Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies. - 1 Corinthians 6:19-20 (New International Version)

Spiritual strength can help you maintain a sense of hope, faith and courage in the face of serious illness.

A major step in getting strong spiritually is to make peace in four main areas of your life.

Make peace with God.
- "Why me" questions come up frequently in the face of serious illness.
- Asking why is a normal human question, but focusing on it can get you stuck and frustrated. Instead, try to put that question on hold and make peace with God.

Make peace with others, spiritually, if not in person.
- Forgive others and let go of past hurts and offenses.
- Don’t continue to invest in emotional pain that may be draining you spiritually.
- Let it go - Forgive and live!

Make peace with yourself.
- You did not cause this situation.
- Anyone can get sick.
- Be gentle with yourself during the path ahead.

Make your own personal spiritual care plan.
- Pray
- Daily Devotional
- Write in a journal
- Meditate
- Read scripture
- Find a safe place to talk
- Art/music therapy may help lift your spirits

Source: cancercenter.com

ourjourneyofhope.com

800-296-9333

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