

## Chapter 1: So, How Do I Know When I'm a Survivor?



1. When did you first think of yourself as a survivor?
2. Do you agree with the survivor definition given by the National Coalition for Cancer Survivorship? Why or why not?
3. Before your diagnosis, did you personally know any cancer survivors who inspired you?
4. Which one of these survivors' stories is most like yours: Claude, Blaine, Jakoba, Bill, or Genie? Explain.
5. Has it been easy or difficult for you to make plans since your cancer diagnosis?

## Chapter 2: Is Everyone As Paranoid As I Am?

1. On a scale of 1 to 10, how paranoid are you about cancer recurring?
2. Before you got cancer, did you ever think you might get that diagnosis?
3. Do you agree with Jan that the paranoia becomes easier as time goes on?
4. Do you have any humorous stories concerning bumps/lumps/aches/pains that turned out to be nothing?
5. Is there a particular time of year that you are most paranoid? Explain.
6. Do you have a new "battle plan" since finishing treatment?

## Chapter 3: How Do I Turn Off That Voice of Fear?

1. Were you fearful when you were diagnosed with cancer? Why or why not?
2. Have you heard the little voice of fear that Peggy hears? If so, when is it the loudest?
3. What are the "misbeliefs" you have about your circumstances?
4. Do you agree or disagree with the following statement from the book *Telling Yourself the Truth*: "Other people, circumstances, events and material things are not what make you happy. What you believe about these things makes you happy or unhappy"?
5. Have you ever compared your circumstances to the truth in the Bible? What verses were helpful?
6. Respond to Lynn's assertion that fearing the Lord reduces all the other fears.

## Chapter 4: Do I Have to Go to Oz to Get Some Courage?

1. Are you naturally a brave person, or like Lynn and Chris are you "a wimp"? Explain.
2. Do you feel the doctor who first told you of your cancer diagnosis did a "good job" explaining things? If not, what do you wish he or she might have been done differently?
3. What have you discussed (or not discussed) about cancer with your children at home or young grandchildren?
4. Has your family been able to see God pour courage into your heart during your illness and recovery? If so, how?
5. Share an example of a time God put just the right person in just the right place for you during your cancer journey.
6. Have you been able to share your cancer story with others and encourage them? If so, how?



## Chapter 5: How Do I Keep (or Get) a Sense of Humor?



1. Share something humorous that happened to you during your cancer treatment.
2. How have you kept (or gotten) a sense of humor since your diagnosis?
3. Respond to Rick Warren's statement: "The smile of God is the purpose of your life."
4. Have you been able to find joy during both good and bad news? How?
5. Do you think you can "choose joy" even in cancer's shadow? Why or why not?

## Chapter 6: Do I Positively Have to Stay Positive?

1. Are you by nature more of an optimist or a pessimist?
2. Have you ever experienced the "tyranny of positive thinking"? In what way?
3. How often do you have a good cry?
4. Do you have someone like Lynn's friend Norma with whom you can trade poor-me complaints? Explain.
5. What do you think of Joni Eareckson Tada's explanation that God will redeem all your tears?

## Chapter 7: Isn't There a Faster Way to Wait?

1. Are you a good "wait-er"? Explain.
2. How does the waiting you've done compare to what George and Carla experienced?
3. Do you agree with Lynn's statement that "waiting goes against our very nature"? Why or why not?
4. Have you ever experienced the "transforming power" of waiting? How?
5. Which of the verses on waiting listed at the end of this chapter encourages you the most?

## Chapter 8: Can I Really Hear from God?

1. Have you ever thought, like Maureen, that God doesn't seem to speak to you the way He does to other people?
2. Were (or are) you angry about any aspect of your cancer diagnosis or treatment?
3. What prayers concerning your cancer journey seem to have gone unanswered?
4. Which prayers have been answered?
5. Have you ever asked for a sign from God? What happened?
6. Respond to Lynn's assertion that "no matter what does or doesn't happen to any of us in this life, God already has done His best for us."

## Chapter 9: Will Life Ever Be Normal Again?

1. Have you returned to normal physically since your treatment? What has not?
2. Is there anything about cancer that has changed your life for the better?
3. Like Jason, can you think of any ways you hope your life doesn't go back to normal?
4. Have you allowed God to fill the hole in your heart with Himself? What has been the result?



## Chapter 10: Will It Come Back?

1. Do you fit Marc's definition of an "ideal patient"? Why or why not?
2. Respond to the statement that "God always does heal believers but in His own sovereign timing."
3. Is it easy or hard for you to pray "not my will, but God's"? Why?
4. Have you ever prayed and believed someone would be miraculously healed? What happened?
5. Is it easy or hard for you to think of yourself as the clay and God as the Potter? Why?



## Chapter 11: What If I Need a Miracle?

1. Have you ever befriended someone whom you initially didn't think you would like? Explain.
2. Have you ever experienced a miracle in your life? If so, what was it?
3. Do you have an assurance of where you will spend eternity? Why?
4. Respond to the statement that healing is "a gift freely given as God wills it to be."

## Chapter 12: Is God Really Bigger Than Cancer?

1. Can you think of any other examples of things God cannot do?
2. Have you ever had someone lay hands on you and pray? Describe what happened.
3. Do you agree that what happens to us spiritually is more important than what happens to us physically?
4. Do you think there ever will be a cure for cancer? Why or why not?
5. What is your reaction to what happened to Lynn at the Brooklyn Tabernacle?

## Chapter 13: Living under a Different Shadow

1. Did your cancer diagnosis or treatment ever cause you to "get out of position spiritually"? Explain.
2. How big or small is the shadow of cancer in your life? Does it change from day to day?
3. Are you already under, moving toward, or moving away from living under the shadow of the Almighty?
4. Do you feel you know God well enough to really trust Him?
5. What do you think of Lynn's assertion that you can be free-of-cancer whether or not you are cancer-free?





