glow that filters through the petals and leaves. The roses are in various stages of bloom, with some fully open and others as buds. The overall mood is peaceful and romantic.

The Bible says

*A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. - **John 13:34 (ESV)***

*Above all, keep loving one another earnestly, since love covers a multitude of sins. - **1 Peter 4:8 (ESV)***



For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - **Ephesians 2:8–10 ESV***



Reflective Question

How can you experience God's presence while showing God's **love** through simple acts of kindness, even while unwell, to bring encouragement and **healing** to others?

Five Practical Steps To Restore Lives with Him

- 1. Identify and steward your gifts** – prayerfully discern the opportunities God opens for you to exercise the talents and resources He has entrusted to you, committing to use them faithfully for His purposes whether during hospital treatment or recovery at home.
- 2. Serve others intentionally** – look for ways to bring healing, encouragement, and restoration in your conversations with fellow patients, nurses or visitors through acts of love and service.

3. Align conversations and thoughts with God's character – whatever you do, remember you are serving the Lord. Leave the results to Him, without seeking human approval.

4. Stay accountable and obedient – cultivate a posture of dependence on God, walking in step with the Spirit and remaining responsive to His guidance. Remind yourself that your sick body belongs to God and He will take care.

5. Embrace the weak and the sick – participate in God's desire to see souls come to reconcile with Him as we share His love with words and deeds, building relationships, and drawing people back to Him.

4. Rhythm of Readiness

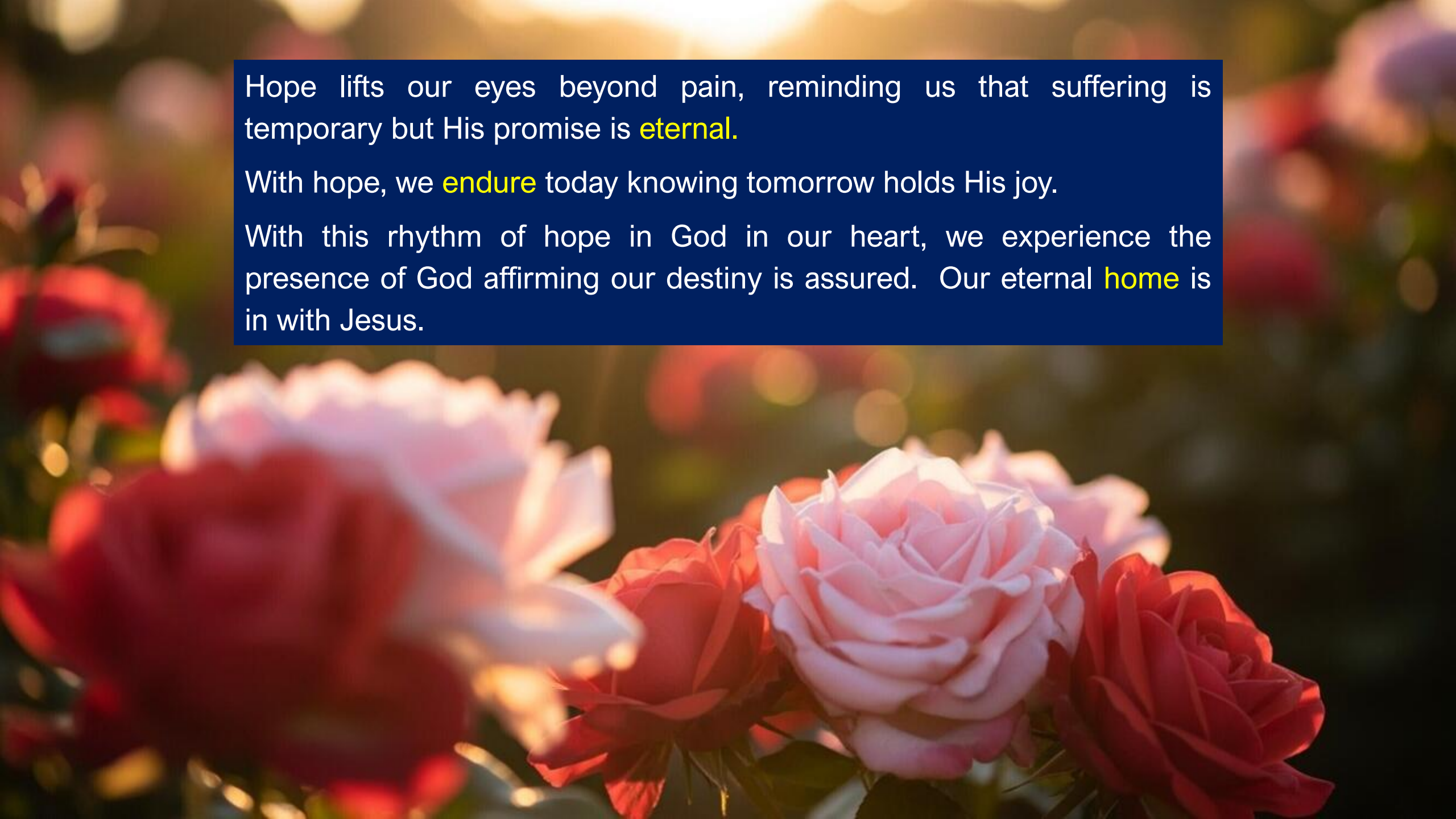
Is experiencing God's presence of hope

It is a rhythm of readiness to be with Jesus. You let the **hope** in God ready you to be with the Lord when you **breathe** your last. Hope prepares us for eternity.

It keeps our heart **ready** to meet the Lord, filling us with joy and anticipation.

Christ's sacrificial **love** at the cross assures us that we have been forgiven and **reconciled** with God. Our **identity** is now children of God – sinners saved by grace - and our **destiny** is to be Jesus throughout eternity.

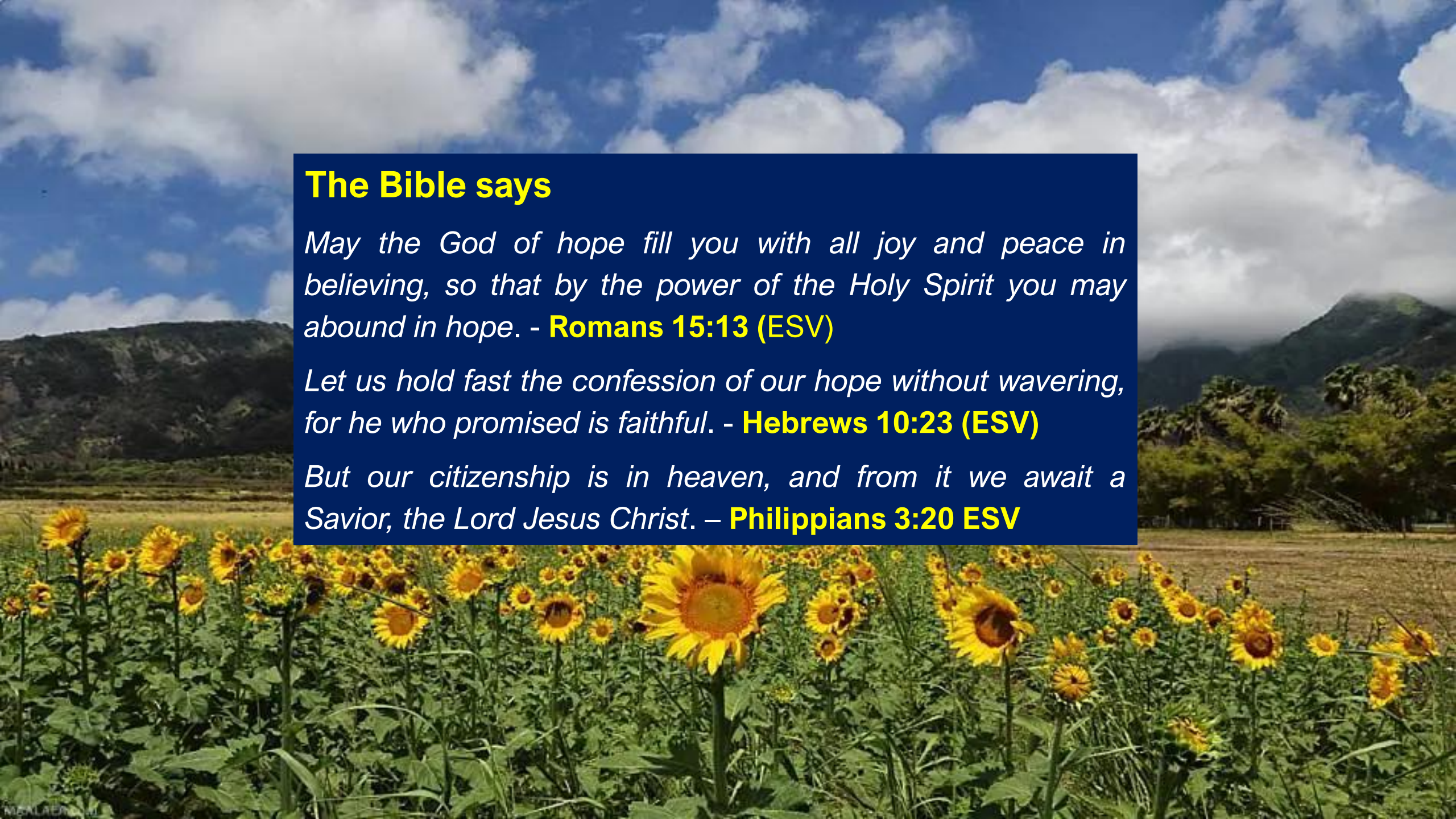




Hope lifts our eyes beyond pain, reminding us that suffering is temporary but His promise is **eternal**.

With hope, we **endure** today knowing tomorrow holds His joy.

With this rhythm of hope in God in our heart, we experience the presence of God affirming our destiny is assured. Our eternal **home** is in with Jesus.



The Bible says

*May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. - **Romans 15:13 (ESV)***

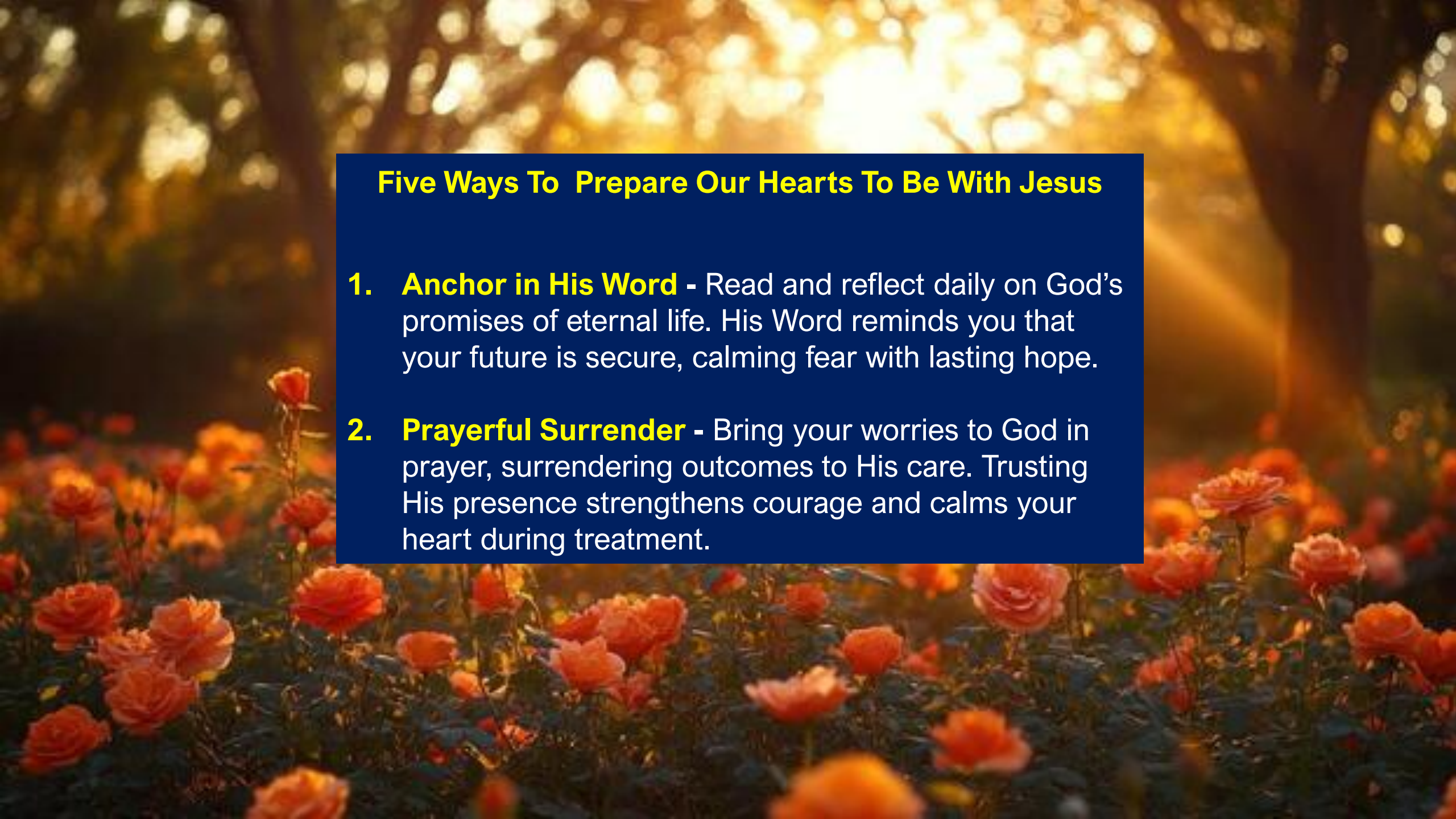
*Let us hold fast the confession of our hope without wavering, for he who promised is faithful. - **Hebrews 10:23 (ESV)***

*But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ. – **Philippians 3:20 ESV***



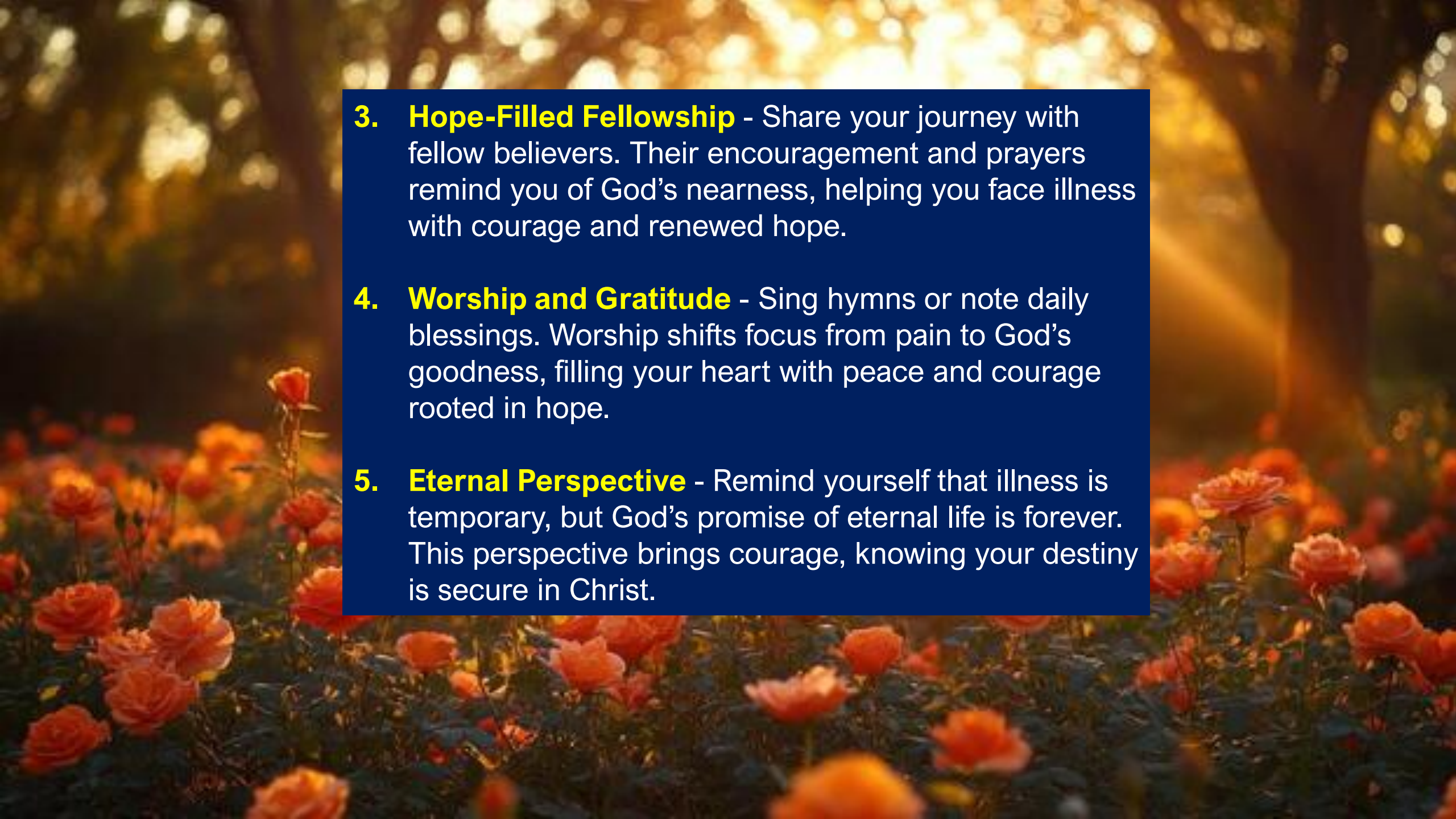
Reflective Question

How can experiencing God's presence by living with **hope** in Him help you face illness with courage, knowing your eternal future is secure in His **promises**?



Five Ways To Prepare Our Hearts To Be With Jesus

1. **Anchor in His Word** - Read and reflect daily on God's promises of eternal life. His Word reminds you that your future is secure, calming fear with lasting hope.
2. **Prayerful Surrender** - Bring your worries to God in prayer, surrendering outcomes to His care. Trusting His presence strengthens courage and calms your heart during treatment.



3. Hope-Filled Fellowship - Share your journey with fellow believers. Their encouragement and prayers remind you of God's nearness, helping you face illness with courage and renewed hope.

4. Worship and Gratitude - Sing hymns or note daily blessings. Worship shifts focus from pain to God's goodness, filling your heart with peace and courage rooted in hope.

5. Eternal Perspective - Remind yourself that illness is temporary, but God's promise of eternal life is forever. This perspective brings courage, knowing your destiny is secure in Christ.

CONCLUSION

A life **ready** for Christ is to walk daily in God's **presence**. The **safest** and most **blessed** place on earth is to be and live in God's presence

It means living in His **rhythm** of rest, renewal, restoration and readiness **continually**, while undergoing treatment for cancer or a challenging health condition

This rhythm **anchors** us in God's presence. His **peace** calms the heart, His **grace** renews our life, His **love** restores lives through us, and His **hope** for us prepares us for eternity.



Reflective Question

Which rhythm—peace, grace, love, or hope—do you most need today, and how can you **walk** in it with Christ's presence?

1. Identify the rhythm your **heart** longs for most.
2. Ask God to **guide** you in it daily.
3. Whether peace, grace, love, or hope, His **presence** strengthens and sustains you.
4. Walking in His rhythm **transforms** your weakness into resilience, ensuring you experience His **presence** and promises even in illness, with faith and courage.



A close-up photograph of a person's hands clasped together in a prayerful gesture. The hands are positioned on the left side of the frame, with fingers interlaced. A bright, warm beam of light enters from the upper left, creating a strong lens flare and illuminating the hands and the surrounding air. The background is dark and out of focus, emphasizing the hands and the light. The overall mood is one of solemnity and faith.

Prayer

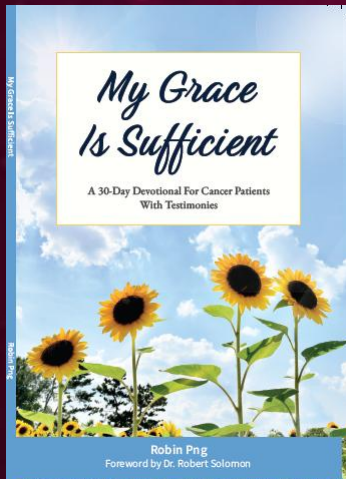
Lord Jesus, thank You for walking with us in illness and pain.

Fill our hearts with peace, renew our hearts and minds with grace, restore lives with you with love, and anchor us with hope.

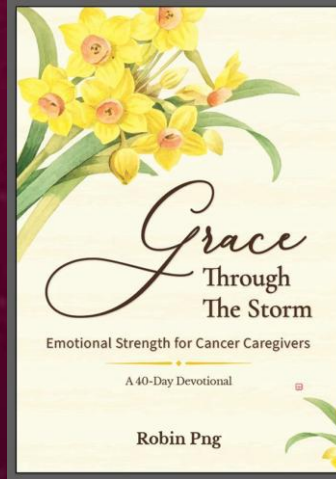
Help us daily to walk in Your presence, trusting Your promises until we see You face to face. Amen.

Free Download Of Devotional Books

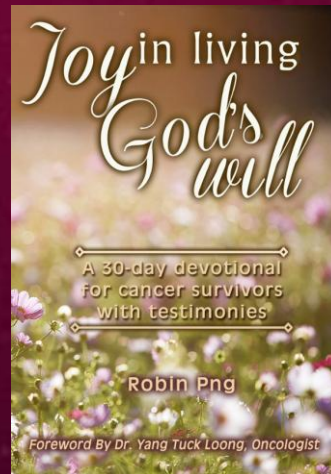
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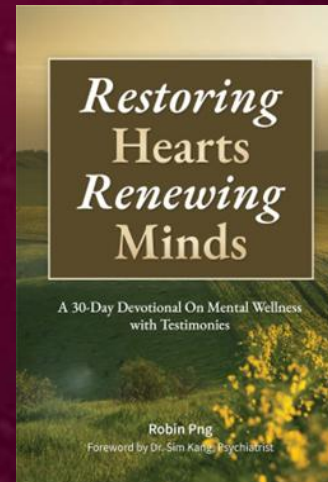
For Cancer Patient



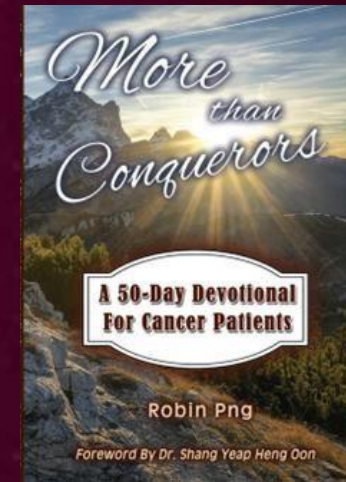
For Cancer Caregiver



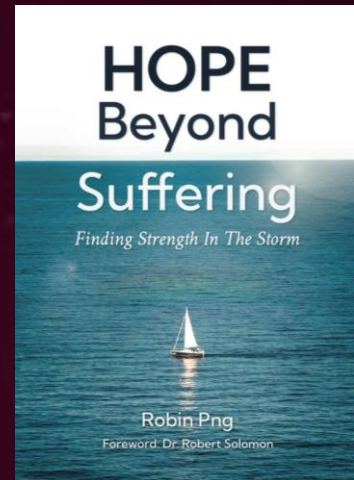
For Cancer Survivor



For Mental Wellness



Sequel of My Grace Is Sufficient



For Cancer Patient (Prebeliever)



WELCOME TO RESTORATIVE HEARTS *MINISTRY*

www.restorativehearts.org

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.