

# Journal for the Journey

*Moving* FORWARD: WITH, THROUGH, *and* PAST CANCER

MARGARET LANG

## From the Author

Since *Moving Forward: With, Through and Past Cancer* was published, I have talked to many people who are on the journey, have been, or know someone who is going through it. One friend, in particular, reached out to me for support. I wondered about the best way to help. I am always available through my website: [www.movingforwardwithmargaret.com](http://www.movingforwardwithmargaret.com), though my response may not always be immediate. Then, I thought of creating a journal to keep track of this amazing challenge. The purpose is to record the best and worst of the experience for demonstrating the power of healing. It is also a very personal recording of what it takes to get through such a challenge.

The questions are designed to register feelings, emotions and plans. There will be many times, I am sure, when other questions come to mind. That is the idea – to open up the mind and heart. The final goal is to record what it takes to go through this journey for building up more and more faith in place of fear.

If you are too tired or uncomfortable to write yourself, dictate it to someone. It would be good to hear yourself and be vulnerable. Being vulnerable is being honest. We can't heal what we hide. Also, don't feel like you have to answer all the questions at the same time. Skip some, if you like, and then go back. There is no rush to this exercise. It takes time just like healing does.

Be sure to date each entry so you can better document your journey. Never feel you are limited by the allotted space. My idea: print this out, hole punch and put in a notebook. You can always add more pages when necessary.

## Chapter 1: Introduction

1) Who am I really? How do I see myself – victim or conqueror?

2) What is my purpose for keeping this journal?

3) What do I expect to get out of it?

**Thought:** Each day presents a different opportunity for possibility. I choose to see that everyone I meet today is supposed to be there. I choose to see that there are no accidents in life. My purpose will be to understand why they are in my life. I can consider that they are there to help me. Am I open to receiving God's plan for me? I will answer that question right now. My answer will make all the difference. It will set my expectations and resolve.

**Today I thank God for: His being in charge.**

## **Chapter 2: Finding Out (The Diagnosis)**

- 1) What were the signs that something was wrong and how did I react? Did I hide from them? If so, why?
- 2) When did I decide to go to a doctor?
- 3) How did it feel? On the way? While there and afterwards?

4) What was my first impression of the Doctor and the Office?

5) What are/were my questions?

6) What were the answers?

7) What is my reaction to the diagnosis and treatment recommendation?

8) What emotions am I feeling? Sadness? Helpless? Lonely? I remember that what I hide I cannot heal.

9) Am I willing to change my negative emotions by deciding to believe in God's help, strength and grace? I am reminded of 2 Corinthians 12:9.

“And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.” (KJV)

What is my decision? Will I be a victim or choose to see myself in control?

**Now is the time for a faith check.** Do I need more healing Scriptures? Do I need to hear a friendly voice? Do I need to reach out on Social Media? Where does my faith come from? Do I need to just sit and know that He Is God?

What is my decision about my healing?

**Today I thank God for: the minds and expertise of the doctors.**



- 4) What can I do if I don't feel strong enough? Can I remind myself that moments of doubt and fear are temporary? Do I realize that my fear thought is there to be acknowledged and then replaced with a thought of faith?
  
- 5) What Bible verse will I stand on no matter what happens? Do I know the Scripture that says "I can do all things through Christ which strengthened me." (Philippians 4:13 KJV)
  
- 6) I will use this prayer from Keith Moore's book on healing when I am in pain or afraid.

He is my Strength.

He gives me unyielding strength,

Impenetrable strength.

He gives me unfailing strength.

He makes me strong.

He gives me strength.

I will go in the strength of the Lord.

He gives me strength.

**Today I thank God for: support.**



**Daily Needs:**

**Calendar to** mark progress: (Checking off everyday that I have gone through the treatment)

**Medical Supplies** and access to them:

**Phone numbers** for help:

**Scriptures** written and placed to see each day:

**Monetary needs** accounted for (example: automatic banking):

**People I need to contact for prayer:**

**Schedule of appointments:**

**Entertainment:** (Podcasts and/or Audio Books)

3) How do I feel about being prepared? Do I believe that thinking in advance will give me comfort and peace?

**Thought:** I need to see myself as a “doctor” for myself. Having all my needs met in advance will help release me from stress later. I am making provision in advance so my energy will be freed up for rest and healing.

**Today I thank God for: being prepared.**

## **Chapter 5: The Port And A Tuna Fish Sandwich (Port Insertion)**

- 1) How do I feel about someone cutting into my body for a port or for an operation? Do I trust that God is inside me already allowing for the healing from the outside to help me? Do I visualize the surgeon's hands as the Divine instruments for my healing?
  
- 2) Can I think of my body surrendering to healing miracles? Can I really receive the miracle of medicine working with and agreeing with the Christ within each cell of my body to restore my health?
  
- 3) Who will be there to minister to me as I come out of the surgery? What face of encouragement do I wish to see? Am I able to ASK this person to be there? What will I do if that person cannot be there? Do I understand that I will be protected?

**Scripture for surrendering to the best outcome: 1 Peter 5:7** "Casting all your care upon him; for He careth for you." (KJV)

**Today I thank God for: trusting in Him.**



5) Am I giving myself enough credit for going through this ordeal? What can I tell myself about my courage?

**Scripture for remaining bold and strong: Deuteronomy 31:6**

“Be strong and of a good courage, fear not nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.” (KJV)

I am encouraged.

**Today I thank God for: *bravery.***

## Chapter 7: He Tied My Shoe (Loving Support)

1) I am grateful for:

2) I am grateful to:

3) I am grateful because:

**Thought:** Today is a good day to look back at what I have already written. I will read it over and then consider how much I have to be grateful to myself for my strength. I actually have taken in the idea I have cancer, have decided how to proceed, and started on that path. Already, I feel more confidence in this process. I acknowledge that I am being guided by an all Good God who loves me and wants me healed.

**Today I thank God for: gratitude.**

## Chapter 8: Messages In The Blood (Lab Work)

- 1) What messages do I want my blood to carry throughout my body?
  
  
  
  
  
  
  
  
  
  
- 2) When I think of the Blood of Jesus, do I thank Him for taking my sins and cares on Him? What worries or anxieties do I need to cast at the foot of the Cross?

**Thought:** I see my blood as a transportation system, carrying healing cells to wherever necessary. I also see it cleansing me from anything toxic in my body. I let myself imagine that transportation system working marvelously, ridding my body of what is bad, restoring and renewing the good.

Sometimes I might want to take Communion with a sip of juice and piece of bread. I will be doing what Jesus asked: "Do this in remembrance of Me." The power of the blood of Jesus will overcome my fear and reinforce my faith.

**Today I thank God for: His design in my body.**

## **Chapter 9: Messy (Side Effects)**

- 1) Have I been embarrassed about revealing parts of my body to the medical staff?
  
- 2) Am I compassionate to myself when my body has “messy” reactions to the medication and/or treatment?
  
- 3) Can I see myself in a progression of healing even though seeing and experiencing negative side effects?
  
- 4) When I look in the mirror do I see signs of what I am going through? Can I still smile? Am I reinforcing my determination to see my body healing from the inside out?
  
- 5) Am I harboring any doubt or fear of losing some of my body parts through surgery? Am I willing to accept that the loss is part of my healing? Does that loss affect any of my identity as a person, male or female? Can I still see myself made perfect in His image and likeness as it says in Genesis 1:27?

6) I need to really think about what it takes to be me, whole and happy. Is it my body and its condition or is it my spirit? The decision I make will affect my whole life going forward. I will carefully pray for direction about this decision.

7) Is there anything I can laugh about today? If not, can I laugh anyway?

**Thought:** The Bible tells me in Nehemiah 8:10 that the "...joy of the Lord is your strength." (KJV)

**Today I thank God for: His joy.**



4) Losing my hair is not fun. Am I losing weight too? Is that a good thing? How do I want to look when this is all over? Will I look thinner, happier, healthier and/or younger?

5) Would I consider shaving my head? Can I see that God is unmasking all the unnecessary and burdensome beliefs I have held about how I and others see me?

6) What strength am I experiencing that I never suspected I had? I am reminded today of just how much He loves me and that He is seeing me through these many seeming nightmares.

7) Who can I encourage today?

8) Am I remembering that I have made a commitment to take care of myself in every possible way? I am healing from the inside out.

**Today I thank God for: Divine restoration.**











4) Is it hard for me to forgive myself? Can I believe that Jesus took all my sins at the Cross in the perfect sacrifice? Can I believe when He called out “It is finished” that He meant once and for all, mankind’s sins were forgiven by His sacrifice? If so, I need to remind myself that my sins were also forgiven when I made Jesus my Lord and Savior. If I haven’t made Him my Lord and Savior, all it takes is to ask Him. (John 19:30 KJV)

5) By forgiving myself I can allow myself to dream. What would my dream for the next year look like? What would it be for the next five years? If I can’t answer, I can ask for help from the Holy Spirit. This may be the most important question because my dream and my vision are crucial to my staying alive.

**For Consideration:** Proverbs 29:18 says: “Where there is no vision, the people perish....” (KJV)

**Today I thank God for: forgiveness.**





## Chapter 18: Making Sure (The Biopsy)

- 1) Am I waiting for the results of the test? A test? How anxious am I?
  
- 2) How honest can I be with my anxiety? Can I be real with God and trust in him?
  
- 3) If the results are not good, am I committed to believing Romans 8:28?  
“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” (KJV)

Do I believe what it says about everything working for my good? What evidence do I have?

**Today I thank God for: faith.**

## **Chapter 19: Help! Please! Thank You! (Principles Of Strength)**

- 1) How often have I let myself feel a victim? Being totally honest with myself, what did I do to change my mind?
  
  
  
  
  
  
  
  
  
  
- 2) If I am in the midst of a mental “pity party,” what can I call to mind to be grateful for?
  
  
  
  
  
  
  
  
  
  
- 3) Can I accept that “I am always getting what I want?” What am I getting today? Do I want it? Am I able to change my mind about what I am getting?
  
  
  
  
  
  
  
  
  
  
- 4) To whom do I owe the greatest gratitude for helping me heal? What was the experience that made me call that to mind?
  
  
  
  
  
  
  
  
  
  
- 5) If I could dream up anything to repay him/her/them, what would it be?

**Today I thank God for: honesty.**



## **Chapter 21: Enough (God's Supply)**

1) This is a good time for me to acknowledge the power of God who is without limits. He always has enough. What do I need enough of? Time to live and not die? Time for my family? Time to complete my purpose?

2) Maybe I have had “enough” of living. Maybe the question is: “What purpose is there in my life?” Maybe I need to re-examine how deeply or not I am trusting God's plan for my life as difficult as it may be right now. Could any of this be true?

3) Today is the day I really think about and dream about my future. How secure do I feel about my influence and my purpose? I will ask the Holy Spirit to help me with this one if I am not clear. Do I need to make some changes?

**Scripture To Consider:** Jeremiah 29:11 “For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.” (KJV) Some Bibles translate it to say “the plans” He has for us to give a future and hope.

**Today I thank God for: His unlimited love.**



3) If I don't die for a long time, will I give those things away now? If I keep them, will I tell the person who will inherit them why I chose that object to give and for what reason?

4) I understand that "things are things," yet they can have great significance if I attach a meaning to them. Have I attached a meaning to myself? What would it be?

**Today I thank God for: *tenderness.***

## **Chapter 23: Responding To The Need (My Pastor)**

- 1) Do I have someone I feel is very close to God who can speak words of healing into my body? Who is it I depend on to pray for me?
  
- 2) Do I know someone who believes that I can be well? When I feel sick or tired, can I count on that person's faith in place of mine? Who is it and have I expressed my thanks?
  
- 3) Do I have a number of a Prayer Call Center? Have I called Silent Unity at 816-969-2000? Do I feel worthy to have someone pray for me? If not, why not?
  
- 4) If I called, what was the message? Did it feel good to have someone agree with me in prayer? If I didn't call or for some reason am unable to make that call, what would the message be? Can I pray that message for myself?
  
- 5) Can I totally rely on and trust in Him? Am I doing that right now?

**Today I thank God for: guidance.**

## **Chapter 24: The Circle Of Power (Effects Of Prayer)**

- 1) Like the story of Jacob's Ladder in the Bible, can I visualize angels coming from heaven, returning and then coming back non-stop to bring me consolation and assurance from Him? How many times today will I stop and see that happening just for me? (Genesis 28: 10-19)
  
- 2) Can I see a hedge of protection around me shielding me from anything that might distress me or my healing? What would it look like? Would it be people holding hands around me? Would it be beautiful bushes? Would it be like a force of wind? Would it be a bevy of angels? Would it be the wings of Jesus as it promises in Psalm 91:4? "He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler." (KJV) I will write my vision – or even draw it if I am able.
  
- 3) I remind myself of the Bible scripture that says: "The effectual fervent prayer of a righteous man availeth [accomplishes] much." (James 5:16 KJV)

4) What is my prayer? Do I expect it to be answered?

**Today I thank God for: His favor.**

## **Chapter 25: Perks (Sharing The Testimony)**

1) What have I done to share the gifts of God I have received?

2) What will I do to share those gifts of healing?

**Today I thank God for: opportunities.**





## WORKS CITED

*KING JAMES VERSION*, public domain. All Scripture quotations, unless  
Otherwise indicated, are taken from the King James Version.

Moore, Keith. *God's Will to Heal*. Branson, Missouri: Faith Life Publishing,  
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## NOTES