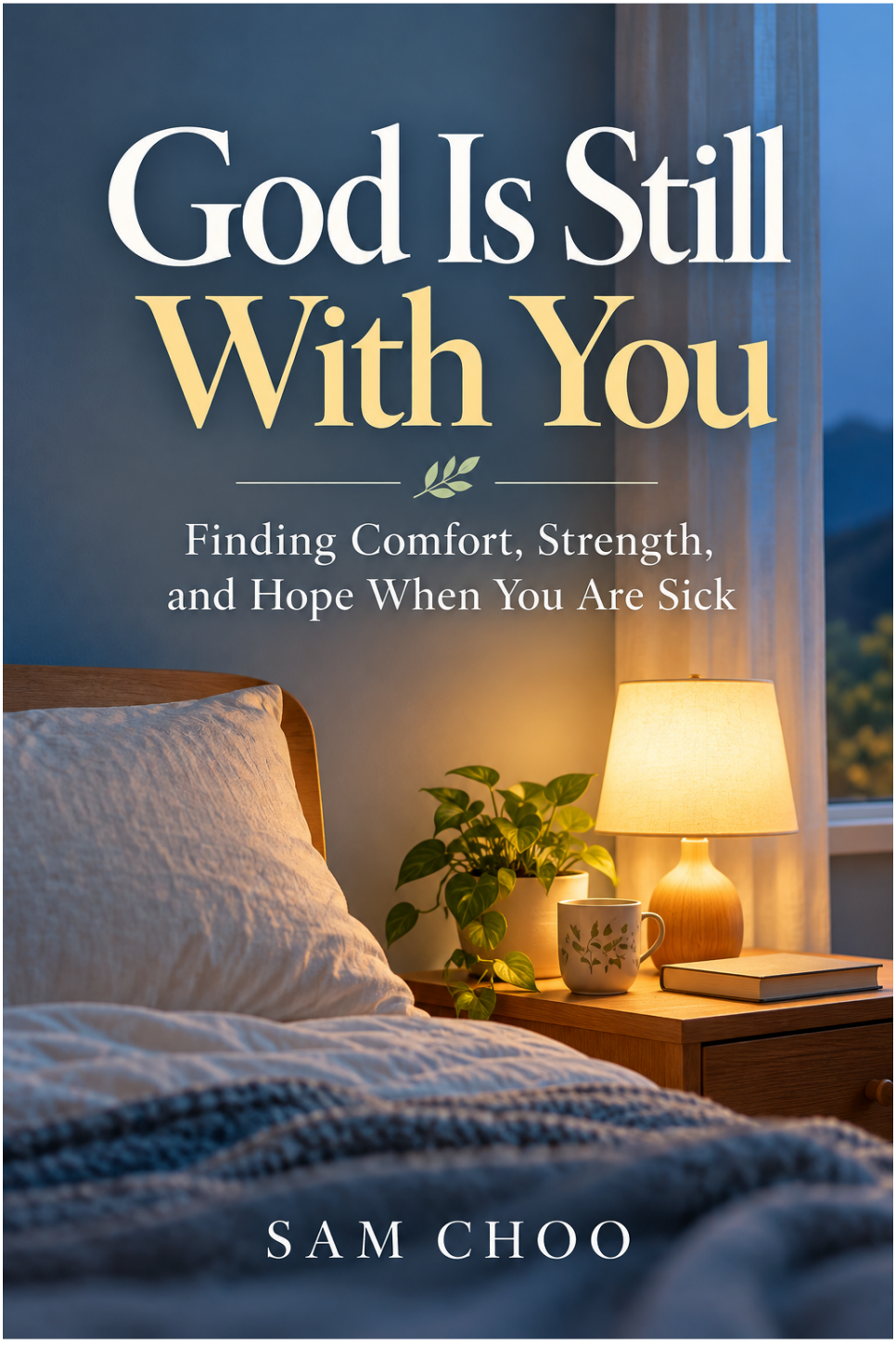
God Is Still With You
Finding Comfort, Strength, and Hope When You Are Sick
SAM CHOO

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Author: Sam Choo

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Disclaimer

This book is intended to provide Christian encouragement, spiritual comfort, and hope to people living with illness. It is not a substitute for professional medical advice, diagnosis, treatment, or mental health care.

Readers should consult qualified healthcare professionals regarding their medical conditions and treatment decisions. Prayer and faith can complement medical care but should never replace necessary treatment.

The author and publisher make no promises or guarantees of physical healing, recovery, or specific medical outcomes. Individual experiences of illness and faith may differ.

The views expressed are intended to offer compassionate Christian encouragement and should not be interpreted as suggesting that illness results from insufficient faith or that suffering is a sign of God's punishment.

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A Personal Letter from the Author

To You Who Are Suffering

Dear Friend,

If you are reading this book while struggling with sickness, I want you to know that you are not alone. Perhaps you have recently received a frightening diagnosis. Perhaps you have been living with pain for years. Or perhaps you are exhausted from treatments, hospital visits, and the uncertainty of what tomorrow may bring.

I cannot pretend to understand everything you are going through. Your pain is personal, and your fears are real. There may be days when you feel hopeful and other days when you struggle to pray. Sometimes, you may even wonder why God has allowed this to happen.

I wrote this little book because I believe that people who are suffering need more than advice. They need understanding, reassurance, and someone who will listen without judging them.

You will not find promises of miraculous healing in these pages. I believe God can heal, and I encourage you to pray for healing while receiving

appropriate medical care. But I also believe that God's love remains with you even when recovery is uncertain.

My hope is that this book will bring you a little comfort during difficult moments. May it remind you that your life still matters, that you are deeply loved, and that you do not have to face each new day alone.

You may read one chapter at a time, whenever you have the strength. There is no need to hurry.

May God's peace surround you, His grace sustain you, and His love give you courage for today.

With warmest wishes and prayers,

Sam Choo

Introduction: When Sickness Changes Your Life

Life can change in a single moment. One day, you are going about your usual activities, making plans, looking forward to the future, and enjoying the ordinary routines of life. Then a doctor tells you something you never expected to hear. You have a serious illness. Suddenly, the future that once seemed familiar becomes frightening and uncertain.

Perhaps your illness came without warning. Perhaps you have been struggling with poor health for years, hoping that one day things would improve. Whatever your circumstances, sickness can affect far more than your physical body. It can disturb your peace of mind, interrupt your plans, strain your relationships, and leave you wondering what life will be like from now on.

You may be frightened of the pain, the treatment, or the possibility that you might never fully recover. You may worry about your family, your finances, or the responsibilities you can no longer manage. There may be

nights when you lie awake, thinking about things you are afraid to say aloud.

And because you are a Christian, you may have another question weighing heavily on your heart: Where is God in all this?

Perhaps you have prayed faithfully for healing, yet your condition remains unchanged. Perhaps you have heard others speak about miraculous recoveries and wondered why your own prayers seem unanswered.

If these thoughts trouble you, please do not condemn yourself. Being afraid does not make you a bad Christian. Feeling discouraged does not mean you have lost your faith. Even people who deeply love God can struggle when suffering becomes overwhelming.

You do not have to pretend that everything is fine. You can acknowledge your pain, express your fears, and ask difficult questions. God knows what you are going through, including the feelings you struggle to put into words.

This little book was written to accompany you through some of those difficult moments. It offers gentle encouragement, practical comfort, and reminders of God's love. It will not attempt to explain every mystery of suffering or promise that every illness will be healed.

For now, you do not need to have all the answers. You only need enough strength for the next step.

And when that step feels too difficult, may you find comfort in knowing that you can ask God to help you take it.

Chapter 1: Lord, I'm Sick and I'm Scared

Finding Courage When the Future Is Uncertain

"What time I am afraid, I will trust in thee." Psalm 56:3 (KJV)

There are moments when sickness can make even the strongest person feel helpless. Perhaps you have just received a frightening diagnosis. Perhaps you are waiting for test results, preparing for surgery, or undergoing treatment that leaves you exhausted. You may be wondering how much pain lies ahead, whether you will recover, or how your family will cope.

It is natural to feel afraid. You may have spent years trusting God, praying faithfully, and encouraging others. Yet now, when your own health is threatened, you discover how difficult it can be to remain calm.

Please remember that fear does not make you a weak Christian. You are human. You have a body that suffers, a heart that worries, and people you love. Your concerns deserve understanding and compassion.

Sometimes, the hardest part of illness is the uncertainty. You want answers, but the doctors may not have them yet. You want reassurance, but nobody can promise what tomorrow will bring.

When your thoughts become overwhelming, try bringing your attention back to today. Ask yourself what you need right now. Perhaps you need rest, a conversation with someone you trust, or help understanding your treatment. You can ask your medical team questions and accept support without feeling ashamed.

You do not have to solve every problem today. Some decisions can wait until you have more information.

Courage may simply mean attending your next appointment despite feeling frightened. It may mean admitting that you need help or allowing yourself to cry.

God does not ask you to hide your fear before coming to Him. You can speak to Him honestly, even when your prayer is nothing more than a few trembling words.

Your future may be uncertain, but you do not have to carry all its worries at once. For now, concentrate on the next manageable step.

A Prayer for Today

Heavenly Father, I am frightened by what is happening to me. I worry about my health and what tomorrow may bring. Please calm my troubled heart and give me courage for the challenges ahead. Help me make wise decisions, accept the care I need, and find rest when I am exhausted. Remind me that I can turn to You whenever fear overwhelms me. Give me strength for today. In Jesus' name, Amen.

Chapter 2: God, Where Are You in My Suffering?

Holding On to Faith When Heaven Seems Silent

> "How long wilt thou forget me, O LORD? for ever? how long wilt thou hide thy face from me?" Psalm 13:1 (KJV)

There may come a time during your illness when you wonder whether God is listening. You have prayed for relief, asked for healing, and pleaded for strength. Yet the pain continues, your condition remains unchanged, or another medical report brings disappointing news.

You may find yourself asking, "Lord, where are You? Why is this happening to me? Have You forgotten me?"

These questions can be frightening, especially if you have always believed that a faithful Christian should remain strong and grateful. You may even feel guilty for being angry with God.

But you do not have to hide your disappointment from Him.

The Bible contains many honest expressions of suffering. King David cried out to God when he felt abandoned. Job struggled to understand his terrible losses. Their experiences remind us that people of faith can experience deep anguish and ask difficult questions.

Perhaps you feel disappointed because you expected God to protect you from serious illness. Perhaps you have watched others recover while your own health continues to decline. You may struggle to understand why a loving God allows such suffering.

I cannot give you a simple answer to that question. Some mysteries remain beyond our understanding, and easy explanations can make suffering feel even more painful.

What I can encourage you to do is speak honestly to God. Tell Him when you are frightened. Tell Him when you feel angry or forgotten. If you cannot find the words, you can sit quietly and allow yourself to grieve.

You may not feel God's presence every day. Illness, exhaustion, and emotional distress can make prayer difficult. That does not mean your relationship with Him has ended.

Faith can continue even when your feelings are unsettled. You can hold on to God's promises while admitting that you are struggling to understand His ways.

For today, perhaps your prayer is simply, "Lord, I do not understand what is happening, but please stay close to me."

That is an honest prayer, and you need not be ashamed of it.

A Prayer for Today

Heavenly Father, there are times when I feel that You are far away. I have questions I cannot answer, and sometimes I feel disappointed and angry. Please forgive me when my understanding is limited, and help me bring

my true feelings before You. Comfort me in my confusion and remind me of Your love when I struggle to feel Your presence. Give me the grace to keep trusting You, one day at a time. In Jesus' name, Amen.

Chapter 3: Why Haven't I Been Healed?

When Your Prayers Remain Unanswered

> "My grace is sufficient for thee: for my strength is made perfect in weakness." 2 Corinthians 12:9 (KJV)

Perhaps you have prayed for healing countless times. Your family has prayed for you. Friends from church have laid hands on you. You have asked God to take away your sickness, relieve your pain, and restore your health.

Yet you are still sick.

You may wonder whether something is wrong with your faith. Perhaps someone has suggested that you would be healed if only you believed strongly enough. Such words can leave you feeling guilty, discouraged, or even rejected by God.

Please do not place that burden upon yourself.

The Bible does not teach that every faithful Christian will be free from illness. The apostle Paul pleaded with God three times to remove what he called a thorn in his flesh. God answered by assuring Paul that His grace was sufficient for him.

We do not know exactly what Paul's thorn was, but his experience reminds us that sincere prayer does not always bring the relief we seek.

You can continue praying for healing. There is nothing wrong with asking God for recovery, better health, or relief from pain. At the same time, continue receiving appropriate medical treatment. Taking medication, consulting doctors, and following medical advice are compatible with trusting God.

If your condition does not improve, please remember that your illness is not evidence that God loves you less.

You may feel disappointed when another treatment fails or a medical report brings unwelcome news. Allow yourself to grieve those disappointments. You do not have to pretend that unanswered prayers are easy to accept.

God's grace does not guarantee that your suffering will disappear. Yet you can ask Him for the strength to endure difficult days, the wisdom to make medical decisions, and the comfort of knowing that your life remains precious.

Your faith is not measured by the speed of your recovery.

Even while you wait, struggle, and hope, you remain a beloved child of God.

A Prayer for Today

Heavenly Father, I have prayed for healing, and I still long to be well. Sometimes I wonder why my prayers remain unanswered. Please protect

my heart from guilt and discouragement. Help me trust Your love even when I do not understand my suffering. Guide the doctors who care for me and give me wisdom concerning my treatment. I continue to ask for healing, while placing my uncertain future in Your hands. Sustain me with Your grace today. In Jesus' name, Amen.

Chapter 4: When You Have No Strength Left

Finding Rest in God's Sustaining Grace

> "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness." 2 Corinthians 12:9 (KJV)

Illness can leave you exhausted in ways that healthy people may struggle to understand. Simple activities such as getting dressed, preparing a meal, or walking across a room may require tremendous effort. Some mornings, you may wake up feeling just as tired as when you went to bed.

Chronic pain can be especially difficult because it follows you through the day. Even when others cannot see your suffering, you still have to live with it.

Perhaps you feel frustrated because you can no longer do the things you once enjoyed. You remember when you were active and independent. Now, even ordinary tasks can seem overwhelming.

Please be gentle with yourself.

You do not have to prove your strength by pushing beyond your physical limits. Rest is a legitimate need, and accepting help is nothing to be ashamed of.

The apostle Paul understood what it meant to live with a weakness he could not remove. When he pleaded for relief, God assured him that His grace was sufficient.

That promise does not mean you will always feel strong or that your pain will become easier to bear. It reminds us that our physical limitations do not place us beyond God's care.

On difficult days, you may need to adjust your expectations. Perhaps today you can manage only a short conversation, a little food, or some quiet rest. That is enough for now.

If your pain or exhaustion becomes difficult to manage, tell your medical team. There may be treatments or supportive care that can help relieve your symptoms.

Remember that God does not value you according to how much you accomplish. Your worth remains unchanged when illness prevents you from working, serving, or helping others.

There may be days when you cannot concentrate long enough to read your Bible or pray. You can still turn your thoughts toward God, even briefly.

Sometimes, all you can manage is a whispered, "Lord, help me."

You can rest without guilt. You are allowed to have difficult days. And when your strength is gone, you can ask God to sustain you through the next hour.

A Prayer for Today

Heavenly Father, I am tired, and sometimes my body feels too weak to carry on with ordinary activities. Please give me relief from pain and the rest I desperately need. Help me accept my limitations without feeling ashamed. Remind me that I am precious to You even when I cannot accomplish anything. Give me patience with myself and wisdom to seek the care I need. When my strength is exhausted, sustain me with Your grace. In Jesus' name, Amen.

Chapter 5: Does Anyone Still Care About Me?

Finding Comfort When Illness Leaves You Lonely

"I will never leave thee, nor forsake thee." Hebrews 13:5 (KJV)

One of the painful experiences of prolonged illness is loneliness. When you first became sick, people may have called, visited, and promised to pray for you. But as the weeks turned into months, the visits became less frequent. The telephone grew quiet, and life seemed to carry on without you.

Perhaps you can no longer attend church regularly or participate in activities you once enjoyed. You see photographs of friends gathering together, and you wonder whether anyone remembers that you are still struggling.

Feeling forgotten can hurt deeply, especially when you are already physically weak.

Sometimes, people stay away because they do not know what to say. Others become occupied with their own responsibilities. Whatever their reasons, your disappointment is understandable. You may miss the simple pleasure of having someone sit beside you and talk about ordinary things.

Please remember that needing companionship does not make you demanding. Human beings need connection, especially during difficult times.

If you have the strength, consider reaching out to someone you trust. You might send a simple message saying, "I've been feeling lonely lately. Would you have some time to talk?"

You can also let your pastor or church friends know that you would appreciate a visit or occasional telephone call. People may be more willing to help than you realise, although they may need to understand what you need.

Of course, there may still be times when nobody is available. Those moments can be especially difficult.

The promise in Hebrews reminds us that God does not abandon His people. His presence may not remove your loneliness immediately, but you can bring that loneliness to Him without embarrassment.

You deserve kindness, attention, and companionship. Your illness has not made you less worthy of friendship.

And if someone reaches out today, allow yourself to enjoy that small moment of connection. Sometimes, a familiar voice or a caring conversation can bring much-needed comfort.

A Prayer for Today

Heavenly Father, sometimes I feel lonely and forgotten. I miss the companionship of people I love, and I wish someone would understand

how difficult these days can be. Please comfort my heart and help me remember that You have not abandoned me. Give me courage to reach out when I need companionship. Bless me with caring people who will walk beside me through this difficult season. Help me also recognise the love that is already present in my life. In Jesus' name, Amen.

Chapter 6: I Don't Want to Be a Burden

Remembering Your Worth When You Need Others

> "Bear ye one another's burdens, and so fulfil the law of Christ."
> Galatians 6:2 (KJV)

One of the hardest things about being sick is losing your independence. Perhaps you were once the person everyone depended on. You worked, provided for your family, cared for others, and managed your responsibilities without much assistance.

Now, you may need someone to prepare your meals, accompany you to medical appointments, or help you with personal needs. Tasks that once seemed simple have become difficult.

You may feel embarrassed or frustrated. Sometimes, you might even think, "My family would have an easier life if they didn't have to look after me."

If you have been struggling with such thoughts, please remember that needing care does not make you a burden.

Illness changes what you can do, but it does not diminish your worth as a person. You remain someone who deserves love, kindness, and respect.

The Bible encourages Christians to carry one another's burdens. There are seasons when we are able to help others, and seasons when we need others to help us. Both are part of human life.

Of course, caregiving can be demanding. Your loved ones may sometimes feel tired or overwhelmed. Their exhaustion does not mean they regret loving you. It may simply mean they need additional support and rest themselves.

When possible, talk openly with those caring for you. Ask how they are coping and discuss whether other family members, friends, or community services can help share the responsibilities.

You can also express appreciation for the kindness you receive. A simple thank-you can mean a great deal.

Please do not feel that you must apologise for being sick. You did not choose your illness, and you deserve compassionate care.

Even when you cannot contribute in the ways you once did, your presence still matters. You are a person with memories, feelings, relationships, and a life that remains precious.

Allow yourself to receive love. You have spent much of your life giving it, and now others may have the opportunity to show their love through caring for you.

A Prayer for Today

Heavenly Father, it is difficult for me to depend on others. Sometimes I feel embarrassed, helpless, or guilty because I need so much assistance. Please remind me that my worth has not diminished because of my illness. Help me receive care with gratitude and communicate my needs honestly. Bless those who look after me, and give them patience, strength, and opportunities to rest. Teach me to accept their kindness without shame. Thank You for loving me in every season of my life. In Jesus' name, Amen.

Chapter 7: Learning to Appreciate the Little Things

Finding Moments of Gratitude Even on Difficult Days

> "This is the day which the LORD hath made; we will rejoice and be glad in it." Psalm 118:24 (KJV)

When you are healthy, it is easy to take ordinary things for granted. Getting out of bed, enjoying a meal, taking a walk, or spending time with family may seem like small parts of everyday life.

But illness can change the way you see these moments.

Perhaps you now appreciate a morning when your pain is less severe. A peaceful night's sleep may feel like a precious gift. A telephone call from an old friend or a quiet conversation with someone you love can bring unexpected happiness.

These moments may seem insignificant to others, but they can mean a great deal when life has become difficult.

You may also begin to notice kindness that previously escaped your attention. A nurse who takes time to listen, a family member who prepares your favourite meal, or a friend who remembers to ask how you are feeling can remind you that goodness still exists in the world.

Gratitude does not require you to ignore your suffering. You can appreciate a beautiful sunrise while feeling frightened about your health. You can thank God for a loving family while wishing desperately that your pain would disappear.

There will also be days when you struggle to find anything to be thankful for. Please do not feel guilty about those days. Severe pain, exhaustion, and discouragement can make even simple pleasures difficult to enjoy.

God understands your limitations.

When you feel able, try noticing one small thing that brings you comfort. It might be the warmth of sunlight through your window, the taste of a familiar meal, or a few minutes of peaceful rest.

You do not need to turn every difficult experience into a positive lesson. Sometimes, receiving a little comfort is enough.

Illness may have taken away many things you once enjoyed, and it is natural to grieve those losses. Yet there may still be moments of beauty and kindness waiting to be noticed.

Treasure them when they come. Let them remind you that even during a painful season, your life can still contain moments worth appreciating.

A Prayer for Today

Heavenly Father, thank You for the small blessings that remain in my life. Sometimes my pain and worries make it difficult to notice them. Please open my eyes to moments of kindness, beauty, and peace. Help me appreciate the people who care for me and the simple comforts I can still enjoy. On days when gratitude feels impossible, be patient with my weary heart. Teach me to receive each good moment as a gift, without denying the difficulties I face. In Jesus' name, Amen.

Chapter 8: My Life Has Changed, but It Still Matters

Finding Meaning and Purpose Despite Illness

> "I will praise thee; for I am fearfully and wonderfully made."
> Psalm 139:14 (KJV)

Serious illness can change the life you once knew. Perhaps you had a career you enjoyed, responsibilities that gave you satisfaction, or plans you hoped to fulfil. You may have been active in church, helping others and contributing to your community.

Now, your physical limitations may prevent you from doing many of those things. You might spend much of your time resting at home, attending medical appointments, or recovering from treatment.

It can be painful to watch life continue around you while you feel unable to participate.

You may even wonder, "What purpose does my life have now?"

If you have been asking that question, I want to remind you of something important. Your value as a person has never depended on how much you can accomplish.

Before you became sick, God loved you. He still loves you today, regardless of your physical condition.

You may no longer be able to serve others in familiar ways, but meaningful living can take many forms. Perhaps you can encourage a friend through a short message, share a treasured memory with your family, or offer a few words of kindness to someone caring for you.

If your health allows, you might enjoy reading, listening to music, writing down your thoughts, or spending quiet moments with someone you love.

And if you are too weak to do any of these things, please do not feel that you have failed. There is no requirement to remain productive while suffering.

Sometimes, accepting care and allowing yourself to rest are the most appropriate things you can do.

Your family and friends may treasure your presence more than you realise. They may value a conversation, a smile, or simply the opportunity to sit beside you.

You still have a place in their lives.

Illness may have changed your abilities and interrupted your plans. It may require you to discover a different way of living. Give yourself time to grieve what you have lost while remaining open to what is still possible.

Your life continues to have meaning, even when your days look very different from what you once imagined.

A Prayer for Today

Heavenly Father, my illness has changed so much of my life. Sometimes I feel useless because I can no longer do the things I once enjoyed. Please remind me that my worth does not depend on my achievements or physical abilities. Help me accept my limitations with patience and recognise the meaningful moments still available to me. Give me peace when I need to rest and gratitude for the love I can still share and receive. Thank You for valuing me just as I am. In Jesus' name, Amen.

Chapter 9: God Is Good, Even When Life Hurts

Recognising His Love in the Midst of Suffering

> "O taste and see that the LORD is good: blessed is the man that trusteth in him." Psalm 34:8 (KJV)

It is easy to thank God when life is going well. When we are healthy, our families are happy, and our plans succeed, we readily speak of His goodness.

But what happens when life becomes painful?

Perhaps you have been diagnosed with an illness that cannot be cured. You may have endured months of treatment without improvement. You might wonder how God can be good when He allows you to suffer so much.

These are difficult questions, and you deserve more than a simple religious answer.

God's goodness cannot be measured only by whether we receive the healing we desire. If it could, every unanswered prayer would leave us questioning His love.

The Christian faith invites us to trust God's character even when our circumstances remain painful. This trust may develop slowly, especially when we are frightened or disappointed.

You may begin to recognise His goodness through the love and kindness you receive. Perhaps someone has stayed beside you during a difficult hospital visit. A friend may have offered practical help when you were too weak to manage alone. A caring doctor or nurse may have brought comfort during an anxious moment.

These acts of kindness can remind us of God's love expressed through human compassion.

Of course, there may be days when suffering overwhelms everything else. You may struggle to feel grateful or even to pray. That does not make your faith meaningless.

You can believe that God is good while admitting that your illness is terribly difficult.

You may never understand why you became sick. Some questions may remain unanswered throughout your life. Yet you can continue seeking God's presence, receiving the kindness of others, and appreciating moments of peace when they come.

Perhaps your understanding of God's goodness will gradually deepen. You may discover that His love matters most when you feel vulnerable and uncertain.

Your illness is real, and so is your suffering. You do not have to minimise either one to trust in God's goodness.

Even during this difficult chapter of your life, you can ask Him to help you recognise the love and grace that remain.

A Prayer for Today

Heavenly Father, sometimes I struggle to understand Your goodness when my life is filled with pain. I wish my circumstances were different, and I still long for healing. Please help me trust Your love even when I cannot understand what is happening. Open my eyes to the kindness and compassion around me. When disappointment overwhelms my heart, remind me that I can bring my questions to You. Give me grace to recognise Your goodness without denying my suffering. In Jesus' name, Amen.

Chapter 10: What If I Am Afraid of Dying?

Facing Mortality with Honesty and Christian Hope

> "Let not your heart be troubled: ye believe in God, believe also in me." John 14:1 (KJV)

There may come a time during serious illness when you begin thinking about death. Perhaps your doctor has explained that your condition is life-threatening. Perhaps treatment is no longer working as hoped, or your body is becoming weaker.

You may be frightened by the thought of dying. You might worry about the pain you could experience, what will happen to your family, or whether you will have enough time to say everything you want to say.

These fears are deeply human. You do not have to feel ashamed of them.

Even when you believe in eternal life, the thought of leaving this world can be painful. You love your family, treasure your relationships, and may still have dreams you hoped to fulfil.

It is natural to grieve the possibility of losing these precious things.

Jesus spoke words of comfort to His disciples when they faced an uncertain future. He encouraged them to trust Him and spoke of preparing a place for them in His Father's house.

For Christians, the promise of eternal life offers hope beyond physical death. Yet this hope does not require you to pretend that dying is easy or that separation from loved ones brings no sorrow.

If you are worried about unfinished responsibilities, consider speaking gently with your family about your wishes. You may want to express your love, settle practical matters, or share memories that are important to you.

If you fear pain or physical suffering, speak openly with your medical team about comfort-focused care. You deserve compassionate treatment and relief from distressing symptoms wherever possible.

You may also find comfort in talking with a trusted pastor, family member, or friend about your fears.

Please remember that you do not have to face these thoughts alone.

There may be questions about death that you cannot fully answer. You can acknowledge those uncertainties while holding on to the hope that Christ has given you.

For today, allow yourself to live. Receive the love around you, appreciate the moments you have, and speak honestly to God about whatever troubles your heart.

When fear becomes overwhelming, you can ask Him for peace.

Your life is precious, and every day deserves to be treated with tenderness and care.

A Prayer for Today

Heavenly Father, I confess that I am sometimes afraid of dying. I worry about leaving the people I love and facing what I cannot understand. Please comfort my troubled heart and help me remember the hope of eternal life through Jesus Christ. Give me courage to speak honestly with my loved ones and wisdom to prepare for the future. When fear overwhelms me, surround me with Your peace. Help me treasure the life I have today and trust You with the days ahead. In Jesus' name, Amen.

Chapter 11: I Don't Know What Tomorrow Will Bring

Finding Peace When You Cannot Control the Future

> "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself." Matthew 6:34 (KJV)

One of the hardest things about living with illness is not knowing what tomorrow will bring. You may wonder whether your condition will improve, whether your next treatment will work, or whether you will have the strength to face another difficult day.

Sometimes, the uncertainty feels more frightening than the illness itself.

Perhaps you have an important medical appointment approaching. You may be waiting for test results or trying to decide whether to undergo

another procedure. Your mind keeps returning to everything that could go wrong.

If you are feeling overwhelmed, please be patient with yourself. These concerns are understandable when your health and future are at stake.

Jesus encouraged His followers not to become consumed by worries about tomorrow. His words remind us that each day has its own challenges and that we need not carry the weight of every possible future difficulty at once.

This does not mean you should ignore medical advice or avoid making necessary plans. You can trust God while asking questions, considering treatment options, and discussing important decisions with your doctors and loved ones.

When facing a difficult medical decision, give yourself permission to seek clear information. Ask about the possible benefits, risks, and alternatives. If necessary, request more time to consider your choices or seek another medical opinion.

You do not have to make every decision alone.

There may still be situations beyond your control. No doctor can guarantee every outcome, and even careful planning cannot remove all uncertainty.

When worry becomes overwhelming, gently bring your attention back to what you can manage today. Perhaps you need to attend an appointment, take your medication, or simply get some rest.

You can also share your concerns with someone you trust. Speaking about your fears may help you feel less alone.

Faith does not require you to know what tomorrow holds. You can ask God for wisdom to make today's decisions and courage to face whatever comes next.

Your future may remain uncertain, but you can approach it one day at a time, receiving the help and care you need along the way.

A Prayer for Today

Heavenly Father, I worry about tomorrow because so much of my future is uncertain. Sometimes my thoughts become filled with frightening possibilities. Please calm my anxious heart and help me concentrate on what I can do today. Give me wisdom when I face medical decisions and guide those who care for me. Help me accept what I cannot control without losing hope. When I feel overwhelmed, remind me that I can bring my worries to You. Grant me peace for today and courage for tomorrow. In Jesus' name, Amen.

Chapter 12: As Long as I Have Today

Living with Courage, Love, and Hope

> "So teach us to number our days, that we may apply our hearts unto wisdom." Psalm 90:12 (KJV)

When illness changes your life, you may find yourself thinking differently about time. Things that once seemed urgent may no longer matter as much. You begin to appreciate the people you love, the conversations you share, and the ordinary moments that make life meaningful.

Perhaps you have spent many years working hard, fulfilling responsibilities, and making plans for the future. Now, sickness has forced you to slow down. You may feel disappointed about the things you can no longer do or the dreams you have been unable to fulfil.

It is natural to grieve those losses.

But I hope you will also remember that your life still matters today.

You may no longer have the energy to travel, work, or participate in activities you once enjoyed. Yet there may still be opportunities to experience love and connection within your present circumstances.

Perhaps you can enjoy a quiet conversation with your spouse, listen to a favourite song, or share a treasured memory with your children. You might find comfort in watching the morning sunlight enter your room or hearing the familiar voice of a friend.

If your strength allows, you may even discover small ways to encourage someone else.

But please do not feel pressured to make every day productive or meaningful. Some days, your body may need nothing more than rest. On those days, caring for yourself is enough.

You do not have to accomplish something extraordinary to justify another day of life.

The words of Psalm 90 remind us that our days are precious. We cannot control how many we will have, but we can ask God for wisdom in how we live them.

For you, that wisdom may involve accepting help, spending time with loved ones, or allowing yourself to enjoy a peaceful moment without worrying about tomorrow.

Your illness may continue. Some difficulties may remain unresolved. Yet your life can still hold love, dignity, and moments of grace.

As long as you have today, there is room to receive kindness, experience comfort, and rest in God's care.

And when tomorrow comes, you can face it with whatever strength you have, trusting God to help you through another day.

A Prayer for Today

Heavenly Father, thank You for the gift of another day. My life has changed, and there are many things I can no longer do. Please help me appreciate the moments that remain and receive each day without unnecessary pressure. Give me opportunities to share love and enjoy the companionship of those around me. When I am weak, help me rest peacefully. When I am afraid, give me courage. Whatever tomorrow brings, may I continue to find comfort in Your presence and hope in Your promises. In Jesus' name, Amen.

Appendix: 10 Short Prayers for Difficult Moments

There may be days when you feel too weak, frightened, or exhausted to find the words to pray. During those moments, you can turn to these simple prayers. You do not need to say them perfectly or pray for a long time. God knows what is in your heart, even when you struggle to express your feelings.

1. A Prayer When You Are Frightened

Heavenly Father, I am afraid of what may happen to me. My mind is filled with worries, and I struggle to find peace. Please calm my troubled heart and remind me that I can turn to You whenever fear overwhelms me. Give me courage to face what lies ahead, one day at a time. In Jesus' name, Amen.

2. A Prayer When You Are in Pain

Loving Father, You know how much I am hurting. Sometimes the pain feels unbearable, and I become exhausted and discouraged. Please grant me relief and guide those caring for me. Give me patience during difficult moments and help me find the rest I need. When my strength is gone, sustain me with Your grace. In Jesus' name, Amen.

3. A Prayer While Waiting for Medical Results

Heavenly Father, I am anxious about the results I am waiting to receive. My thoughts are filled with questions and frightening possibilities. Please give me peace while I wait. Grant wisdom to my doctors and help me understand the information they provide. Whatever the results may be, give me courage to face the next step. In Jesus' name, Amen.

4. A Prayer When You Cannot Sleep

Dear Lord, I am tired, but sleep will not come. My body is uncomfortable, and my mind refuses to rest. Please quiet my thoughts and ease my distress. Help me release the worries I cannot solve tonight. Give me peaceful rest and renewed strength for tomorrow. May I find comfort in knowing that I can bring every concern to You. In Jesus' name, Amen.

5. A Prayer When You Feel God Is Silent

Heavenly Father, I have prayed, but sometimes I feel that You are far away. I struggle to understand why my suffering continues. Please help me remain honest with You about my disappointment and confusion. When I cannot feel Your presence, remind me of Your promises. Give me the grace to keep trusting You through this difficult season. In Jesus' name, Amen.

6. A Prayer When You Feel Lonely and Forgotten

Loving Father, I feel lonely today. I miss the companionship of people I love, and sometimes I wonder whether anyone remembers me. Please comfort my heart and help me reach out when I need someone to talk to. Bring caring people into my life and help me recognise the kindness already around me. Remind me that I am never forgotten by You. In Jesus' name, Amen.

7. A Prayer When You Feel Like a Burden

Heavenly Father, it is difficult for me to depend on others. Sometimes I feel guilty because I need so much help. Please remind me that my life remains precious and that needing care does not diminish my worth. Bless those who look after me and give them strength and rest. Help me receive their kindness with gratitude and without shame. In Jesus' name, Amen.

8. A Prayer When You Are Discouraged by Unanswered Prayers

Dear Lord, I have asked You for healing, and I am still waiting. Sometimes I feel disappointed and wonder why my suffering continues. Please protect me from believing that my illness means I have failed You. Help me continue seeking appropriate care while trusting Your love. Give me strength for today and comfort when my hope feels weak. In Jesus' name, Amen.

9. A Prayer When You Are Afraid of Dying

Heavenly Father, the thought of dying sometimes frightens me. I worry about leaving my loved ones and facing what I cannot fully understand. Please comfort me with the hope of eternal life through Jesus Christ. Give me courage to speak honestly with my family and peace as I consider the

future. Help me treasure the time I have today and trust myself into Your loving hands. In Jesus' name, Amen.

10. A Prayer for Peace, Courage, and Hope Today

Loving Father, thank You for being with me through this difficult journey. I do not know what tomorrow will bring, but I ask for Your help today. Give me peace when I am anxious, courage when I am frightened, and hope when I feel discouraged. Help me receive love, appreciate small blessings, and rest when I am weary. Whatever lies ahead, may Your grace sustain me and Your presence bring me comfort. In Jesus' name, Amen.