

Beauty From Ashes

*Finding Healing and Hope in
Pain and Suffering*



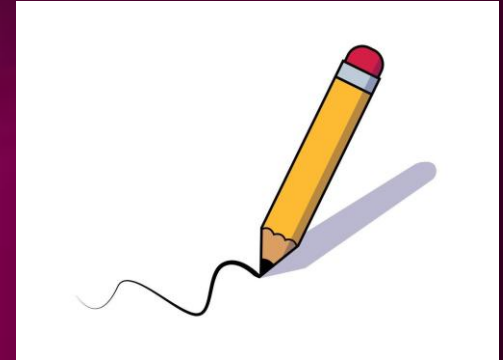
Pastor Robin Png

13 September 2025

www.restorativehearts.org

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*Finding Healing and Hope in
Pain and Suffering*



1. Introduction

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3. Our Response – is to Be **S.T.I.L.L.** (*Surrender, Trust, Invite, Lean & Listen*)

4. Conclusion

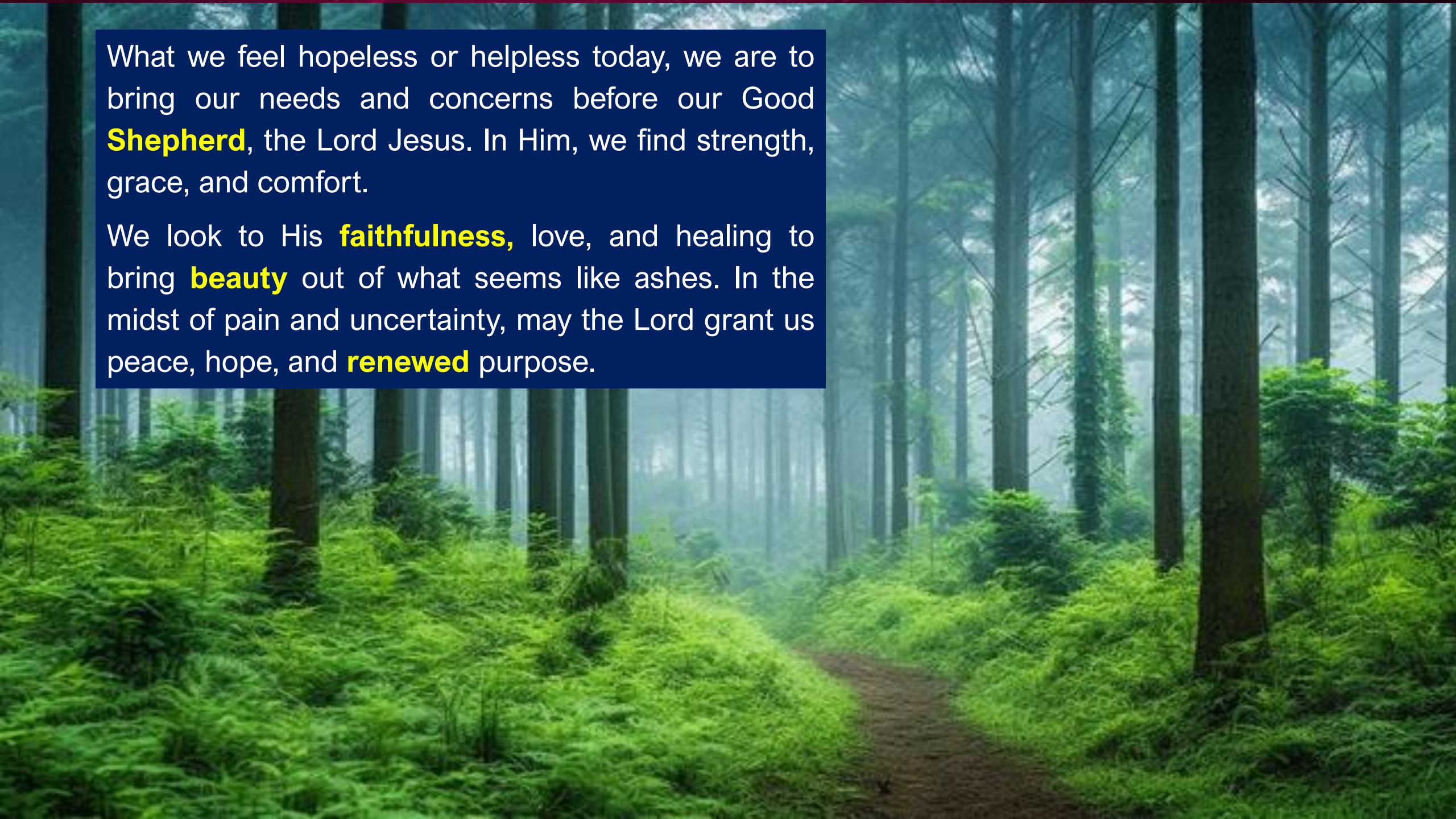
5. Application



1. Introduction

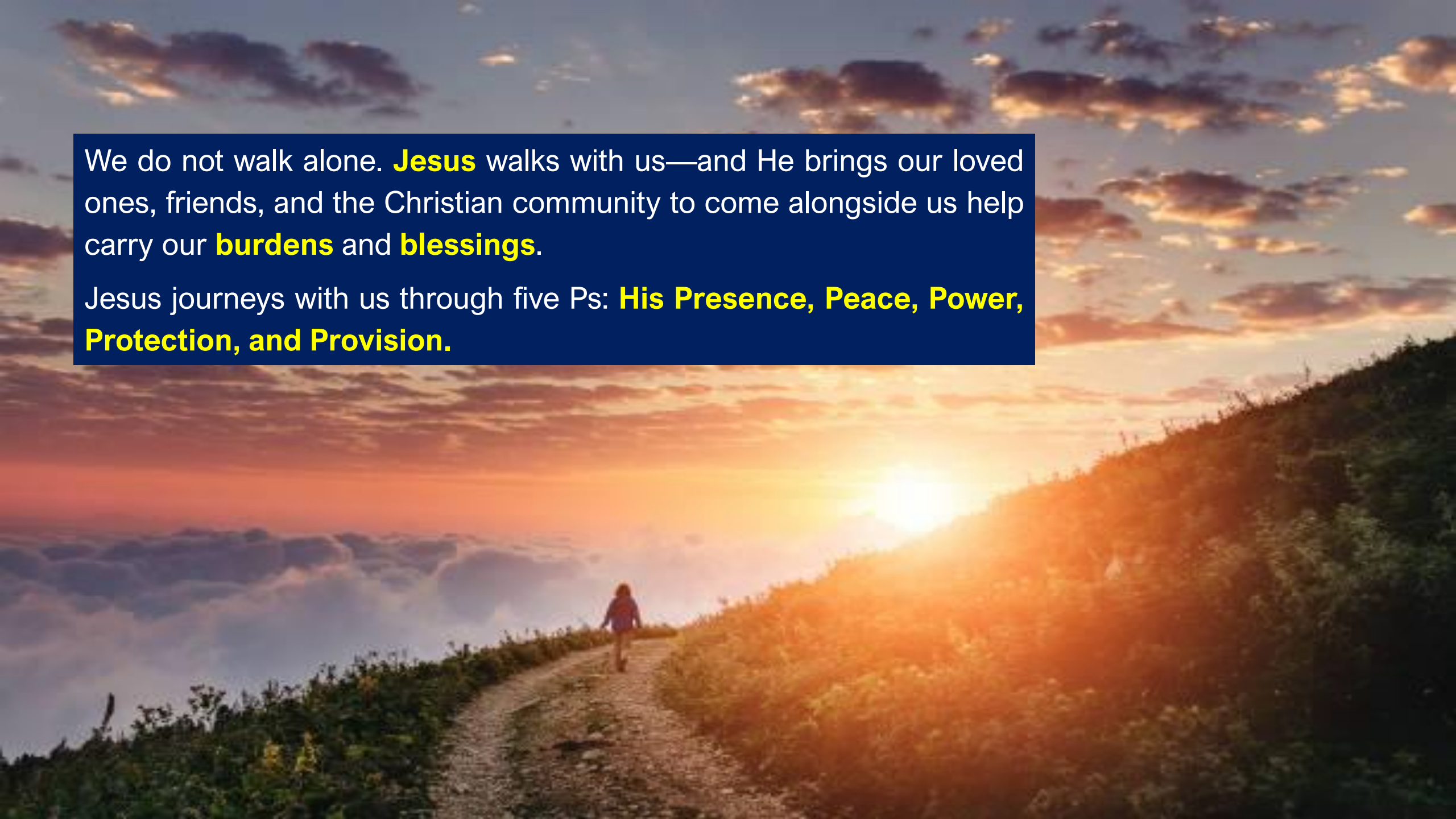
Every prolonged health crisis marks a **new season** in our Christian life. It is not an easy path. Along the way, we face many **needs** and **concerns**—emotional, physical, mental, social, financial, relational, and spiritual.

This talk invites us, as cancer patients, to view our journey through the lens of God's **promises** and **assurances**.

A photograph of a forest path. The path is a narrow, dirt trail that curves gently through a lush green forest. The ground is covered in dense, vibrant green ferns and other low-lying plants. Tall, slender trees with dark trunks stand on either side of the path, their branches reaching upwards. The air is thick with mist or fog, creating a soft, ethereal atmosphere. The light is diffused, filtering through the canopy and casting gentle shadows on the path. The overall mood is peaceful and serene.

What we feel hopeless or helpless today, we are to bring our needs and concerns before our Good **Shepherd**, the Lord Jesus. In Him, we find strength, grace, and comfort.

We look to His **faithfulness**, love, and healing to bring **beauty** out of what seems like ashes. In the midst of pain and uncertainty, may the Lord grant us peace, hope, and **renewed** purpose.

A person is walking away from the viewer on a dirt path that leads up a grassy hill. The path is flanked by green vegetation. In the distance, a valley is visible, filled with a sea of white clouds. The sun is setting or rising, creating a bright, golden glow that fills the sky and casts a long, warm light across the landscape. The sky is filled with scattered, dark clouds that are illuminated from below by the sun. The overall atmosphere is peaceful and contemplative.

We do not walk alone. **Jesus** walks with us—and He brings our loved ones, friends, and the Christian community to come alongside us help carry our **burdens** and **blessings**.

Jesus journeys with us through five Ps: **His Presence, Peace, Power, Protection, and Provision.**

And we respond by being S.T.I.L.L. before God daily

S - surrender your heart to God

T - Trust the Lord Wholeheartedly

I - Invite the Holy Spirit to lead

L - Lean on to Jesus faithfully

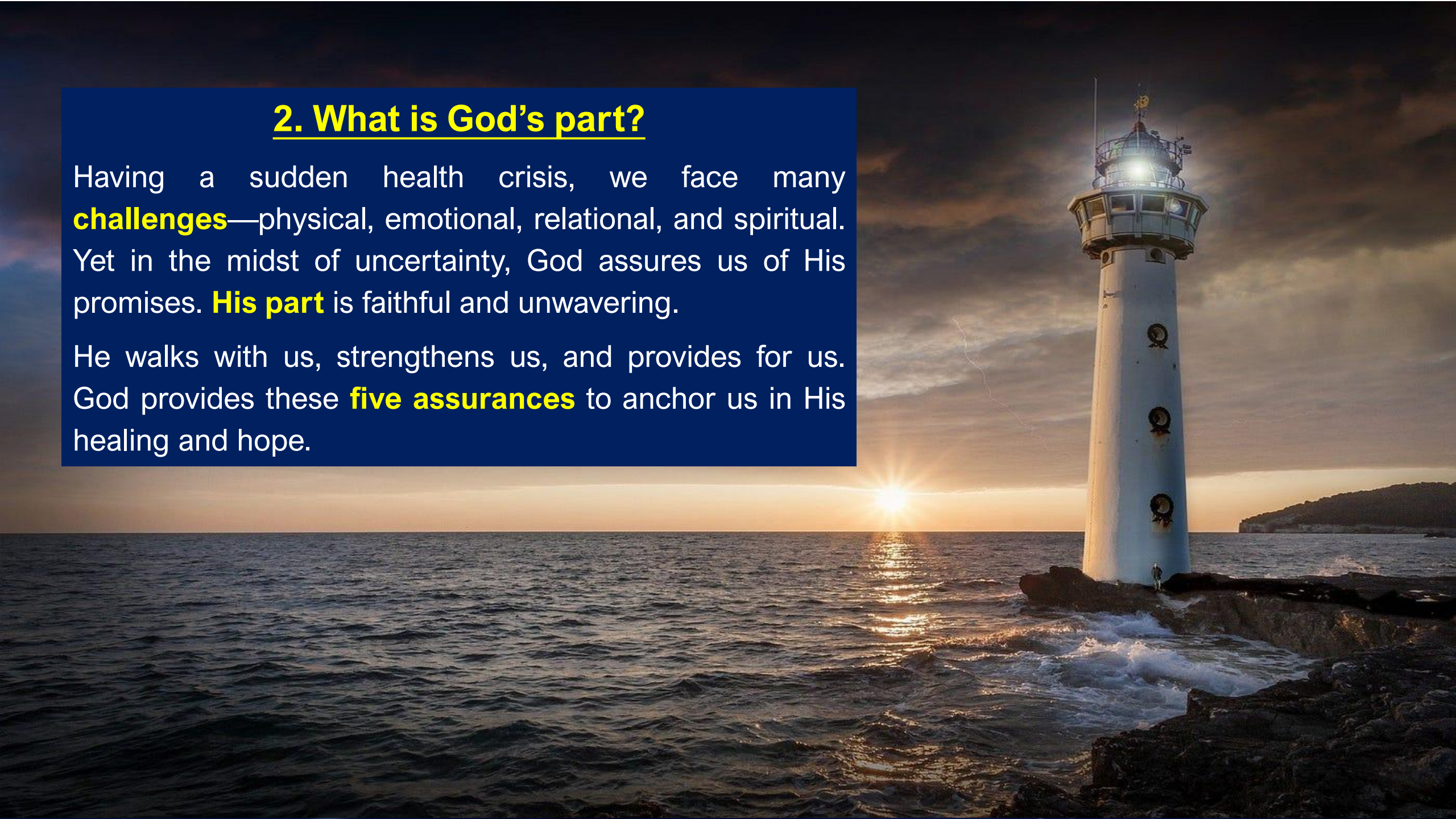
L - Listen to what God is saying

God's part we cannot do. Our part God will not do. It is in this sacred partnership that healing, hope, and transformation unfold.

2. What is God's part?

Having a sudden health crisis, we face many **challenges**—physical, emotional, relational, and spiritual. Yet in the midst of uncertainty, God assures us of His promises. **His part** is faithful and unwavering.

He walks with us, strengthens us, and provides for us. God provides these **five assurances** to anchor us in His healing and hope.





His Presence

Psalm 23:4 (ESV)

*“Even though I walk through the valley of the shadow of death, I will fear no evil, for **you are** with me; your rod and your staff, they **comfort** me.”*

God wants us to know He is near—watching over us, **listening** to every prayer, and comforting us in the darkest valleys.

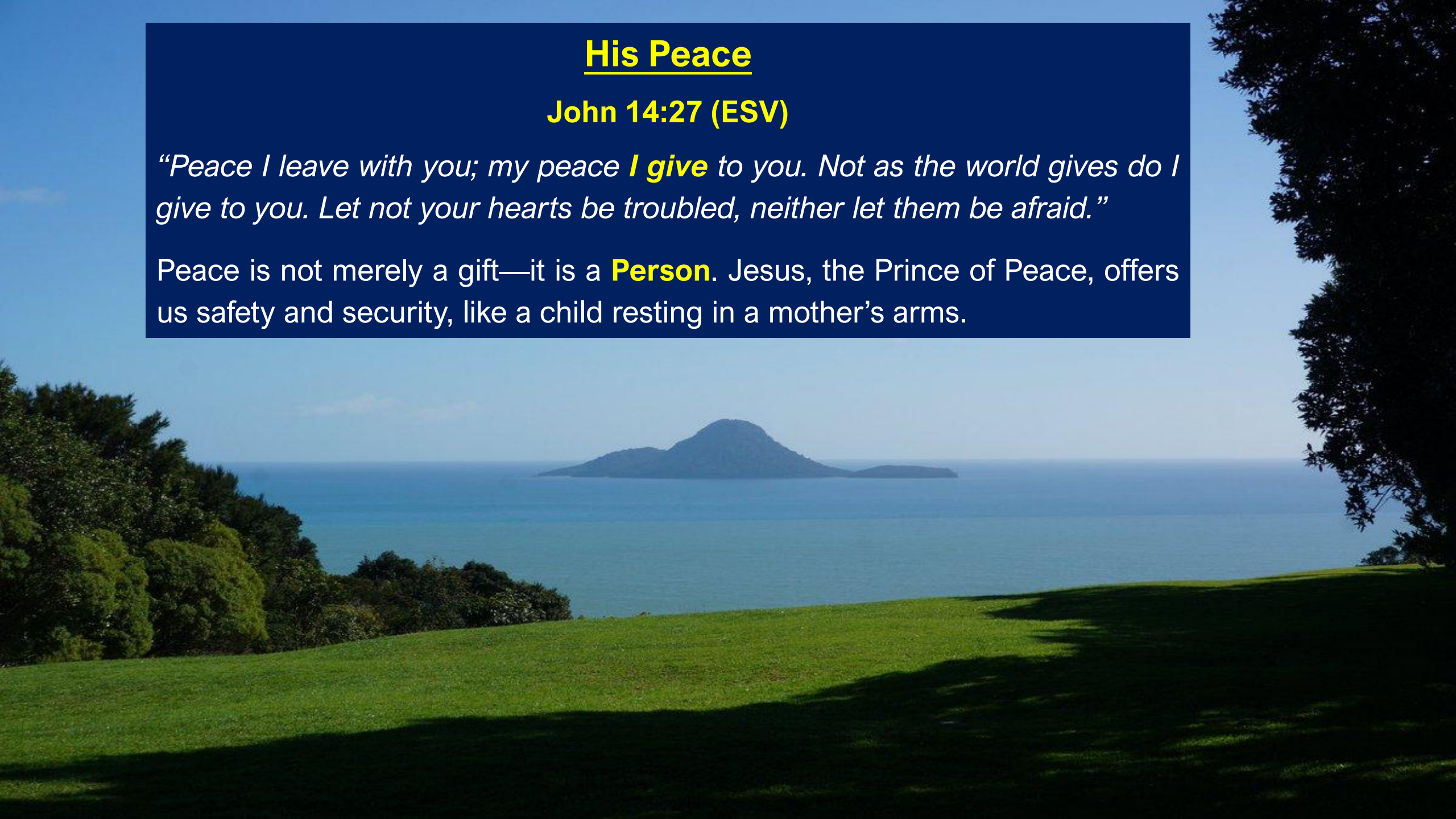


His Peace

John 14:27 (ESV)

*“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.”*

Peace is not merely a gift—it is a **Person**. Jesus, the Prince of Peace, offers us safety and security, like a child resting in a mother’s arms.





His Power

Philippians 1:6 (ESV)

*“He who began a good work in you will carry it on to **completion** until the day of Christ Jesus.”*

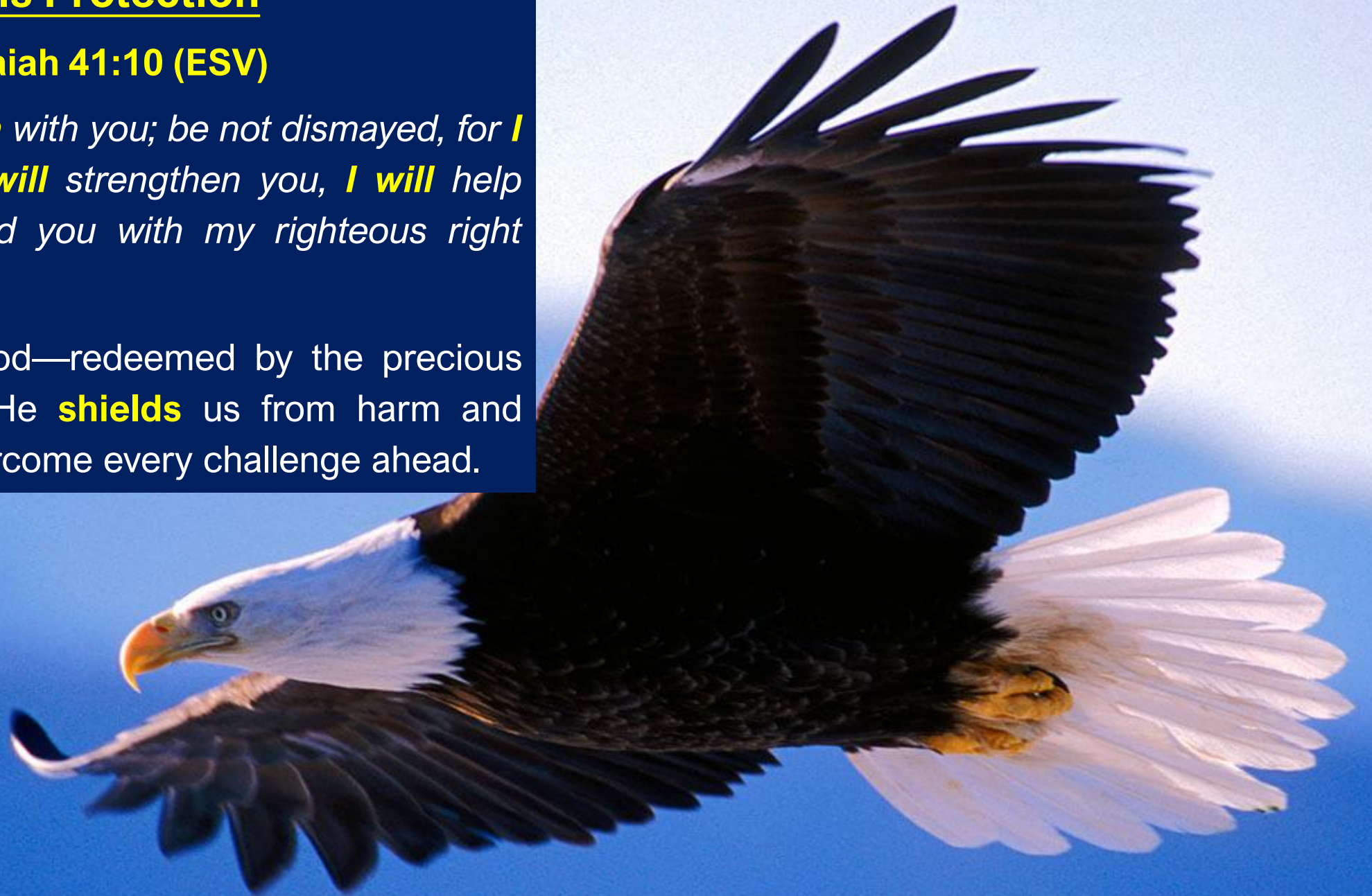
God will sustain us and keep us close to Him. He empowers us to complete the path He has set before us, fulfilling His **plan** and calling.

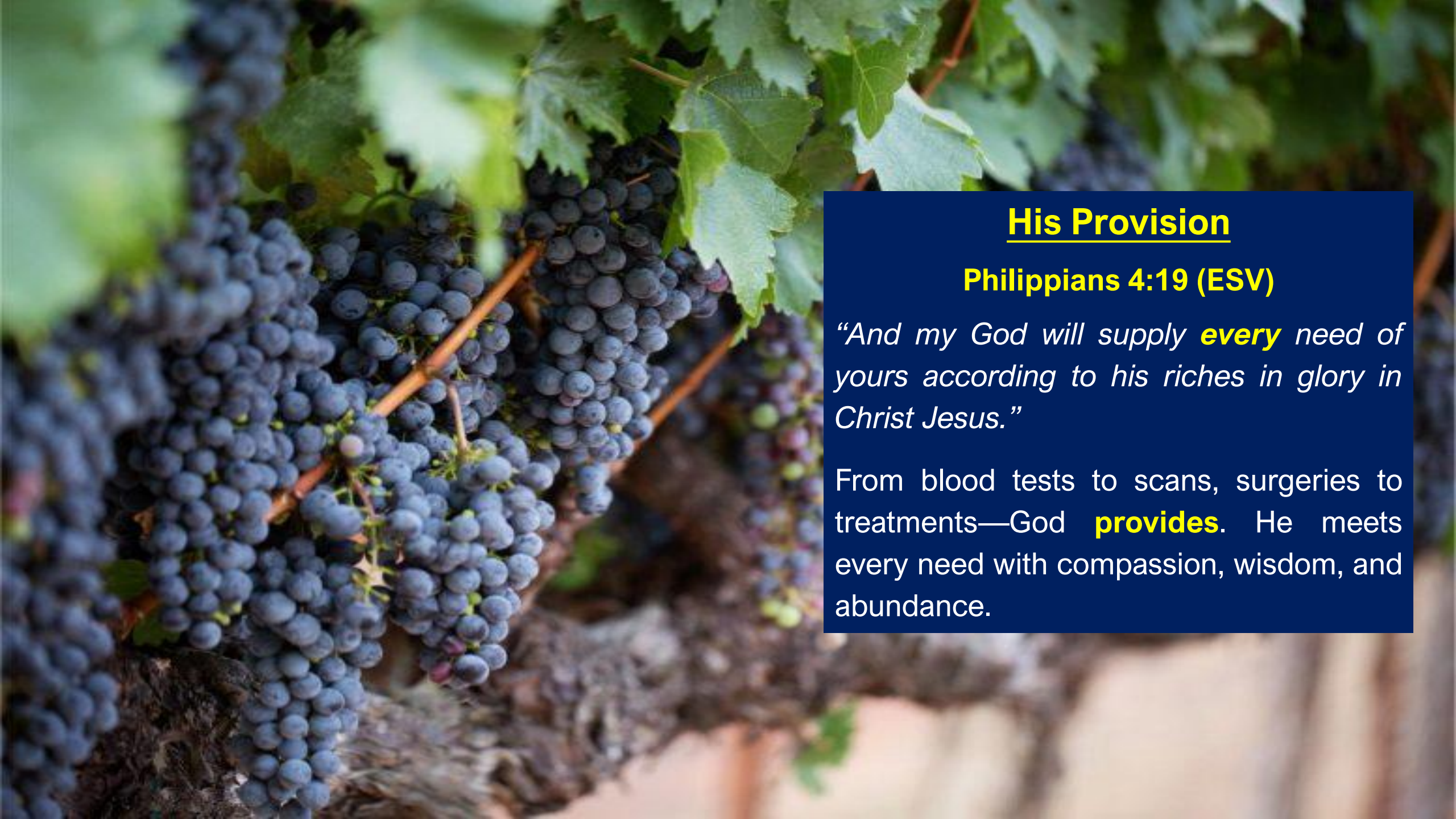
His Protection

Isaiah 41:10 (ESV)

*“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.”*

We **belong** to God—redeemed by the precious blood of Jesus. He **shields** us from harm and enables us to overcome every challenge ahead.





His Provision

Philippians 4:19 (ESV)

*“And my God will supply **every** need of yours according to his riches in glory in Christ Jesus.”*

From blood tests to scans, surgeries to treatments—God **provides**. He meets every need with compassion, wisdom, and abundance.

In our health crisis, **God's part** is to assure us of His Presence, His Peace, His Power, His Protection, and His Provision.

He is **faithful** to every promise.

He is **near** in every moment

He is **enough** for every need



Jong Nuyen
FINE ART PHOTOGRAPHY

3. What is our Part?

Our Response to God in the Cancer Journey

As we walk through the valley of the shadow of death, God assures us of His Presence, Peace, Power, Protection, and Provision. These are His **promises**—His part.

But we also have a part to play. Our **response** is not passive; it is a posture of faith, surrender, and trust. We are invited to be **S.T.I.L.L.**—to Surrender, Trust, Invite, Lean, and Listen.





Surrender Our Heart to God

Psalm 37:5 (ESV)

*“**Commit** your way to the Lord;
trust in him, and he will act.”*

We **yield** our desires, fears, and need for control to God’s will. Surrender is not weakness—it is an act of faith and obedience, trusting that His **plan** is wiser and His **timing** perfect.



Trust in the Lord Wholeheartedly

Proverbs 3:5–6 (ESV)

*“**Trust** in the Lord with all your heart, and do not lean on your own **understanding**. In all your ways acknowledge him, and he will make straight your paths.”*

We place full **confidence** in God’s power and faithfulness, **choosing** to rely on Him in every circumstance rather than leaning on our limited understanding.



Invite the Holy Spirit to Lead

Romans 8:26 (ESV)

*“Likewise the Spirit **helps** us in our **weakness**. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.”*

We ask the Holy Spirit to lead and guide us. We **release** our need to control and allow Him to comfort, teach, and correct us. He brings **rest** to our mind and for body, **shaping** our thoughts and decisions along the way.

Lean on the Lord for Strength

Psalm 46:1 (ESV)

*“God is our refuge and strength, a very **present** help in trouble.”*

Just as Jesus was strengthened by an **angel** in Gethsemane, we too need divine strength to endure the storm. Our heart need to be **restored** and our minds **renewed** daily to navigate this arduous journey.





Listen to What God Is Saying

Isaiah 30:21 (ESV)

*“And your ears shall **hear** a word behind you, saying, ‘This is the way, walk in it,’ when you turn to the right or when you turn to the left.”*

In moments of silence and **solitude**, we quiet our hearts to hear God’s **voice**. He speaks through His Word and through prayer. We learn to recognize the still, small voice of the Holy Spirit and **respond** with trust and obedience, knowing He leads us one **step** at a time.



4. Conclusion

Let Us Do Our Part by Being **S.T.I.L.L.**

Surrender our heart to God

Trust in the Lord wholeheartedly

Invite the Holy Spirit to lead

Lean on the Lord for strength

Listen to what God is saying

In this sacred **partnership**, we walk with Jesus—not ahead of Him, not behind Him, but beside Him. God's part we cannot do. Our part, He will not do. Together with Jesus, we journey in **faith**, anchored in His **love**.



5. Application

Surrender Our Heart to God

Release control, fears, and desires—entrust every moment to God's perfect will.

Trust in the Lord Wholeheartedly

Rely fully on God's wisdom, not your own limited understanding or strength.

Invite the Holy Spirit to Lead

Welcome the Spirit daily—He comforts, guides, and intercedes in our weakness.

Lean on the Lord for Strength

Draw strength from God's presence—He renews, restores, and carries us through.

Listen to What God Is Saying

Quieten your heart—hear God's voice through Scripture, prayer, and gentle nudges.

Prayer

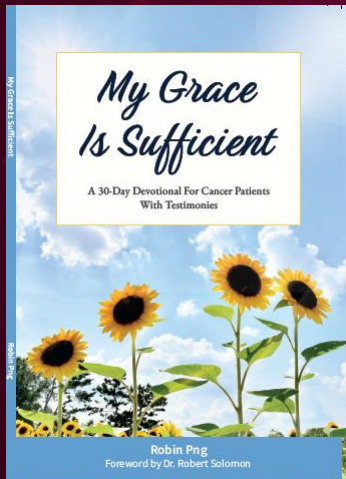
Dear Heavenly Father, we are grateful that you assure us that you journey with us. May we **experience** in a deeper way your presence daily. Enable us to experience your **peace** that will calm our heart and mind.

We believe you have the power to heal and restore our fragile and weak body. Thank you for **protecting** and **providing** for us in every step of the journey. We trust you. We love you Lord Jesus. In your healing name we pray. Amen

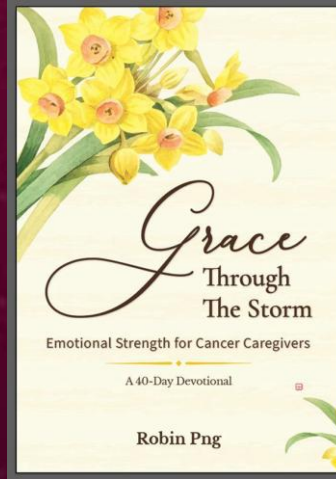


Free Download Of Devotional Books

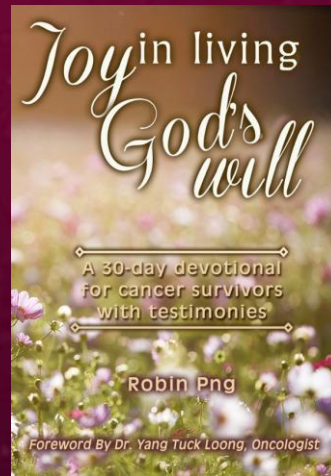
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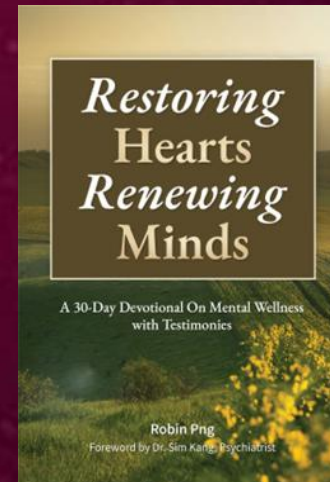
For Cancer Patient



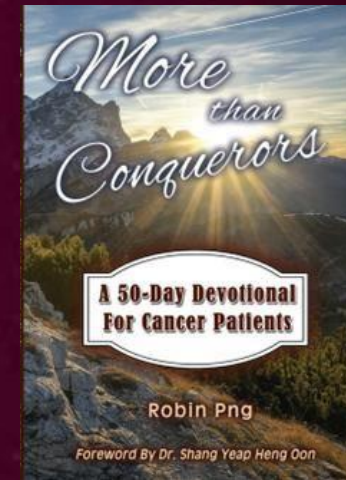
For Cancer Caregiver



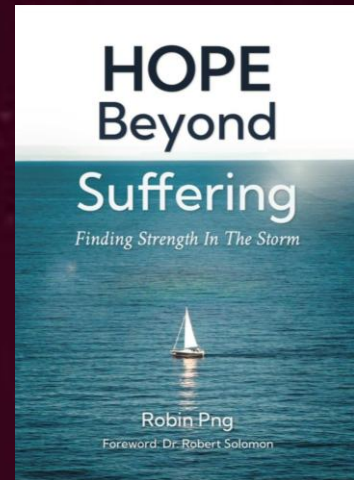
For Cancer Survivor



For Mental Wellness



Sequel of My Grace Is Sufficient

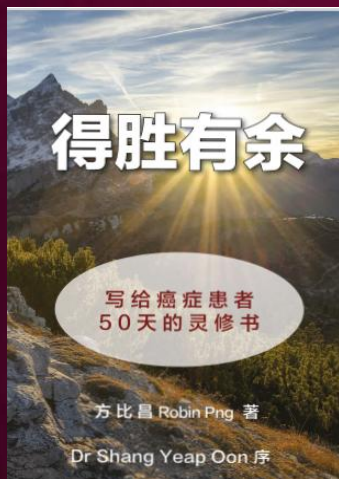


For Cancer Patient (Prebeliever)

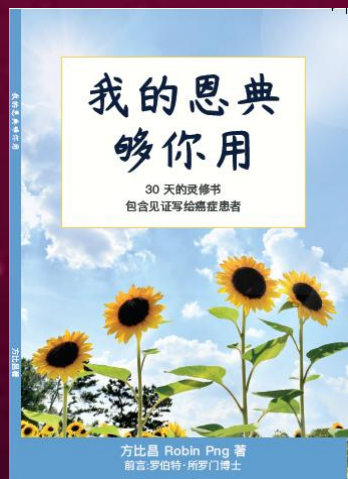
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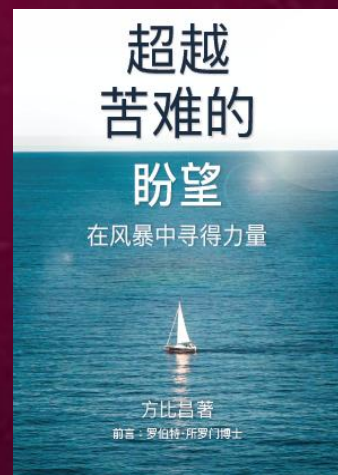
For Cancer Patients



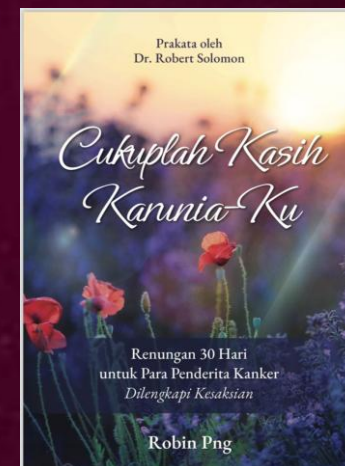
**Chinese
Version**



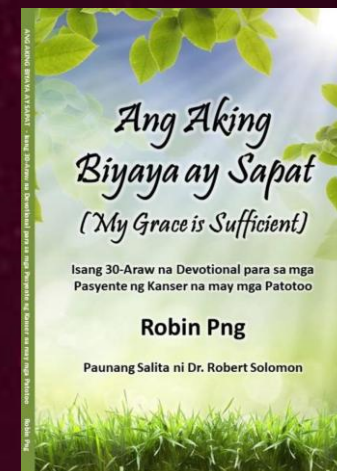
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**Chinese
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**Indonesian
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Our Vision

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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