Journal for the Journey

Moving FORWARD: WITH, THROUGH, and PAST CANCER

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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, 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?
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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.
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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 doct	ors

Chapter 3: Where Does It Come From (Finding Strength)

1)	Was there a time in my life when I felt great inner strength or support from someone? Describe it. Will I use that memory to fortify my faith during my treatment? I am the same person who was strong in that instance. Can I see that strength already in me for this journey?
2)	What phrases, quotes or advice from someone give me hope and strength?
3)	How positive am I about the outcome? Do I have faith enough to go through the surgery/chemo/radiation?

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.

Chapter 4: Preparing For The Big Race (Setting Up The Plan)

1) I know having a plan for my time makes the days go faster. What schedule will I be keeping daily?

2) Am I prepared to be a person who is being "treated"? What do I need to think about preparing? What help can I reach out for if I am unable to shop, clean the house or take care of family and pets? Do I have adequate transportation? What else do I need to consider adding to prepare for my comfort?

Monetary needs accounted for (example: automatic banking):
People I need to contact for prayer:
Schedule of appointments:
E 4 4 4 1 D 1 1
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.

Chapter 6: Warrior Woman (Radiation)

1)	What questions have I asked about radiation and its effects?
2)	What were the answers? Should I use any soothing product after the treatment?
3)	How will I view the apparatus used for the radiation? Is it a monster or a device to fight the monster of cancer within?
4)	What will be my prayer during the treatment? Do I have a vision of God in each cell fighting the cancer?

5	5) Am I giving myself enough credit for going through this ordeal? What can I tell myself about my courage?
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	ipture for remaining bold and strong: Deuteronomy 31:6
	strong and of a good courage, fear not nor be afraid of them: for the Lord thy d, he it is that doth go with thee; he will not fail thee, nor forsake thee." (KJV)
I am	n encouraged.
To	day 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

Today I thank God for: gratitude.

me healed.

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
Today I thank God for: His joy.

Chapter 10: What About My Hair? (The Chemo Experience)

1) How well do I think I am doing through this process? Is it time to be really honest about all the discomfort? If so, I know it is good to write about it and be real so I can know what to let go and what to do to renew my faith.

2) How do I feel sitting in the chairs while the chemo is being administered into my body? Can I visualize the medicine as an army marching into my body to attack the cancer? Can I help that army by surrendering to the battle plan?

3) Who is sitting next to me? Does that person need an uplifting word or smile from me? I wonder what God's plan is for me to be here today. If it is for my good, what is it?

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.

Chapter 11: Two Disturbing Questions With The Same Answer (Asking For Help)

1)	What do]	I really 1	need to	day?	Have !	I asked	for it?	If so,	how	hard	was	it
	to ask?											

2) Today, I am grateful for my healing. I am also grateful to for believing in me.

3) Jesus instructs us to keep asking. What am I asking of Jesus today? Do I believe that my prayer will be answered? Do I believe that answered prayer can come in many forms?

Today I thank God for: His supply.

Chapter 12: View From The Floor (Recognizing Healing)

1)	What or who has made me feel even the slightest bit better?
2)	What is my affirmation about my healing today even if it doesn't feel like it?
3)	Am I aware of my patience and endurance? Am I giving myself credit for being an important part of my healing?
4)	Do I feel like complaining? If so, do I share with someone who understands that I need encouragement? Do I get it? If not, will I call a prayer line like Silent Unity at 816 969-2000? Silent Unity is a prayer

ministry using affirmative prayer to provide others with faith, courage,

Today I thank God for: progress.

and strength.

Chapter 13: Why God, Why? (His Purpose Revealed)

1) What good do I see today in this process? If I can't, I am asking God to show me His plan. He does not want me to suffer. I want to allow His grace and peace to flow through my body.

2) Today I will be exceptionally grateful to someone who is caring for me. I acknowledge that my care may be burdensome, and I am grateful. If I cannot give back right now nor recompense this person fully, I trust that God is rewarding this kindness.

Reminder: Romans 8:28

"And we know that all things work together for good to them that love God, to them who are called according to his purpose." (KJV)

Today I thank God for: His purpose.

Chapter 14: The Pillar (Support)

1) Where is my greatest support coming from?
2) Am I allowing myself to feel worthy of all the care and support I am being given? Do I really believe that God loves me?
3) Am I depending only on all that is being done to my body for healing or depending on His Divine Plan because He loves me?
Scripture: "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. Then shall you call upon me, and ye shall go and pray unto me, and I will hearken unto you." (Jeremiah 29: 11-12 KJV)

Today I thank God for: friends.

Chapter 15: The Glass Cross In The China Cabinet (Forgiveness)

1)	Is there	anyone or	anything	I need to	forgive?

2) Do I have any resentment for anyone who is not responding to my situation the way I think he/she should? I need to be honest about this, write out those feelings and then ask to see it a different way. I remind myself that "forgiveness" means **for giving** me another way to look at it. Can I believe that maybe that person just cannot stand to see me in pain?

3) What do I need to forgive myself for? With that forgiveness, already freely given by Jesus at the Cross, can I relax with hope for a better and blessed future? What would that look like?

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 16: A Hand In The Night From Unexpected Places (Receiving Help)

1)	What is the most comforting thing that has happened unexpectedly?
2)	What is the smallest comfort I have experienced? Cotton swabs for the mouth? Applesauce? A drink of water? A smile? I need to remember it because it will forever remind me that He provides and cares.
3)	Do I know any song that would express my love for someone who has shown kindness to me? Can I sing it?
	One song that might come to mind is:

Today I thank God for: comfort.

Chapter 17: Music In The Background (Voice of the Holy Spirit)

) What is He telling me at this very moment? It has to be so or it can't be from Him. What is His comforting message	~ ~
2) Am I praying in the Holy Spirit acknowledging that som in me than fear and cancer? The Holy Spirit lives in me. reaffirm the strength and power of my inner being?	~ ~
What music or podcast or encouraging message have I li What thoughts went through my mind as I received the s	•

Today I thank God for: prayer.

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 is 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 20: In The Eye Of The Storm (Sustaining Healing)

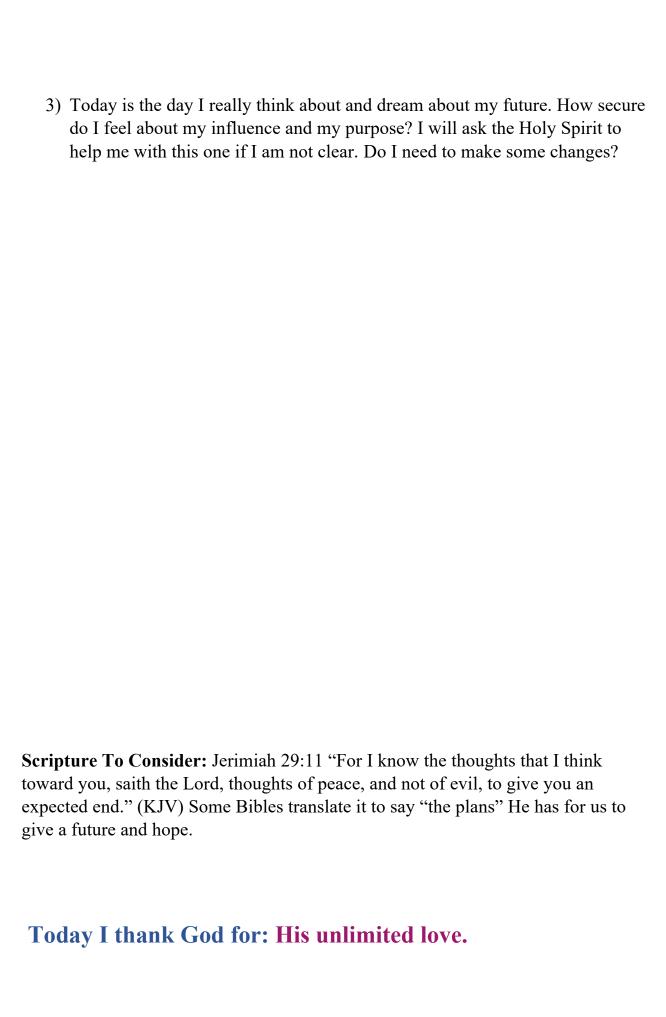
1)	What scares have I had recently? Did I panic? If so, did I forgive myself and pray for more faith?
2)	How tired am I? Am I fighting it or resting in the process of healing and allowing my body to do the work?
3)	What are my expectations for my life? Am I seeing myself sick or healed? How does it look?
4)	Where is my energy level on a scale of 1 to 10? Am I eating and taking enough protein each day and am I keeping track of it on paper?

Today I thank God for: commitment.

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?



Chapter 22: The Tea Party (Old Things Become New)

1) If I knew that I were going to die soon, what things in my house would I want my family and/or friends to receive? I will take an inventory of some of my most precious things.

2) What are they and what do they represent to me? Is there a message to convey to each person about my love for them? Why did I pick that specific object for them? I will write about it.

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)

Today I thank God for: His favor.

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

Chapter 25: Perks (Sharing The Testimony)

1)	What have I	done to shar	e the gifts	of God I ha	ve received?

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

Today I thank God for: opportunities.

Chapter 26: To Be Continued (Always Grateful)

1) Knowing that my life is a process, how can I sum up where I am right now? Do I fully participate in life? If not, what can I do to change my mind?
2) How often do I feel grateful that I have breath and am still alive?
3) What ways can I express my gratitude for the gift of life?
Scripture of Praise: Psalm 9:1 (KJV)
"I will praise thee, O LORD, with my whole heart: I will shew forth all thy

marvellous works. I will be glad and rejoice in thee: I will sing praise to thy name,

O thou most High. When mine enemies [disease and sickness] are turned back,

Today I thank God for: His Goodness.

they shall fall and perish at thy presence."

Chapter 27: The Last Word

1)	What have I learned from this journey?
2)	What difference did it make in my life?
3)	If I could share one piece of advice what would it be?
4)	If I could sum up my journey to this point in one "last" word, what would that "last" word be? I will write it on a piece of paper and post it where I can see it daily, to remind myself of how far I have come to reach this part of my journey.

Today I thank God for: the lessons I've learned.

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, 2017.

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NOTES