

# Notes

## Day 1: Strength for the Journey

1. Chuck Smith, Sermon Notes for 2 Corinthians 12:9, Blue Letter Bible, [https://www.blueletterbible.org/Comm/smith\\_chuck/SermonNotes\\_2Cr/2Cr\\_12.cfm?a=1090010](https://www.blueletterbible.org/Comm/smith_chuck/SermonNotes_2Cr/2Cr_12.cfm?a=1090010).

## Day 2: Why, Lord?

1. Matthew 4:23; 8:17.
2. See Joni Eareckson Tada, "A Letter from Joni," in *Beyond Suffering Bible* (Carol Stream, IL: Tyndale, 2016), A8.
3. Lamentations 3:33 AMPC.
4. Jeremiah 29:11.

## Day 3: Waiting

1. Attributed to Arnold H. Glasow in "Arnold H Glasow - Some Famous Quotes," Mistral, [https://www.mistralassociates.com/glasow\\_quotes.html](https://www.mistralassociates.com/glasow_quotes.html).
2. Mrs. Charles E. Cowman, compiler, *Streams in the Desert* (Grand Rapids: Zondervan, 1982), 227.
3. Cortni Marrazzo, "7 Ways God Uses Waiting to Prepare You," <https://www.crosswalk.com/faith/spiritual-life/7-ways-god-uses-waiting-to-prepare-you.html>.

## Day 4: Boundaries

1. Lynn Eib, *50 Days of Hope: Daily Inspiration for Your Journey through Cancer* (Carol Stream, IL: Tyndale, 2012), 9.
2. Proverbs 15:1 ESV.

## Day 5: Jehovah-Raah

1. John Gill's Exposition of the Bible, Psalm 23:1, Bible Study Tools, <https://www.biblestudytools.com/commentaries/gills-exposition-of-the-bible/psalms-23-1.html>.

## Day 6: Roots

1. Becky Hughes, "Remembering Billy Graham: His Most Powerful Quotes on Life and Spirituality," <https://parade.com/648000/>

beckyhughes/remembering-billy-graham-his-most-powerful-quotes-on-life-and-spirituality/.

2. Robert Murray McCheyne, “Lecture VI,” in *The Life and Remains: Letters, Lectures and Poems of the Rev. Robert Murray McCheyne, Minister of St. Peter’s Church, Dundee*, 6th ed., ed. Andrew A. Bonar (New York: Robert Carter, 1848), 402.
3. Dennis Merritt Jones, “Strong Winds Strong Roots: What Trees Teach Us About Life,” *Natural Awakenings*, March 31, 2015, <https://www.naturalawakenings.com/2015/03/31/274262/strong-winds-strong-roots-what-trees-teach-us-about-life>.

### **Day 7: Roller Coaster**

1. “Your Emotions and Cancer,” Canadian Cancer Society, <https://www.cancer.ca/en/cancer-information/living-with-cancer/your-emotions-and-cancer/?region=on>.
2. National Cancer Institute, <https://www.cancer.gov/about-cancer/coping/feelings>, “Feelings and Cancer.”
3. Nancy P. Morgan, Kristi D. Graves, Elizabeth A. Poggi, and Bruce D. Cheson, “Implementing an Expressive Writing Study in a Cancer Clinic,” *The Oncologist* 13, no. 2 (2008): 196–204.
4. Ibid.
5. American Cancer Society, <https://www.cancer.org/treatment/treatments-and-side-effects/emotional-side-effects/distress/coping-tips.html>, “How can I help myself cope with cancer?”

### **Day 9: Lonely**

1. Barbara Tako, “Cancer Is Lonely Enough, Don’t Do Cancer Alone,” *CURE*, March 7, 2016, <https://www.curetoday.com/community/barbara-tako/2016/03/cancer-is-lonely-enough-dont-do-cancer-alone>.
2. Lisa Masters, “The Loneliness of Cancer,” *HuffPost*, May 6, 2014, [https://www.huffpost.com/entry/the-loneliness-of-cancer\\_b\\_4913580](https://www.huffpost.com/entry/the-loneliness-of-cancer_b_4913580).
3. “Your Emotions and Cancer,” Canadian Cancer Society, <https://www.cancer.ca/en/cancer-information/living-with-cancer/your-emotions-and-cancer/>
4. Luke 22:44–45 AMP.
5. John 18:3 AMP.
6. Matthew 28:20 AMP.

### **Day 10: Support**

1. Charles Stanley, comment on Romans 12:15, in *The Charles F. Stanley Life Principles Bible* (Nashville: Thomas Nelson, 2005), 1325.

### **Day 11: Promoters and Protectors**

1. Margaret Feinberg, quoted in Jonathan Merritt, “Christian Author Breaks Silence, Shares Horrors of Breast Cancer Battle,” Religion News Service, January 14, 2015, <https://religionnews.com/2015/01/14/christian-author-breaks-silence-shares-horrors-breast-cancer-battle/>.

### **Day 12: Anger**

1. David B. Feldman, “Why the Five Stages of Grief Are Wrong,” Psychology Today, July 7, 2017, <https://www.psychologytoday.com/us/blog/supersurvivors/201707/why-the-five-stages-grief-are-wrong>.

### **Day 13: The Cancer Chapter**

1. The Online Etymology Dictionary, s.v. “author (n.),” <https://www.etymonline.com/search?q=author>.
2. Hebrews 5:9 KJV.
3. Hebrews 12:2 KJV.

### **Day 14: Sar-Shalom**

1. Skip Moen, “Prince of Peace,” SkipMoen.com, December, 21, 2009, <https://www.skipmoen.com/2009/12/prince-of-peace/>; Cambridge Bible for Schools and Colleges, Isaiah 6:9, Bible Hub, <https://biblehub.com/commentaries/isaiah/9-6.htm>.
2. Moen, “Prince of Peace.”
3. John 14:27.
4. Galatians 5:22–23 NIV.

### **Day 16: Sing!**

1. Tom Olson, “Seven Biblical Reasons Why Singing Matters,” Unlocking the Bible, September 21, 2017, <https://unlockingthebible.org/2017/09/seven-biblical-reasons-why-singing-matters/>.
2. Second Chronicles 20:21–22 NIV.
3. Steven J. Cole, “Psalms an Overview: God’s Inspired Handbook,” April 18, 2013, <https://bible.org/seriespage/psalms-overview-god-s-inspired-hymnbook>.

### **Day 17: Brain Fog**

1. Editorial Team, “Brain Fog as a Treatment Side Effect,” Prostate Cancer.net, August 24, 2018, <https://prostatecancer.net/living/brain-fog-treatment-side-effect/>.
2. Editorial Team, “Get Talking: Side Effect Frustrations,” Prostate Cancer.net, January 18, 2019, <https://prostatecancer.net/living/side-effect-frustrations/>.

### **Day 18: Jehovah-Rapha**

1. Robert Murray McCheyne, “Fourth Pastoral Letter,” Edinburgh, February 20, 1839, in *The Life and Remains: Letters, Lectures and Poems of the Rev. Robert Murray McCheyne, Minister of St. Peter’s Church, Dundee*, 6th ed., ed. Andrew A. Bonar (New York: Robert Carter, 1848), 168.

### **Day 19: New Clothes**

1. Michael J. Easley, “The Constant Distraction: Living with Chronic Pain,” in *Beyond Suffering Bible* (Carol Stream, IL: Tyndale, 2016), 1489.
2. Martin Luther’s Bible Commentary, Galatians 3:26, <https://www.biblestudytools.com/commentaries/luther/galatians/3.html>.

### **Day 20: Prayer**

1. “Deep Inspiratory Breath-Hold,” Northwestern Medicine, <https://www.nm.org/conditions-and-care-areas/treatments/deep-inspiratory-breath-hold>.

### **Day 21: Look Up**

1. Lauren Daigle, “Lauren Daigle - About The Album: Look Up Child,” YouTube video, March 22, 2019, <https://www.youtube.com/watch?v=h-10AaKKUsI>.
2. D. L. Moody, quoted in Joseph Fort Newton, *River of Years* (New York: Lippincott, 1946), 312.

### **Day 22: Overwhelmed**

1. Charles Spurgeon, *Morning & Evening* (Peabody, MA: Hendrickson Publishers Marketing, LLC, 1997), 286.

### **Day 23: Gorgeous**

1. “Body Image,” Livestrong, <https://www.livestrong.org/we-can-help/emotional-and-physical-effects-of-treatment/body-image>.

2. Jessica T. DeFrank, Christian Mehta, Kevin D. Stein, and Frank Baker, “Body Image Dissatisfaction in Cancer Survivors,” *Oncology Nursing Forum* 34, no. 3 (2007): E36–41.
3. “Body Image,” Livestrong.
4. Matthew Henry, commentary on 1 Samuel 16, Blue Letter Bible, [https://www.blueletterbible.org/Comm/mhc/1Sa/1Sa\\_016.cfm](https://www.blueletterbible.org/Comm/mhc/1Sa/1Sa_016.cfm).
5. Timothy Keller, *Walking with God through Pain and Suffering* (New York: Penguin Group, 2013), 181.

### **Day 24: Jonathan and Jehoshaphat**

1. Ocular Melanoma Foundation, <http://www.ocularmelanoma.org>.

### **Day 25: The Hardest Part**

1. James 4:6 AMP.

### **Day 26: Rebel Cells**

1. First Corinthians 12:12.
2. First Corinthians 12:16–18.
3. Galatians 5:13 AMP.
4. Richard Beliveau and Denis Gingras, *Foods to Fight Cancer* (New York: DK, 2017), 31.
5. *Ibid.*, 28.

### **Day 28: Fear Not**

1. Charles Stanley, “What the Bible Says about How Adversity Reveals Our Level of Faith,” in *The Charles F. Stanley Life Principles Bible* (Nashville: Thomas Nelson, 2005), 1163.
2. Bill Gaultiere, “Fear Not . . . 365 Days a Year,” Christian Broadcasting Network, October 21, 2011, <https://www1.cbn.com/soultransformation/archive/2011/10/21/fear-not-365-days-a-year>.
3. Katherine Weber, “Rick Warren: Why God Encourages Christians to ‘Fear Not’ 365 Times in the Bible,” *The Christian Post*, April 30, 2016, <https://www.christianpost.com/news/rick-warren-why-god-encourages-christians-to-fear-not-365-times-in-the-bible.html>.
4. Jerry White, “Meditation: Learning to Think of God,” *Decision*, June 24, 2015, <https://decisionmagazine.com/meditation-learning-to-think-of-god/>.

### **Day 29: Hope**

1. First Corinthians 13:13.

2. “Your Emotions and Cancer,” Canadian Cancer Society, <https://www.cancer.ca/en/cancer-information/living-with-cancer/your-emotions-and-cancer/?region=on>.
3. Mark Batterson, *In a Pit with a Lion on a Snowy Day: How to Survive and Thrive When Opportunity Roars* (New York: Multnomah, 2016), 79.

### **Day 30: What’s Next?**

1. Sheila M. Chibnall-Treptow, in *Pink Prayer Book: Coping, Healing, Surviving, Thriving*, ed. Diana Losciale (Liguori, MO: Liguori Publications, 2008), 21.
2. John Piper, *Don’t Waste Your Cancer* (Wheaton, IL: Crossway, 2011). Free download or paperback, kindle, or audiobook purchase from <https://www.desiringgod.org/books/dont-waste-your-cancer>.