

FEED YOUR FAITH Not Your Fears.

OUR
JOURNEY of
HOPE®

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 **yourself**.

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



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!



Make your own **personal spiritual care plan**

- Pray
- Read daily devotional
- Write in a journal
- Meditate
- Read Scripture
- Find a safe place to talk
- Try art/music therapy



Our Journey of Hope provides pastors and ministry leaders with the tools, training and support to help raise up cancer care ministries in their churches and communities.

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. - I Corinthians 6:19-20 (New International Version)



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