

— THE KOVAC COLLECTIVE —

HELD — IN THE — UNKNOWN

*Finding Grace When Life Changes
Before You Have All the Answers*



HEALING DEEPLY. THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

A Note Before *You Begin*



Sometimes life changes before anyone has even told you exactly what changed.

A test comes back abnormal.

A doctor says, "We need to take a closer look."

A scan leads to another scan.

A biopsy is scheduled.

A diagnosis is spoken aloud.

Treatment begins.

A condition becomes chronic.

Someone you love becomes sick.

Or illness takes someone you never imagined living without.

And suddenly, there is a dividing line between the life you were living and the life you are trying to understand now.

If you are in that space, this resource is for you.

You do not have to know what comes next to acknowledge that this is hard.

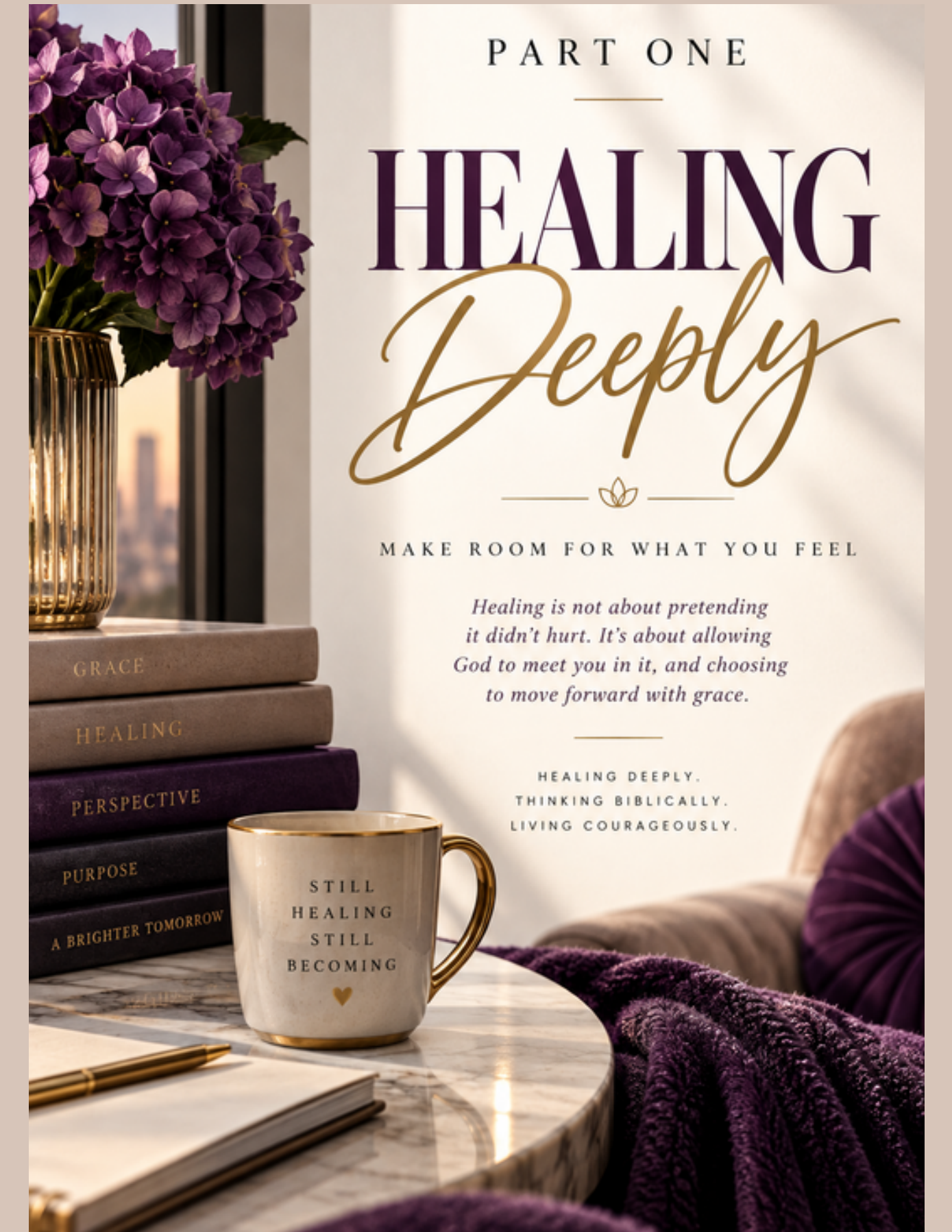
You do not have to pretend you are fearless to be faithful.

You do not have to rush into strength when your heart is still trying to process what it heard.

You are allowed to be human here.

And you are allowed to take this one day, one conversation, one appointment, one prayer, and sometimes one breath at a time.





PART ONE

HEALING *Deeply*



MAKE ROOM FOR WHAT YOU FEEL

*Healing is not about pretending
it didn't hurt. It's about allowing
God to meet you in it, and choosing
to move forward with grace.*

HEALING DEEPLY.
THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

GRACE

HEALING

PERSPECTIVE

PURPOSE

A BRIGHTER TOMORROW

STILL
HEALING
STILL
BECOMING



Make Room for What You Feel

Life-changing health news can stir emotions you were not prepared to carry.

You may feel afraid.
You may feel angry.
You may feel numb.
You may cry one moment and laugh the next.
You may be hopeful in the morning and overwhelmed by bedtime.
You may find yourself thinking about things you never thought about before.

Your family.
Your children.
Your unfinished plans.
Your body.
Your future.
Your faith.
Your mortality.

None of those emotions automatically mean that you lack faith.
They mean something significant is happening, and your mind, body, and spirit are trying to make sense of it.
You do not have to label every difficult emotion as unbelief.
There is a difference between experiencing fear and allowing fear to become your only voice.
There is a difference between grieving what has changed and giving up on the life that remains.
Healing deeply begins with honesty.
Sometimes the most faithful prayer you can pray is simply:
"God, I am afraid."
And then stay there long enough to allow Him into the truth of what you are actually carrying.



A
BRAVER
HEART
A KINDER
TOMORROW

“
God,
I am afraid.”

”
HONEST
PRAYERS
STILL REACH
A FAITHFUL GOD.



Give Yourself Permission

Give yourself permission to:



Rest.
Ask questions.
Say, 'I don't know.'
Cry.
Change the subject.
Decline visitors.
Accept visitors.
Turn your phone off.
Laugh without feeling guilty.
Enjoy a good day without waiting for something bad to happen.

Ask for help.
Change your mind.
Need people.
Need solitude.
Be tired.
Hope.
Grieve.
Pray differently than you prayed before.

There is no perfect way to experience a difficult season.
You are learning how to live inside circumstances you did not choose.
Give yourself grace while you learn.

IF YOU ARE WAITING FOR ANSWERS



There is a particular kind of heaviness that comes with waiting.

Waiting on the scan.

Waiting on pathology.

Waiting for the specialist.

Waiting for the phone call.

Waiting to know whether something is benign, malignant, treatable, chronic, temporary, progressive, or something else entirely.

Your mind may try to fill every unanswered space.

Try not to make yourself live through outcomes that have not happened.

You do not have to rehearse every possible future.

Bring yourself back to what is true today.

Ask:

What do I actually know right now?

Not what you fear.

Not what you searched online at 2:00 in the morning.

Not what happened to someone else's cousin, mother, friend, or coworker.

What has your medical team actually told you?

Then ask:

What is my next step?

Sometimes courage is not having the entire plan.

Sometimes courage is simply showing up for the next appointment.

A
BRAVER
HEART
A KINDER
TOMORROW



HOPE
HOLDS
YOU
HERE

FAITH
MEETS
REAL LIFE
RIGHT HERE.



IF YOU HAVE RECEIVED LIFE-CHANGING NEWS

A diagnosis can feel like a name has suddenly been placed over your entire life.

Cancer.

Autoimmune disease.

Heart disease.

Kidney disease.

Neurological illness.

Chronic pain.

A progressive condition.

A life-altering injury.

Or another diagnosis you never expected to hear connected to your name.

But hear this clearly:

Your diagnosis may describe something happening in your body. It does not describe the entirety of you.

You are still a whole person.

You still have a name.

A personality.

A history.

Relationships.

Wisdom.

Dreams.

Humor.

Faith.

Preferences.

Plans.

Love to give.

Life to experience.

You are a whole person experiencing something difficult.

You are not the difficult thing happening to you.

Still
Me
Still
Here
♡

MORE
THAN
A
DIAGNOSIS
ALWAYS



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HEALING DEEPLY.
THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

HIS
WORD
STILL
SPEAKS.

HIS
TRUTH
STILL
STANDS.

YOU
CAN
STILL
TRUST.

PART TWO

THINKING BIBLICALLY



ANCHOR YOUR MIND.
ALIGN YOUR PERSPECTIVE.
FIND PEACE IN HIS TRUTH.

BIBLE | TRUTH FOR TODAY

WISDOM | DISCERNMENT | PEACE

SAME
TRUTH.
NEW
MERCIES.

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THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

*His Truth
Changes
Everything*
♡

FAITH DOES NOT Require Denial

Biblical thinking does not mean convincing yourself that nothing bad can happen.

It means deciding that whatever happens, fear will not be the only truth you listen to.

Scripture never promises that believers will avoid suffering. It repeatedly reminds us that God remains present within it.

*"When you pass through
the waters, I will be with you."*

— ISAIAH 43:2

Notice the promise.

Not if.

When.

And not, "You will never encounter deep waters."

The promise is:

I will be with you.

That changes how we understand courage.

Courage is not always believing that everything will turn out exactly the way you want.

Sometimes courage is believing that whatever tomorrow contains, you will not enter it alone.

HIS
PRESENCE
CHANGES
EVERYTHING.

SAME
GOD.
DIFFERENT
SEASON.
STILL HERE.

HOLY BIBLE

PRAY | PROCESS | PERSPECTIVE | PEACE

A BRIGHTER TOMORROW
IS STILL POSSIBLE

Still With Me
♡

TRUTH
TODAY.
PEACE
TOMORROW.
STILL
HIS.

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PART TWO
THINKING BIBLICALLY

WHAT IS TRUE WHILE I WAIT?

WHEN YOUR MIND BEGINS RUNNING AHEAD
OF YOU, COME BACK TO TRUTH.



GOD IS PRESENT.

You may not understand what is happening, but confusion does not equal abandonment.



YOU ARE ALLOWED TO ASK QUESTIONS.

Faith and questions can exist in the same room.



YOUR WORTH HAS NOT CHANGED.

Your value is not determined by the strength of your body, the productivity of your days, or your medical status.



REST IS NOT FAILURE.

Your body may need something different from you now. Listen to it.



YOU DO NOT HAVE TO BE STRONG EVERY MOMENT.

Strength also looks like receiving support.



HOPE CAN CHANGE SHAPE.

Hope might begin as, "I want this to disappear." Later it may become:

- "Help me respond well."
- "Give my doctors wisdom."
- "Give me strength for treatment."
- "Help me live fully today."
- "Give my family peace."
- "Help me recognize grace even here."

Hope is still hope.

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SCRIPTURES FOR THE UNKNOWN

SAME GOD. STILL GOOD. ALWAYS WITH YOU.

PSALM 46:1

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

PSALM 56:3

*"When I am afraid, I put my trust
in you."*

ISAIAH 41:10

"Fear not, for I am with you."

ISAIAH 43:2

*"When you pass through the waters,
I will be with you."*

MATTHEW 6:34

*"Therefore do not worry about tomorrow,
for tomorrow will worry about itself."*

2 CORINTHIANS 12:9

*"My grace is sufficient for you,
for my power is made perfect in weakness."*

PHILIPPIANS 4:6-7

*Bring your anxiety, your requests, and
your heart honestly before God— and
allow His peace to guard you."*

You do not have to memorize all of them.

Choose one.

Let that be enough for today.

HIS
WORD
HOLDS
YOU
HERE.

TODAY.
TOMORROW.
ALWAYS.

STILL
HELD.
STILL
HOPEFUL.

HOLY BIBLE

*His
Promises
Are
Enough*
♡

SAME
GOD.
NEW
STRENGTH.

BOLDER
FAITH.
BRIGHTER
DAYS.

YOU
CAN
DO
THIS.

PART THREE

LIVING COURAGEOUSLY



A BRAVER YOU
FOR WHAT'S NEXT.

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THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

COURAGE
LOOKS
GOOD
ON YOU.



FAITH IN ACTION

PURPOSE
STILL LIVES

BRAVER THAN BEFORE

GRACE
GOES WITH YOU

*Still
Becoming
Braver*
♡

IF YOU LOVE SOMEONE WHO IS SICK

You may feel helpless because you cannot fix what is happening.

But support does not always require fixing.

Sometimes love sounds like:

- "I am here."
- "You do not have to entertain me."
- "I can drive you."
- "I'll bring dinner."
- "I can sit with you during treatment."
- "Do you want advice, prayer, distraction, or just someone to listen?"
- "I'll check in again."

AVOID FORCING POSITIVITY.

You do not have to tell someone:

- "Everything happens for a reason."
- "At least..."
- "You just have to stay positive."
- "You need more faith."

Sometimes the most loving thing you can do is resist the urge to explain someone else's suffering.

Sit with them instead.

REAL LOVE
SHOWS UP.

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THINKING BIBLICALLY.
LIVING COURAGEOUSLY.



IF YOU ARE THE CAREGIVER

Caregivers often become invisible inside someone else's illness.

Everyone asks:

"How are they doing?"

Far fewer people ask:

"How are you doing?"

You cannot continuously pour from a place that is completely depleted.

Rest does not mean you love them less.

Accepting help does not mean you failed.

Having moments of frustration does not make you selfish.

You are carrying something difficult too.

Make room for your own support.

YOU
MATTER
TOO.

REST.
REFUEL.
RECEIVE
SUPPORT.
YOU
MATTER
TOO.

SOME
PEOPLE
WILL
ALWAYS
BE A PART
OF YOUR
STORY.

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PART THREE
LIVING COURAGEOUSLY

IF ILLNESS HAS ALREADY TAKEN SOMEONE YOU LOVE

SOMETIMES THE WAITING ENDS
DIFFERENTLY THAN WE PRAYED.
AND THEN A NEW KIND OF JOURNEY BEGINS.

Grief.



There is no sentence that makes
losing someone easy.



There is no scripture that requires
you to stop missing them.



There is no timetable that determines
when love should stop hurting.



Grief is not evidence that you have
failed to heal.



Sometimes grief is evidence that love
had somewhere meaningful to live.

Carry the memories.
Say their name.
Tell the stories.
Laugh at the things they used to do.
Cry when you need to.
Make room for the life you still have
without believing that moving forward
means leaving them behind.

*Love does not disappear
because someone is no longer
physically present.*

IT CHANGES FORM.

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A
BRAVER
YOU
STILL
LIVES
HERE.



PART THREE | LIVING COURAGEOUSLY

LIVING COURAGEOUSLY DURING ILLNESS

Living courageously during illness rarely looks like pretending nothing has changed.

It may look like allowing yourself to change with it.

Courage can look like:

- Going to the appointment.
- Getting another opinion.
- Writing your questions down before meeting your doctor.
- Asking someone to come with you.
- Allowing people to bring dinner.
- Saying no to conversations that drain you.
- Taking a nap.
- Asking for prayer.
- Seeking counseling.
- Following your treatment plan.
- Celebrating an ordinary Tuesday.
- Planning something you enjoy.
- Buying the flowers.
- Taking the picture.
- Laughing loudly.
- Making memories.
- Living while you are still here.

Do not make the mistake of believing that because something serious is happening, every remaining moment must become serious too.

You are still allowed to experience joy.

THE TODAY CHECK

WHEN EVERYTHING FEELS TOO LARGE, COME BACK TO TODAY.
ASK YOURSELF FIVE QUESTIONS.

1

What do I know?

Separate confirmed information from fear and assumptions.

2

What do I need?

Rest?
Information?
Prayer?
Food?
Quiet?
Company?
Help with transportation?
Someone to listen?

3

Who can help me?

You were never designed to carry everything alone.

4

What can wait?

Not everything deserves your energy today.

5

What would grace look like for me right now?

Not tomorrow.
Not next month.
Right now.

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WHEN YOU DON'T KNOW WHAT TO PRAY

YOU DO NOT NEED ELOQUENT WORDS.
YOU DO NOT HAVE TO PRAY A PERFECT PRAYER.

Try this:

God,
I don't know what happens next.
I don't understand everything happening
around me or within me.
Some moments I feel strong, and other moments
I am afraid.
Meet me in both.

Give wisdom to every person involved in my care.
Help me ask the right questions and make wise decisions.
Guard my mind from fear that outruns the facts.
Give me grace for this day instead of demanding
that I carry tomorrow too.

Help the people who love me know how to support me.
Give me courage to receive that support.

Where I need healing, bring healing.
Where I need strength, give strength.
Where I need rest, teach me to rest.
Where I need peace, quiet what fear has made loud.

Whatever comes next, remind me that I do not walk
into it alone.

Hold me in the unknown.

Amen. ♥

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HEALING DEEPLY.
THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

UNCERTAIN
DAYS.
THE SAME
FAITHFUL
GOD.

PRAY
ANYWAY.

*Still
Here
Still
Praying* ♥

PRAYER
KEEPS
ME
GROUNDED.

THE HOLY BIBLE

GRACE FOR TODAY

STRENGTH IN THE WAITING

*Same God.
New Prayers.
Still Hopeful.* ♥

WHY THIS MATTERS TO ME

I know something about hearing the word cancer connected to your own life.

I know something about medical appointments, uncertainty, fear, treatment decisions, and realizing that your body has become the subject of conversations you never expected to have.

My experience does not make me an expert on anyone else's journey.

Every diagnosis is different.

Every body is different.

Every prognosis is different.

Every story is different.

But my own experience taught me something I want another person walking through uncertainty to know:

Life does not stop being meaningful simply because it suddenly feels uncertain.

There can still be grace here.
There can still be laughter here.
There can still be love here.
There can still be purpose here.
There can still be life here.

And sometimes healing begins long before we know exactly what healing will look like.

—Kontina Vanessa Clark
♡

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HEALING DEEPLY.
THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

SAME
WOMAN.
A DEEPER
PURPOSE.

REAL
EXPERIENCE.
REAL HOPE.

Still
Here
Still
Becoming
♡



YOUR PAGE

A SAFE SPACE FOR HONEST REFLECTION.

*You do not have to answer everything today.
Write what you can.*

PAUSE.
REFLECT.
BREATHE.
WRITE.
HEAL.
REPEAT.

PROGRESS
STILL
COUNTS.

YOU
ARE NOT
ALONE.



Right now, I am feeling:



What I know today is:



What I am afraid of is:



What I need most right now is:



One person I can reach out to is:



One question I want to ask my medical team is:



One thing I am giving myself permission to release today is:



One thing I still want to experience, enjoy, or look forward to is:

There is still more for you here.



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THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

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A GRACE NOTE

You may not have chosen this chapter.
You may still be trying to understand why
it became part of your story.
You may not know what the next appointment
will reveal, what treatment will require, how long
recovery will take, whether the condition will change,
or what life will look like on the other side.

*You do not need every answer today.
You need grace for today.*

Today, breathe.
Ask the question.
Take the medicine.
Go to the appointment.
Call the friend.
Take the nap.
Pray the messy prayer.
Eat something good.
Sit in the sunshine.
Laugh when something is funny.
Cry when something hurts.
And continue living the life that is still yours.

You are more than a diagnosis.
More than a prognosis.
More than a medical chart.
More than the hardest thing your body has experienced.

You are still here.

And while you are here, there is still life to be lived.

HEAL DEEPLY.
THINK BIBLICALLY.
LIVE COURAGEOUSLY.

And when you don't know what comes next—
remember that you can still be held in the unknown.

—Kontina Vanessa Clark

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HEALING DEEPLY.
THINKING BIBLICALLY.
LIVING COURAGEOUSLY.

SAME
STORY.
STILL
HERE.
STILL
HIS.

AND
STILL
MORE
TO COME.





A Gentle *Reminder*

Held in the Unknown is a faith-based encouragement resource and is not intended to replace medical advice, diagnosis, treatment, mental health care, or guidance from qualified healthcare professionals. Always bring medical questions and concerns to your healthcare team.



The KOVAC Collective

Healing deeply. Thinking biblically. Living courageously.

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