

video guide

NOT ALONE

choose faith over fear

*Navigating Your
Cancer Journey*



Cottonwood Creek
— CHURCH —

CANCER CARE

NOT ALONE

choose faith over fear

*Navigating Your
Cancer Journey*

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INTRODUCTION

IF YOU OR A LOVED ONE were recently diagnosed with cancer, this booklet serves as resource to provide support and spiritual encouragement, as well as a guide to point you toward reliable resources to utilize along the way.

Moving chronologically, each chapter will describe a step in the journey, from preparation to end-of-life care.

Additionally, every chapter includes a link to a special video filled with testimonies and experiences from cancer warriors who chose faith over fear, as well as space to take notes, write down questions and log important information.

Cancer is never easy, but our hope is that this booklet helps point you in the right direction to be able to lean on God during these challenging times.

To find reputable resources, watch additional testimonies and learn more about the Cancer Care Ministry at Cottonwood Creek Church, visit our website by scanning the QR code below.

We are praying for you and your family!



*Cottonwood Creek Church
Cancer Care Ministry*

*“It’s not how nice your doctor is, how comfortable you feel or how close it is to your house – it’s about **who is going to help you beat your cancer.**”*

– Carolyn Freeman,
Breast Cancer Survivor

NOTES: _____

CHAPTER THREE

UNDERSTANDING YOUR DIAGNOSIS

Making Decisions & Learning About the Process



Scan for the video and other related content

AT THIS POINT, you may be beginning treatments, exploring additional options and thinking about sharing your diagnosis. As you face these obstacles, you can feel encouraged that many others have walked similar paths, and their stories may aid you in your journey. Take a look at some of the information below to find a starting point for second opinions, side effects and sharing with others.

Key Points:

- Don't be afraid to get a second opinion! It might help you feel more confident in your initial diagnosis and plan – it could also confirm feelings that you want to head in a different direction.
- There are many side effects that come with cancer treatments. Some may be unexpected or feel embarrassing, but it's important to share these issues so they can be treated and/or managed as well as possible.

- You'll have to choose when and how you'll share your diagnosis with others. This is a very personal process, and no one needs do it the same way. Take your time and share as you feel led to do so.

SCRIPTURE: *And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Romans 8:28

SPIRITUAL ENCOURAGEMENT: Unexpected things – good and bad – are going to happen along the way, but God has good plans for you!

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CHAPTER FOUR

FIGHTING THE BATTLE

Approaching the Fight and Finding Support



Scan for the video and other related content

IT'S TIME TO FIGHT THE BATTLE. That could mean six months of treatments, a series of surgeries or even years of fighting to beat cancer. No matter what your fight looks like, there are a few topics we want to address and encourage you in.

Key Points:

- Remember that this fight isn't something you have to go through alone – find a support group, get connected at church and allow friends and family to care for you.
- Your mindset is so important! When you hold onto a positive outlook, you can let go of the things that you can't control and focus on the things you can.
- If you're new to your cancer journey, slow down and try to take one step at a time.

SCRIPTURE: *The Lord will fight for you; you need only to be still.*

Exodus 14:14

SPIRITUAL ENCOURAGEMENT: Trust that God cares for you, even in the midst of the battle. He is there for you to lean on, to be your rock in times of pain and struggle.

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CHAPTER FIVE

APPRECIATING SURVIVAL

Staying Hopeful & Keeping Your Head Up



Scan for the video and other related content

SURVIVORSHIP IS COMPLICATED – you might be completely in remission or still battling active cancer. Either way, you are likely making decisions on how to spend your time, as well as your outlook on what you’re able to do. Here are some things to keep in mind as you navigate survivorship:

Key Points:

- Your cancer has likely changed you in many ways – many for the better. Utilize the growth and knowledge you’ve gained throughout your journey.
- Every day when you wake up, you may not be able to choose to be rid of your cancer, but you can choose to make the best of the time you have.
- Your survival is purposeful and powerful – you have the opportunity to spend time with people you love and impact others with your story.

SCRIPTURE: *But the plans of the LORD stand firm forever, the purposes of his heart through all generations.*

Psalm 33:11

SPIRITUAL ENCOURAGEMENT: You have a purpose, and you’re alive for a reason. God placed you exactly where you’re at, in the situation you’re in, and He is bigger than your circumstances, diagnosis and fear.

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CHAPTER SIX

CAREGIVERS

Supporting a Cancer Warrior on Their Journey



Scan for the video and other related content

A CAREGIVER TAKES ON SO MANY ROLES – spouse, friend, advocate, helper, sounding board – the list goes on. If you are a caregiver, this section serves as a starting point to understand what’s being asked of you and how you can best fulfill your role – for yourself and your warrior.

Key Points:

- Understand that being a caregiver is more than providing emotional support – it’s attending appointments, asking medical questions, helping with physical tasks and many other things the patient might need.
- The patient may not be able to ask the right questions or say no when they want to. You’re the one who steps up to make sure concerns are not going unnoticed and the patient has the best care possible.
- Remember, you must take care of yourself too.

SCRIPTURE: *He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

Isaiah 40:29-31

SPIRITUAL ENCOURAGEMENT: Caring for another person isn’t easy – when you need more strength than you have, rely on the Lord’s strength and His ability to renew your spirit.

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CHAPTER SEVEN

END OF LIFE

Facing Difficult Circumstances & Tough Decisions



Scan for the video and other related content

ALTHOUGH IT'S SOMETHING NONE OF US WANT TO FACE, making end-of-life decisions can be an extremely important part of your journey. If you or a loved one is approaching this stage, consider some of the following:

Key Points:

- When you know you're facing end-of-life preparation, make sure to take time to spend with the people you love.
- Have hard conversations as early as possible, so you don't have to worry about it as much later.
- Consider hospice care – this can provide you and your family with support and comfort in the knowledge that you will be as pain-free as possible.

SCRIPTURE: *He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.*

Revelation 21:4

SPIRITUAL ENCOURAGEMENT: There is no sadness, no pain and no fear with Jesus in Heaven. Invite God into the conversation as you make difficult end-of-life decisions.

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