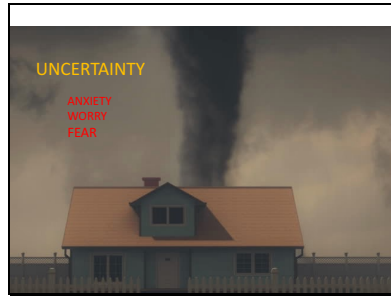


Slide 1



## Good Samaritan UPS Cancer Conference Talk 2

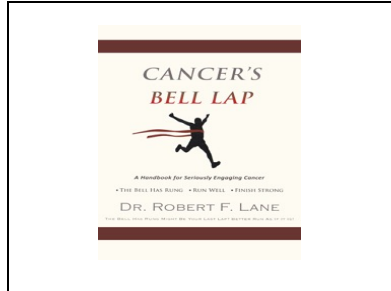
Today I want to talk about the role of Uncertainty in our lives – and everything that goes with it : ANXIETY, WORRY & FEAR. And see what we can learn from people who are confronted with one of the ultimate uncertainties – the diagnosis of Cancer. It appears to me that uncertainty casts a shadow over our lives and a dark damp cloud over our dreams. It is easy to imagine the weight a cancer diagnosis puts on anyone’s shoulder **but harder to see the cumulative weight of many smaller uncertainties on all** of our shoulders. It is harder to dance to the music of life carrying those weights.

Where did the gaiety of the 4yr old go who used to jump in mud puddles or dance to the rhythm of a vacuum cleaner or their wonder at a blade of grass. I submit that it is not the responsibilities of adulthood and our expectations **but the weight of the uncertainty of their outcomes.**

Uncertainties basically breakdown into those for which there is an adequate practical human solution and those for which all human solutions are inadequate in the desired time frame. I addresses the first group in an earlier seminar and now I would like to focus on the second group, the ones we stress over the ones we wonder about seeking Gods help with.

Earlier I gave a talk on Cancer’s Bell Lap based on this book

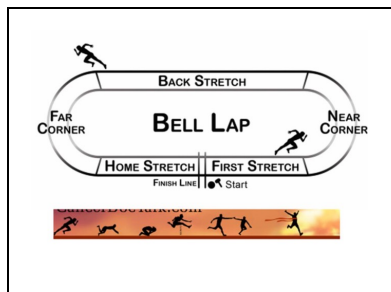
Slide 2



Which is practical and secular and guides patients and families on how to navigate the world of cancer: the medical system. Doctors relationships and the turmoil in their own hearts. How to prepare for the whole lap – the decisions that will need to be made and the opportunities and dangers – prepare for the whole lap even though you don't know how long it will last or even if it is the last lap. Preparation helps immensely because cancer is a battle on 2 fronts : a biologic one that your doctors will focus on and a social psychologic and spiritual one where you are all on your own.. The later battle is what I want to help you with and one that can be one every time . You see cancer takes a bigger tole on peoples lives that it does on their bodies. Sure some folks have symptoms and it takes some peoples lives but it can spoil almost everyones lives by stealing their dreams, joys and purpose.

So we talked about the **Bell Lap**

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Describe Bell Lap in brief: First stretch where one gets a dx and is challenged to decide on treatment

Near corner

where treatment is given and impact of the dx and rx sink in uncertainties and fears of all flavors become apparent and various denial strategies are invented

Back stretch

when remission, maybe cure is established and one has a chance to reinvent their lives and dreams – decide what it really the most important and start focusing on it – addressing big questions- some go on a spiritual

journey , some heal relationships some think about all the wisdom they have accrued and how to pass it to those they love.

Far corner – when relapse happens and while there is more Rx available it becomes clear that there is no cure and cancer will take one’s life – still maybe months or year away – but for certain and it’s time to complete whatever you started in the backstretch – get your baton passed completed.

During that talk we talked candidly about how every uncertainty in ones life gets bigger, new ones appear and some are very clearly FEAR ITSELF. Collectively one patient called them “THE DRAGON “

Now it is time to talk about the subject of my second book

Slide 4



Sue’s description

Slide 5



So everyone who wants to win the battle for their lives needs to recognize all the uncertainties in their lives and the power they

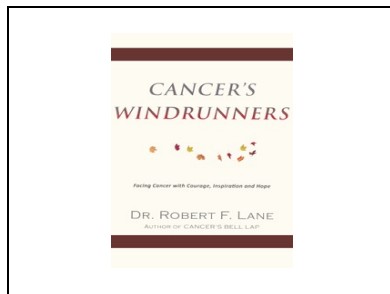
have to manipulate their lives. You can't defeat an enemy until you see it clearly . It might be unrealistic expectations or

dreams , fears about body image , work, finances , relationships . It might be biologic stuff – like pain which the any good

doctor can control the vast majority of the time . It is your life stuff I want to talk about which brings me to the topic of

second book

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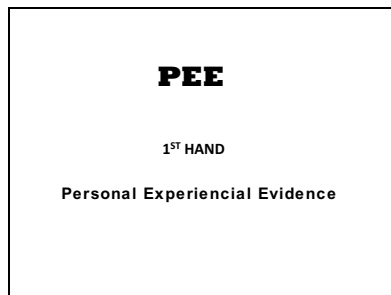


Just before I retired the Lord awaken me with “it's time for you to get up and start writing and then speaking about what I've been teaching you through your patients”. That's why I'm here today. Writing is an area of my greatest weakness and speaking I greatest fear. **But I've learned that if I follow the Lord's leading he will show up.**

I spent 35 years directing a cancer center, a hospice and boutique breast cancer center in Seattle and I cared for thousands of patients, many if not most Christians –There are 3 responses on hearing “you've got cancer”. It feels like the Bell ringing on their Bell lap – their last lap around the track of life. Many of them including Christians and some pastors run the wrong direction in denial asserting “I can do this “ or “God

has got this “. They play games with God bargaining with Him or treating him like their genie to deliver on their own agenda never realizing that power of their denial reflects the power of their fear and inadequacy. Others run around in circles of confusion, depressed and disabled. But there are some who run full on into life – not fearfully away from death. They know that God has a purpose for them in this trial – in this phase of life and they are out to discover what that is. They run stronger and faster and often longer because not crippled with fear. they are at PEACE! I call them WINDRUNNERS. They astonished me. Whatever they had, I wanted.

Slide 7



I tried to tell one patient about them and he responded “Doc – I am not sure I know what peace is. I always have something to worry about! But HEY I am getting by.” And I think that is what most of us are doing. Denying the power of Uncertainty in our lives – and GETTING BY.

There is one word I hope you remember when you leave today which is **PEE**, spelled P E E – which stands for personal experiential evidence. In medicine we examine every patients PEE – and they don’t have enough they are experiencing kidney failure which will lead to death. In life it seems that if we don’t have enough **personal experiential evidence** that Jesus is who he says he is, we are likely to experience faith failure when the storms hit.

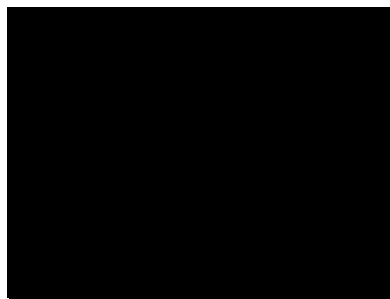
Cancer patients taught me that knowing a lot about Jesus doesn't give you faith but experiencing Jesus does. To unpack that I want to tell you some stories about patients with a lot of PEE. The Windrunners taught me a lot about peace and the kingdom of God.

Slide 8

**John 14:27**  
**Peace I leave with you;**  
**my peace I give to you;**  
not as the world gives  
do **I give to you.**  
Let not **your** hearts be troubled,  
neither let them be afraid.

It's the peace that Jesus speaks about in John 14 when he says "my peace I give you, my peace I send you, let not your hearts be troubled. Be not afraid". And the kingdom of God that many of us pray about in the Lord's prayer "thy kingdom come, thy will be done, on earth as it is in heaven" I think the WR live there and are proof that God's kingdom does come on earth in our time and we can live there too.

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I was a fledgling Christian when I started practicing Oncology and three yrs in I was ready to quit. It hurt too much to lose patients that had become friends. I was out jogging along Hood Canal and as I was a Foxhole Christian I started to pray. I had met the Lord in YL and asked him into my life, went to church and Bible study but only prayed when the bullets started flying – ie 3-4 times per year. I guess I was saving him for the big stuff and I can attest one doesn't learn much about God like that. Well the bullets were flying I was at a professional crisis. I told God that this hurt too much, and I thought I needed

to do something else. Then I heard “ I have got you exactly where I want you.” I thought OH \_\_\_\_\_! That is not me. Maybe that is God. Then I heard “it is not whether they die, its what happens before they die that matters” I sensed a commission. I sensed that if I only treated their cancer I might affect their lifetime but if I pointed their soul toward Jesus I might affect their life in eternity. I didn’t know how to do that but then I started meeting Windrunners

The first Windrunner I met was a 55-year-old man , Wendell came into my office on Friday afternoon with his wife complaining of being a little slower on the track. He was a fit, good-looking man with a lovely wife. His examination was entirely normal except he was a little pale. His lab work was normal except for a little anemia. I looked at his blood under the microscope and saw the cells of acute myelogenous leukemia, the most aggressive form of leukemia. So I had to go back and tell them” if you do nothing this is going to take your life and 11 to 15 weeks”. However, I’ve got some great although potent medicine. If I put you in the hospital immediately and keep you there for the next six weeks there is an 80% chance of coming out of the hospital in complete remission. And that will give you 80% chance of living a couple of years. Sadly, at that time there was no way to cure 55-year-old man with AML.

Wendell responded “My life’s verse is Phil 1:6 ‘ He who has started a good work in me will finish it “ and the wonderful thing about that is there is

no time constraint . He will do it in whatever time remains. But there is a caveat. I have to walk into my calling and listen to Him in order for Him to do that. So give me whatever you can that will get me on the pulpit in 2 day and for as many Sundays thereafter and we will call it good.” I was jaw dropped astonished. No one had ever passed up the “best stuff”. I pointed out if you give up 6 Sundays now odds are you will get 2yrs or 100 Sundays in return. Then he said “ I would rather trust God’s promises than doctors statistics. –the rest of the story: .....

I am not advocating Wendell’s decision but pointing out the faith that enabled his decision and wondering where it came from.

Then there was Becky and her mom: story – Becky is dying, I am in tears and her mother puts her arm around my shoulder and says “It’s ok doc. It’s a win-win situation: If she gets better she goes home with me and if she doesn’t she goes home with Jesus. It’s a win-win.

Then there was Sue- story ending with I am doing fine. Am in remission for 2 yrs and might even be cured. But then in a whisper she said **“but the Dragon is always behind the door”**

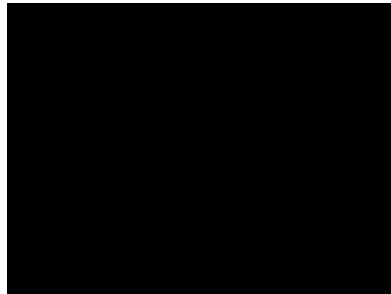


Slide 10



Whoa – I had heard something like that from a lot of patients but never so graphically. So I said tell me about that. “Well, It is not always there but it shows up at the darndest times, sometimes in the middle of the nite keeping me awake, some times just when happy times are breaking out – there it is. Always a spoiler!” Whoa – tell me more “ It’s all those voices in my head saying ‘maybe your are going to miss out? – miss out on ... or what if? What if? What if?

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Whoa! How do you handle that? It was then that she told me what all the Windrunners had said: I rephrase the question: “**what if Jesus is who He says he is?** What if His promises are true? What if Heaven is everything He says it is? What if this life is only the hors d’ oeuvres. We know about hor d’ oeuvres. They are to wet our appetite for what is to come. What if the main course and desert are in Heaven? I have believed all those things are true ever since high school, but that belief was not enough to deal with the voices until I started to do what Jesus suggests in in Philippians 4:6.

**Philippians 4:6-8**

<sup>6</sup> Do not worry about anything, but in **EVERYTHING** by prayer and supplication with thanksgiving let your requests be made known to God.

<sup>7</sup> And the **Peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

It took years of testing my faith in getting to know God in the process that connected me to God's power."

" I had learned to get God involved in my life over and over again. That took **praying about every uncertainty often several times a day**. But praying wasn't enough I had to **learn to listen** to all the Lord's whispers in my head and my heart and the downloads he put in my mind, the words the jumped out of a pastor's mouth or off a page of Scripture that seem to speak right to my question. Then I had to **watch** for doors that opened or doors that closed."

But praying and listening & watching was not enough. I had to learn to **wait and to walk**- had to learn to wait for the Lord to answer because while sometimes the answers came immediately. other times it took days, weeks or years. I figure that must be because of the Lord while powerful he does like to act within the natural laws of the universe he created, and he likes to honor the freewill He created us with. So I figure if I fall off a cliff he's not going to change the laws of gravity to bounce back up on the top. He may provide a soft landing or maybe a tree branch on the cliffside for me to grab on the way down. And when I'm praying about someone's behavior or my attitudes or my wife's attitudes I have got to give Him time. It may take Him a while to speak into the hearts of the people involved so that their thoughts and feelings can change.

I know for me learning to pray and to wait was really difficult. I would pray seldom and wait maybe five minutes or

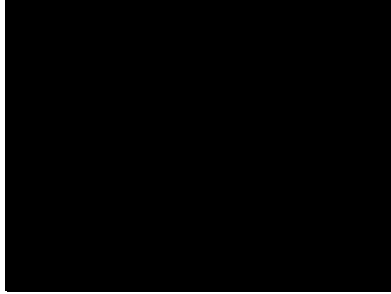
half an hour or a day and then I go off and do whatever seemed like most godly thing that fit with Rob's agenda. I only prayed a few times a year and wouldn't wait around long enough for God to answer. I didn't really get to know the Lord's answers.

I'd been reading **Isaiah 40:31** where Scripture says

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I'd been reading **Isaiah 40:31** where Scripture says... A month later on a hunting trip up in the Yukon I was chased by a mother grizzly bear. When I turned around to face and scream at it I was also praying : "Lord take this bear away NOW! Lord – bring my son and guides with their guns back NOW! It was then that I heard of booming thundering voice say" **wait and trust**" three times. I turned to see who was speaking. No one was there.... Sometimes the Lord uses a 2 x 4 to get across his message and I got it. In order to learn who the Lord is and how he is going to behave in our lives we need to **pray, listen, watch and WAIT.**



But even that is not enough because **WE have to walk into his calling**, into the ways he's directing you. That is the only way WE can find out if the idea is really from the Lord and if he's good and trustworthy. And if WE do all these things often enough WE'll build up personal experiential evidence that Jesus is exactly who he says he is, that He loves us and his promises are true. I call it a warehouse of P. That is what gives us the power and the confidence.

Learning is not enough we need to **remember** it because when the going gets tough it's hard remember all the times God's answer our prayers. One of the best ways to remember and to be empowered is to start every prayer with gratitude listing the prayers he is answered. Share them with others to encourage them.

When Joshua stood on the banks of the Jordan 600,000 Israelites prepared to follow the Lord's command and lead them into the promised land, the land of milk and honey it was spring time and the spring runoff produced a raging river in front of them. He prayed and the Lord told him:" Trust me. Have the Levites carrying the Ark of the covenant walk into the raging river and when they do I will stop it." He did and the Jordan stopped upstream. The 600,000 Israelites walked across on dry land. When they got to the other side the Lord told Joshua to have some go back to the middle the river and get river rocks and

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**Joshua 4:1-9 (RSV)**  
4 the LORD said to Joshua, 2 "Take twelve men from the people, from each tribe a man, 3 and command them, "Take twelve stones from here out of the midst of the Jordan, ..., and carry them over with you, and lay them down in the place where you lodge tonight." ... 6 that this may be a sign among you, .... So these stones shall be to the people of Israel a memorial for ever."  
And they are there to this day at Gilgal.

and bring them out to the bank and pile them in a cairn to remind future generations of how God answered his prayer. I have a friend, Chris Ballasiotes, who makes a pile of stones by his backdoor adding another stone for every prayer that's answered so whenever he leaves his house can see that Pile and be reminded all the answers the Lord has given his prayers.

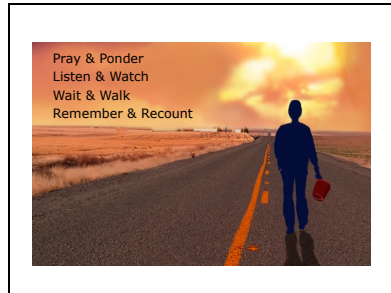
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**ROMANS 8:28 MSG**  
"This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike 'What's next, Papa?' ---an unbelievable inheritance" Romans 8:15,16 MSG  
  
He stayed with them to the end, gloriously completing what he had begun"  
Rom 8:30, MSG

**The Windrunners do all these things. The shadow of death does not darken their days and they are able to dance the music of life. Yes, there is sadness their lives but their lives are not about sadness because they know about God's promises for them in heaven, a magnificent adventure in time of reunion.**

They seem to live in a place of peace which I think is right next door to heaven indeed I think they're living in the kingdom of God and they are part of it. And in so doing and so being they are fulfilling the great commission with their lives.

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We don't need to trudge through life with a backpack of uncertainties and fears weighing us down if we do what they did: pray, listen and watch, wait to walk and remember and accumulating PEE.

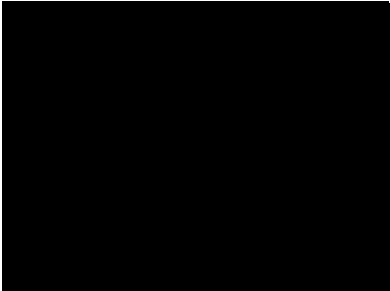
The uncertainties never go away but they become **IRRELEVANT**. They occupy a smaller and smaller place in our consciousness because they are displaced by something more relevant: **Jesus and His promises**. Our personal experiences prove that and we carry a bucketload of them wherever we go. With that we can wait for what He has next for us here and hereafter with **BREATHLESS EXPECTATION**.

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READ List on the slide-----then go to Dave on the next slide

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Dave's story