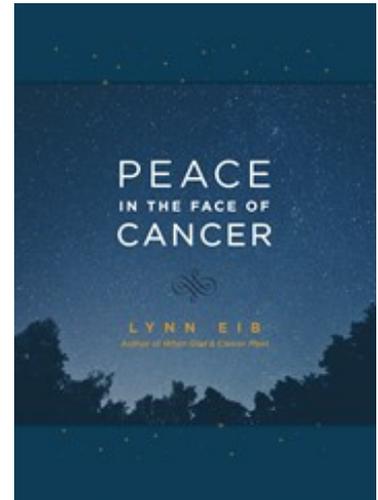


Peace in the Face of Cancer Discussion Questions/Topics by Lynn Eib

I've divided up the book into twelve groups of questions because I know that most people who use these will do so in a cancer support group. And I know from nearly twenty-five years of facilitating such a group how difficult it is to find good material to study and discuss at each meeting.

So if your group meets monthly, you can study my book for a whole year, or you can go through it in six months if you meet biweekly. (Obviously, you also can use these questions to spark discussions in any other way that suits you!) You also might want to utilize the topical index in the back of the book to focus on a particular topic at each meeting.



Session 1: Chapters 1–3

1. Do you consider yourself and/or your loved one a “survivor”? Why or why not?
2. What do you think it means for you to “choose peace” each day?
3. Share an example of an insensitive remark someone made to you regarding cancer.
4. Share a time when you were able to listen to someone's heart and not just their words.
5. Do you find that spending time on cancer-related Internet searches makes you and/or your loved one feel better or worse? Explain.

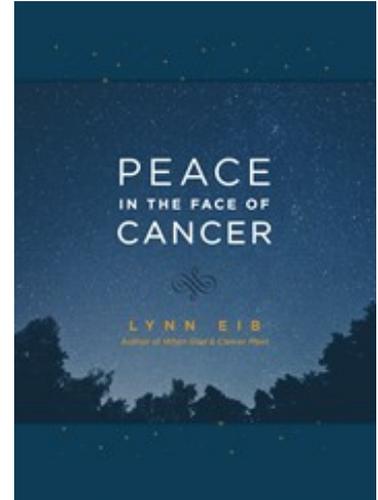
Session 2: Chapters 4–6

1. How full is your emotional tank right now? Why?
2. Share how you or other people make healthy deposits in your tank.
3. What side effects have been most difficult for you or your loved one?
4. Have you and your loved one been able to be honest and communicate your needs and concerns to each other? Why or why not?
5. Do you and your spouse or main caregiver have similar or different personalities and coping styles? Explain.



Session 3: Chapters 7–9

1. Which of Christopher Robin’s descriptions (braver than you believe, stronger than you seem, or smarter than you think) is most important to you right now?
2. Share how you have seen God be “much greater than you imagine” during your or your loved one’s cancer journey.
3. Are you naturally optimistic or pessimistic? Explain.
4. Share a “positive truth” that is helping you “nourish genuine hope.”
5. Tell about a friend whose presence has encouraged you during dark times or about how your presence uplifted someone else in need.
6. If you don’t have a faithful friend, ask others to pray that God will bring one into your life.



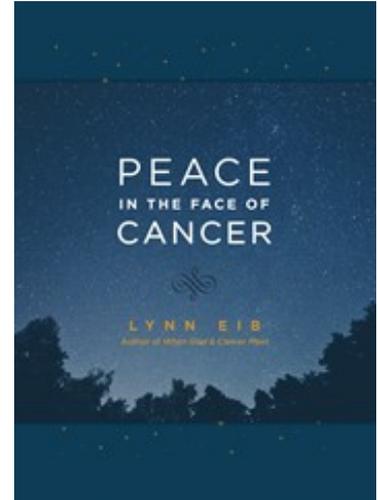
Session 4: Chapters 10–13

1. How has the diagnosis of cancer affected your worrying, if at all?
2. What causes you the most worry or anxiety?
3. Which of the PRPR exercises (“Permission to be human,” “Reconstruct learning lessons,” “a Perspective on how this fits into life,” or “Return to hope”) is the one you most need to put into practice?
4. What is one way you and/or your loved one has had to “adjust your sails” since the cancer diagnosis?
5. Have you or your loved one experienced more paranoia since being diagnosed? If so, share an example.
6. Share something you were paranoid or worried about that turned out to be fine.



Session 5: Chapters 14–16

1. How does the thought of talking in a support group make you feel (happy, scared, relieved, self-conscious, or something else)?
2. What positive things have happened since you started attending a support group?
3. Give examples of some new “cancer vocabulary” you have learned.
4. Share a time you felt the power of God’s Spirit as you walked in the foreign world of cancer.
5. Share an interaction with a physician or other medical person that affected your confidence in him or her. (If your confidence decreased, *don’t* divulge any names!)
6. How easy/not easy is it for you to have confidence in God as the Great Physician?



Session 6: Chapters 17–18

I’ve purposely included only two chapters here because I hope you dedicate an entire meeting just to laughing and its therapeutic benefits. Advertise ahead of time that the topic will be “Laughter as Healing Medicine” or something similar. Be ready with extra jokes, funny DVD clips, members prepared to share embarrassing stories, etc. My group has done this and it is a wonderful, free diversion!

1. How contented do you feel? Explain.
2. What helps you feel more contented?
3. Share something funny or embarrassing that has happened to you.
4. What or who makes you laugh and why?



Session 7: Chapters 19–21

I recommend that you occasionally divide your meeting into two discussion groups: one for patients and the other for caregivers. (However, you can use the questions below in an undivided group as well.) If you do split up, have a cancer survivor facilitate the patient group and a caregiver the second group. Start and end the meeting together, but give some time in the middle for each group to talk by themselves.

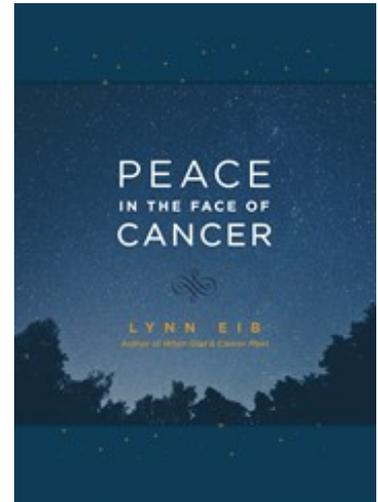
This always was very helpful when I led a support group. My husband, who normally did not attend the meetings, would come that night and lead the caregiver discussion and I would lead the one for patients.

Patients/Survivors

1. What do you wish your caregiver better understood about your cancer journey?
2. Share a time you had a “good” cry.
3. Have you ever felt as if you are on a “roller coaster” with cancer? Explain.
4. Talk about Dr. Harpham’s idea to “hope for accurate news.”

Caregivers

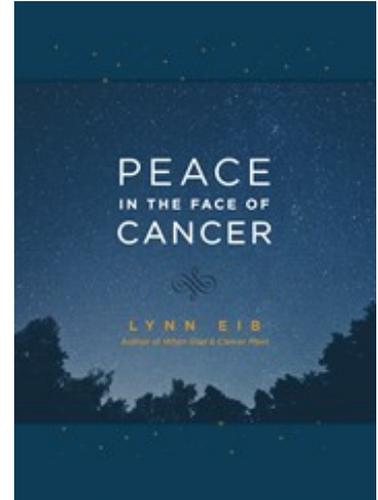
1. What is the most difficult part of the caregiving role for you?
2. How do you or don’t you “take good care of yourself”?
3. Have you been able to cry since the diagnosis of cancer? Why or why not?
4. Share about a time you had a “good” cry.



Session 8: Chapters 22–25

If you are able to add an “extra” session devoted just to helping kids cope with cancer, it will be greatly appreciated by parents, grandparents, and teachers. Otherwise, devote some time during this session to that topic.

1. How have the children in your family reacted to the cancer diagnosis?
2. Which of Lynn’s ABCDE suggestions is the one you most need to put into practice? (They are: allow your feelings to be seen, be age-appropriately honest, create ways kids can give of themselves, don’t make promises you can’t keep, and empower them by praying for them and with them.)
3. Share whether you or your loved one already has defied the verdict given by a physician or medical statistics.
4. If you tend to be a controlling person, how has that affected this cancer journey? What helps you to relinquish that controlling urge to God?
5. What have you had to face on this cancer journey that you would not have thought you could?
6. Share how you have been able to “be still” and know that He is God.



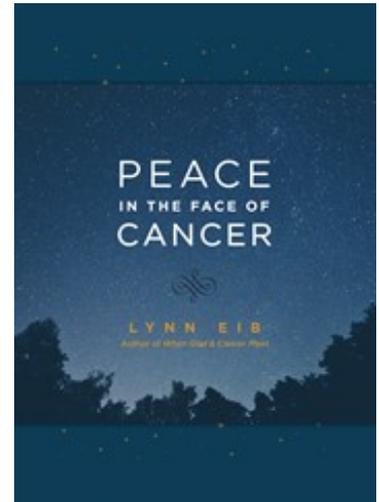
Session 9: Chapters 26–29

1. Share a time you experienced your mind having a negative effect on how you felt physically.
2. Which of Dr. Backus’s “truthful healing beliefs” do you want to add to your “mental pharmacy”?
3. Share something cancer related for which you are thankful.
4. Share something positive in your A.C. life that is different from your B.C. life.
5. What is the difference between counting our days and numbering them?
6. Do you need a “vacation from cancer”? What ideas does chapter 29 give you on how to get one?



Session 10: Chapters 30–33

1. Share an unanswered question you have regarding your or your loved one's cancer. (Remember not to try to answer each other's questions!)
2. What is your response to Lynn's story about "the incident" that took place at the Brooklyn Tabernacle?
3. Share a small thing you've been able to do with great love along your cancer journey.
4. Have you ever felt survivor's guilt? Explain.
5. Share a "misbelief" you have about your or your loved one's cancer.
6. What is a truth from the Bible that you need to put into your mind?



Session 11: Chapters 34–37

This session gives you the opportunity to share the gospel if you have people attending who are not yet Christ-followers or perhaps don't have the assurance of Heaven.

1. What was your initial response when you heard that you or your loved one had cancer?
2. Do you find yourself having "what-if" thoughts? Explain.
3. Have you ever felt like giving up during your cancer journey? If so, explain.
4. What is your response to Lynn's statement "You were created for your real home: Heaven"?
5. Do you have an assurance of Heaven? Would you like to have one?
6. Respond to Dr. King's assertion that "everything that we see is a shadow cast by that which we do not see."



Session 12: Chapters 38–40

Don't skip these three "bonus" chapters just because they're especially for those with cancer not expected to be cured—the truths in them will resonate with all survivors and caregivers. And it will be an especially freeing discussion for those in the group who are in this difficult situation.

1. What does the quote "Don't battle the disease, but dance with it" mean to you?
2. How have you been able to see God use your cancer journey for good?
3. Talk about Lynn's (and Larry Keefauver's) assertion that the common factor in the New Testament healings is Jesus and not people's faith.
4. Share whether you have believed one of the myths about when God will heal. Explain.
5. We all will die one day, so how would you like to be remembered?
6. What does it mean to you to "pray to die well"?

