

Hope for the Journey Ahead

Finding Joy, Peace and Strength
in the Cancer Journey

By Pastor Robin Png
www.restorativehearts.org



May the
God of hope

fill you with all **joy** and **peace** in believing,

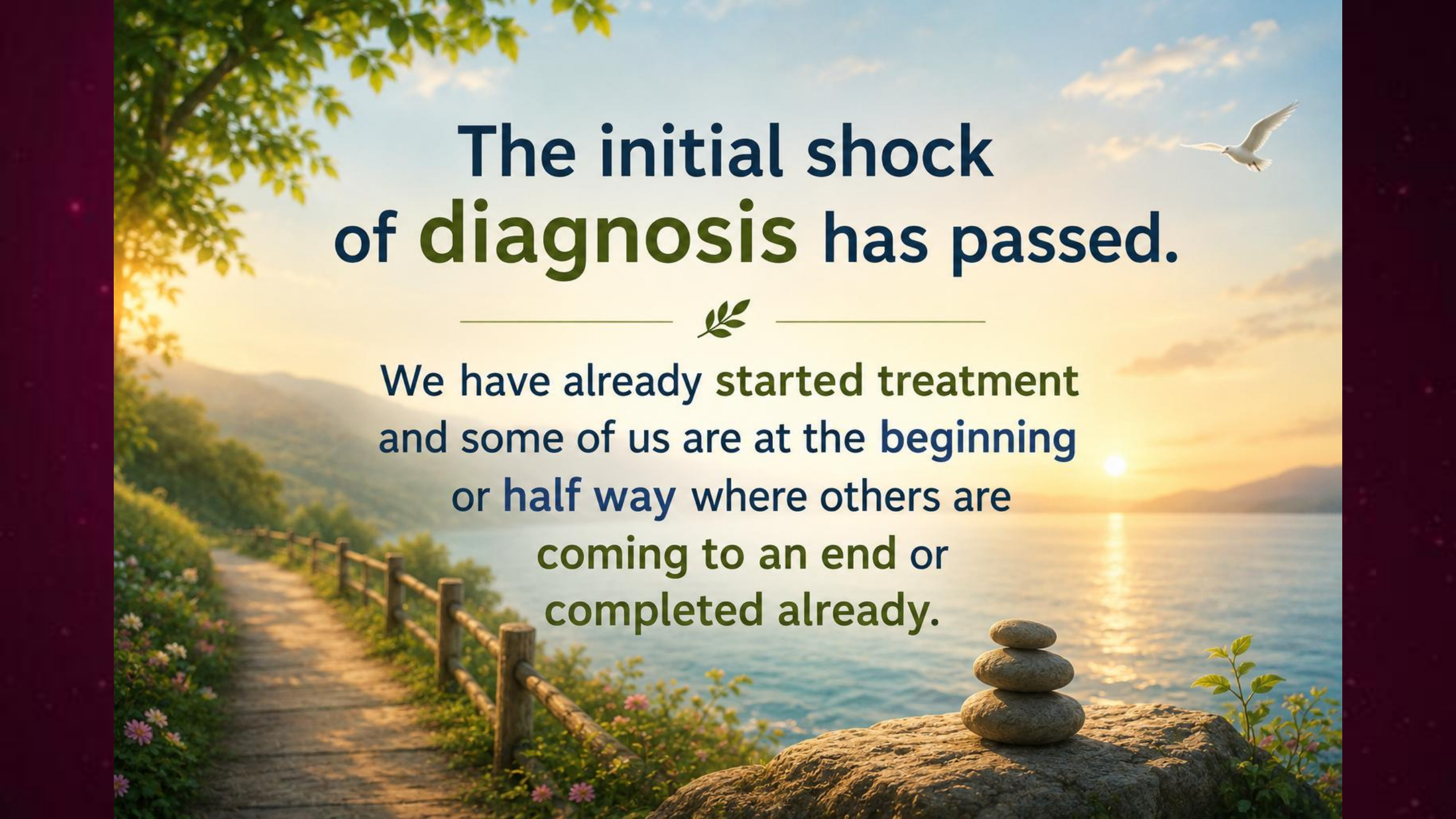
so that by the power of the

Holy Spirit

you may **abound in hope.**



Romans 15:13 (ESV)



The initial shock of diagnosis has passed.



We have already started treatment
and some of us are at the beginning
or half way where others are
coming to an end or
completed already.



Yet the road ahead may still feel challenging. Treatment can bring tiredness, side effects, emotional ups and downs, and questions about what comes next.

Romans 15:13 reminds us where our hope comes from.

Romans 15:13

1. Look Back and Thank God

FOR HOW FAR YOU HAVE COME



You may have already gone through surgery, chemotherapy, radiotherapy or other treatments.

Take time to recognise God's grace in bringing you this far.

Every step forward is something to thank Him for.





I will give thanks to the LORD
with my whole heart;
I will recount all of your wonderful deeds.

Psalm 9:1 (ESV)

A man with grey hair, wearing a light-colored button-down shirt and trousers, is sitting on a wooden bench. He is looking up towards a bright sun in the upper right corner of the frame, which is creating a strong lens flare. A vibrant rainbow arches across the sky from the top left towards the sun. The background features a calm lake, lush green trees, and distant mountains under a blue sky with soft clouds. The overall scene is peaceful and inspirational.

**Look back and
remember God's goodness
throughout your journey.**



Every treatment, difficult day,
answered prayer, and moment of
strength reminds you that God
has been faithful and worthy of
your gratitude.

2. Look Up and Trust God for the Days Ahead



The remaining treatment may feel tiring or uncertain. Instead of worrying about everything at once, learn to take one day at a time and trust God for the strength needed for today.

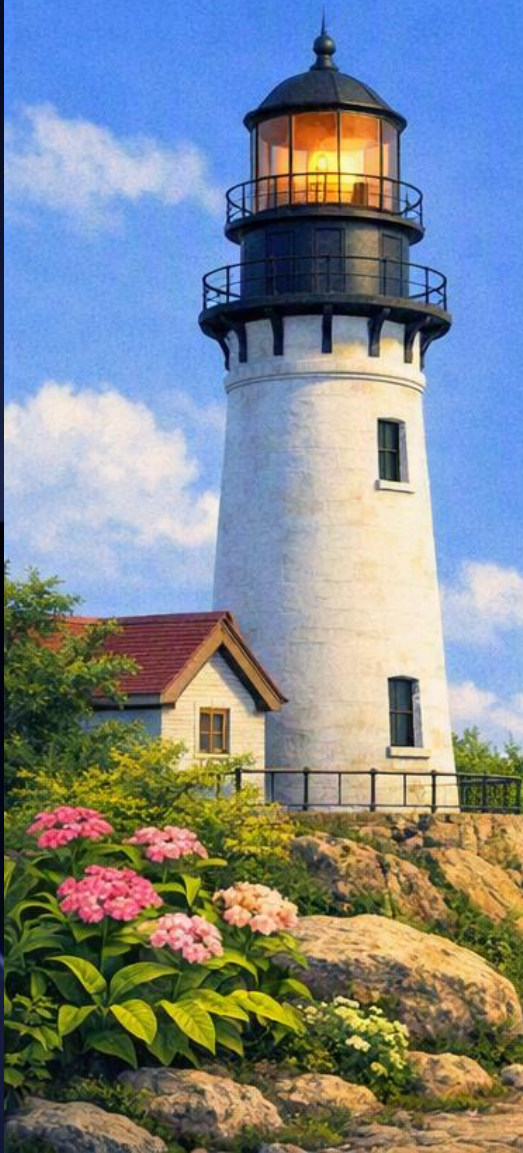




But I trust in you, O LORD;
I say, "You are *my God*."

My times are in your hand;
rescue me from the hand of my *enemies*
and from my persecutors!

Psalm 31:14–15 (ESV)





'You may not know what tomorrow will bring,
but you know who holds tomorrow. Place
your treatment, fears, questions, and future
in God's hands, trusting Him each day.'

3. Look Forward with Hope, Whatever the Journey Brings.



Our hope is more than receiving a good scan or completing treatment. Through the Holy Spirit, God gives us joy, peace and inner strength to continue. We can face tomorrow knowing that we are never alone.



I believe that I shall look upon the goodness of the LORD
in the land of the living!

Wait for the LORD; be strong, and let your heart take
courage; wait for the LORD!

Psalm 27:13–14 (ESV)

Whatever lies ahead, keep believing that He is still with you. Wait patiently, take courage, and hold onto hope, knowing His presence remains with you through every season.



Three Things Cancer Patients SHOULD Do Going Forward





1. Remember and give thanks.

Look back and recognise how God has helped you. Give thanks for every step, every answered prayer, every person who supported you, and every day of strength.

2. Trust God one day at a time.

Look up and place your fears, treatment, decisions, and future in God's hands. Ask Him for the strength needed for today, rather than trying to carry tomorrow's burdens.





3. Keep moving forward with hope.

Look forward with courage, whatever the journey brings. Continue living, loving, praying, connecting with others, and finding joy in each day while trusting God with the outcome.

Three Things Cancer Patients Should NOT Do Going Forward



1. Do not live in the past.

Don't continually replay the diagnosis, difficult treatment days, disappointments, or regrets. Learn from the journey, thank God for bringing you through it, and keep moving moving forward.



A white dove is shown in flight, wings spread wide, against a bright blue sky with scattered white clouds. Below the dove, a sun is rising over a series of rolling green hills, creating a warm, golden glow. In the foreground, a dirt path leads through a lush field of various wildflowers, including pink, purple, and yellow blooms. Numerous colorful butterflies, including monarchs and blues, are scattered throughout the field. In the distance, a small cluster of houses is visible on a hillside.

2. Do not worry about tomorrow.

Don't allow fear of the next treatment, scan, side effects, or uncertain outcome to steal today's peace. Focus on what you can do today and entrust tomorrow to God.

3. Do not lose hope because of uncertainty.

Don't let a difficult report, setback, recurrence, or slow recovery convince you that God has abandoned you. Your hope is ultimately in God's presence and faithfulness, not only in circumstances.



What is the takeaway

Don't dwell on yesterday, don't fear tomorrow, and don't give up today. Remember—Remember God's faithfulness, trust Him for today and keep walking forward with hope.



Prayer

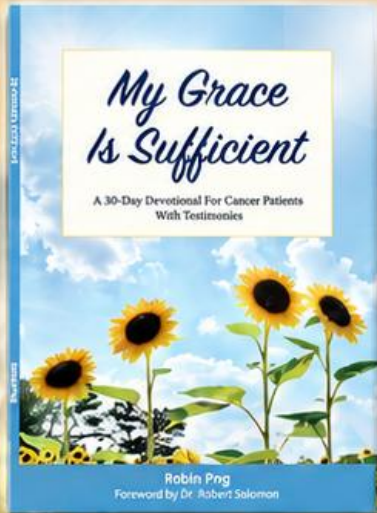
Heavenly Father, thank You for carrying us this far.
Help us remember Your faithfulness, trust You with
tomorrow, and face each day with courage.

Fill our hearts with Your peace, renew our strength,
and keep our hope alive.

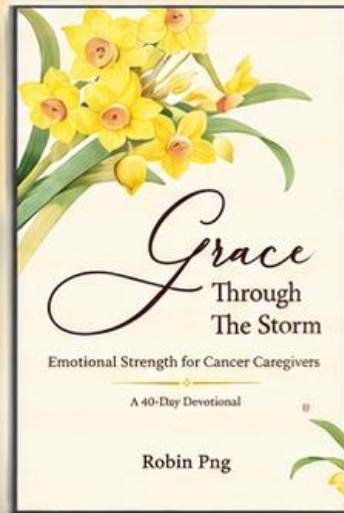
In Jesus' name, Amen.

Free Download Of DEVOTIONAL BOOKS

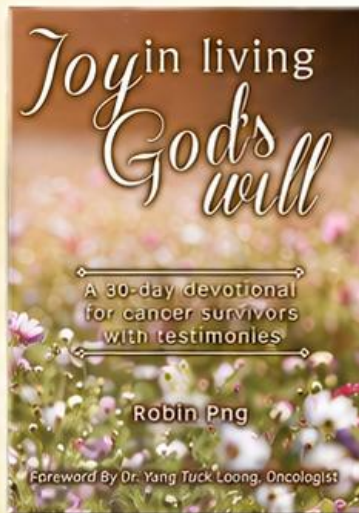
Click www.restorativehearts.org



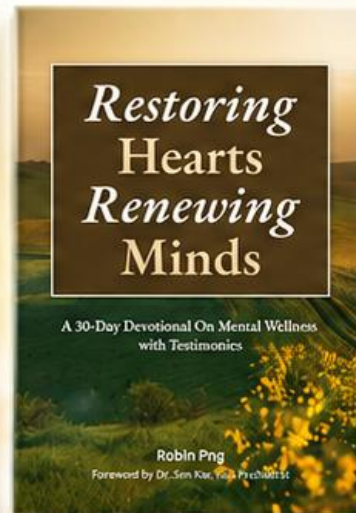
For Cancer
Patient



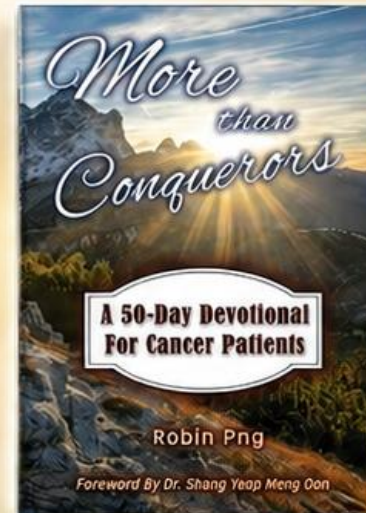
For Cancer
Caregiver



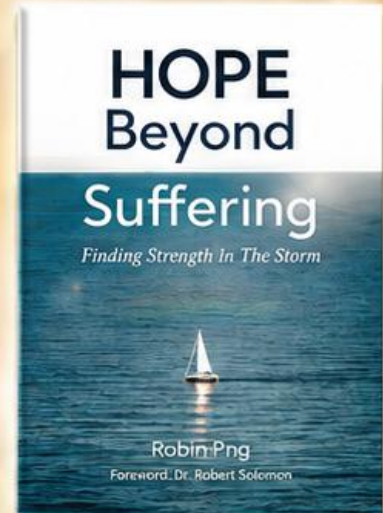
For Cancer
Survivor



For Mental
Wellness



Sequel of
My Grace Is
Sufficient



For Cancer
Patient
(Prebeliever)

Free Download Of Devotional Books

Click www.restorativehearts.org

For Cancer Patients



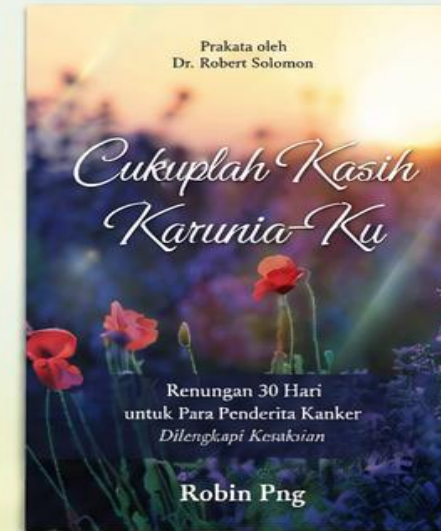
Chinese
Version



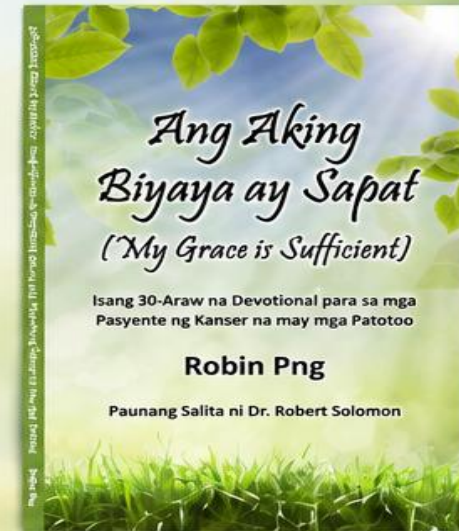
Chinese
Version



Chinese
Version



Indonesian
Version



Tagalog
Version



WELCOME TO RESTORATIVE HEARTS MINISTRY

www.restorativehearts.org

Introducing RHM

Restorative Hearts Ministry

Restoring Hearts • Renewing Minds • Reflecting Christ's Love



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 YOU

ALL FOR THE GLORY OF GOD