I want to talk this week about what to do while waiting for tests and test results. I never realized until I entered this “world” how stressful this can be. Believe me; I have a new appreciation for people when they have to go through this process. These tests can keep you from sleeping and “paralyze” you with fear. For anyone that has been diagnosed with cancer, or any illness, there can be many tests and the tests are done often. We then have to wait for the results. The results can take “forever” to receive, or so it seems. The worst part of my journey with cancer, with out a doubt, is the week I waited to find out if I had cancer. Once we found out I had Multiple Myeloma, it was a matter of what to do to fight it. It was definitely a relief to get through the waiting because during that time you think the very worst possible scenarios. I have thought a lot on how to make this experience more bearable and how to help others do the same. I actually have four tests at Wake Forest Baptist Hospital on Wednesday the 17th to make sure my cancer is still in remission. I will remain focused on these Scriptures and thoughts over the next few days.

Prayer is the number one weapon! I believe that with all my heart and Scripture tells us why. Take a look at Philippians 4:6-7. “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

“Prayer and Petition” - That is tough. I know how difficult this can be, but the Scripture tells us not to be anxious about anything. This includes waiting for test results. This is what the Bible tells us to do. We need to turn our worries into prayers. If we want to worry less then we need to pray more.

“Thanksgiving” - The next step in this is to pray “with thanksgiving”. If we want to worry less, we need to thank God for all He has done for us. It is hard to be worrying about anything, when we are giving Praise to Jesus for what He has done for us, and what He has in store for us.

“Peace of God” – What is the outcome if we follow His word? Peace– A peace that only God can provide. A peace that transcends all understanding. Having peace of mind that you do not think is possible and can not believe you have with what you are going through. This is the exact opposite of worry and anxiety.

Prayer from others is also very important. I get as many people as possible praying for me. Prayer chains are a great way to reach prayer warriors. Emails are another great way to reach many people. There is power in prayer and the more people you have praying the more powerful. Remember what the Bible tells us in James 5:14-15 “Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil, in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up.”
This is scriptural and I have had a Pastor anoint me and prayer over me. The Holy Spirit was there and it was a very powerful prayer.

The first time I went to WF Baptist Hospital I was scared out of my mind. As we were walking through the hallway a verse came to mind. I have no doubt the Holy Spirit gave me this verse in 2 Corinthians 4:18 “So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”

It hit right then that no matter what we are going through it is only temporary and what God has in store for us is eternal.

Finally, it also hit me one day that these tests are good. As scary as they are; early detection saves many many lives. From a medical standpoint the sooner they find something the better. That sounds so obvious but I still have to remind myself of that fact over and over.

God Bless you and your family

Jeff