

FREED FROM ANXIETY AND CANCER

16 January 2024

On 21st August 2023, I did a Transurethral Resection of the Prostate (TURP) operation. This was supposed to treat a Benign Prostatic Hyperplasia (BPH) condition. In lay man's term, the condition is called "Prostate Enlargement". I have been following up with the urologist for quite some time already but since the urine flow did not get better, the TURP operation was recommended. The urologist told me it was an hour's operation and I would need another 3 days of hospital stay to recuperate before discharging. Although I hoped that the operation wouldn't be required, I proceeded with it because that was the only long term solution. My urologist did not expect complications and also did not think I have any other problems other than the BPH condition that the operation was supposed to treat.

On the morning of 21st August 2023, the TURP operation was performed and when I was awakened from the general anesthesia, the urologist informed me that the operation was successfully completed. After recuperation and over some time, my condition should be resolved. I was glad and thankful for the news and therefore looked forward to be discharged. On 24th August 2023, I was discharged but was scheduled for a review appointment with the urologist on 4th September 2023. However, on 28th August 2023, I received a text from the urologist's clinic that they wanted to do more biopsy tests on the tissues that were removed from my prostate during the operation. Right after the text, I felt uneasy and started to worry as I wondered why more biopsy tests needed. My mind started to drift and all sorts of negative thoughts then cropped up. Suddenly, the peace and joy that I had after the operation were replaced by anxiety and fear.

Since I was on medical leave and was resting, I started looking up the internet to read all about my conditions. It certainly did not help as the more I read, the more worried I became. The internet revealed that there could be so many varied health issues and some could be very serious. By now, I was completely gripped with fear and concerns. The next few days of waiting to see my urologist for a review on 4th September were extremely difficult as I had lost every sense of peace. My mind kept questioning the internet but I had no answers. These uncertainties just enhanced the level of anxiety up a few notches. The waiting and length of time in between were miserable. My fear, worry and anxieties were further compounded as I wondered about the consequences of the potential bad outcome of my biopsy tests.

After agonizing for several days, I finally had a review with the urologist on 4th September 2023. He was professional and experienced as he tried to reduce the impact of the news regarding my biopsy tests. He began slowly by revealing that he took out 109 pieces of prostate tissues and all of them were sent for biopsy tests. Some tissues were not normal looking under the microscope but they were not considered as cancerous. As I listened, in those few seconds and minutes, my heart, my mind and my blood were racing in an uncontrolled way. They raced according to the pace of the news delivered by the urologist. Finally, the urologist revealed that one piece of the prostate tissues was considered cancerous. At this point I was aghast and every part of my body seemed to have stopped as I struggled to think what all these meant. I poured all the questions I read from the internet to my urologist in an anxious manner. I could see he knew my fear, concerns and anxieties. He told me that my condition was not serious but needed surveillance and continuous monitoring.

He scheduled further blood tests and a prostate MRI scan few months later after I have recovered completely from the operation. He did not recommend any other treatments until when they were necessary after further tests and MRI.

When I was out of the urologist consultation room, my already high state of anxiety was further raised. I was now stuck in the negative cycle of fight or flight. I kept asking myself the many “what ifs”. I started to worry about the next steps and the further investigations that I had to do. Worst of all, I could not do all these tests immediately but had to wait and then agonize over them for a few more months before the MRI and blood tests could be done. I already could not handle the several days of waiting for my biopsy tests and I now had to wait for several months in order to conduct more investigations. The next few immediate days and weeks were extremely difficult to handle. I asked many “what if” questions and foolishly consulted the internet for more answers. This drove me further into the fight or flight cycle and I felt that I was losing grip of my mind and sanity. I could not function and lead my life normally. My life is now consumed with fear, worries, concerns and anxieties. I was worried about the future and all the associated negativities. I searched for answers and assurances but could not find. I looked for certainties but only to be faced with more uncertainties. The light of my future suddenly seemed to have dimmed and I was searching frantically for the switch knob to turn it on again. However, I realized I did not have any control of it. The lack of control and lack of certainty were extremely difficult to handle.

In the depth of my misery and fear, I was led to turn my life back to God. The voice that spoke to me also turned the internet pages that I was reading from prostate issues to God’s messages. I was reminded that God is the same yesterday, today and tomorrow. He has healed the sick, the afflicted and those under evil spirit possession from the Old Testament to the New Testament age.

Suddenly, I felt one moment of peace. It may be just one fleeting peaceful moment but it was certainly the feeling that I much needed compared to all the oppressive feelings that had consumed me. Hence, I continued reading and was further encouraged by other people’s testimonies of how God healed them when they trusted and turned to God. The key message was to trust God and surrender everything to Him. Confess your sins, let go of unforgiveness, read God’s words and pray diligently and with faith. In those messages, God told me that healing was already done. He loves me and will not forsake me. When I accepted Christ, I did not have to do anything. I just needed to accept the everlasting life and the Grace with gratitude and these shall be given unto me. God is good and there is nothing that I can or need to do to enter the Kingdom of God. All I need to do is to receive. In the same way, healing was already done and given to all of us, including me.

Isaiah 53:4-5: “Surely he took up our pain and bore our suffering, yet we considered him punished by God. Stricken by Him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities: the punishment that brought us peace was on Him, and by his wounds we are healed.”

All I need to do is to receive his healing. Suddenly, peace began to return to me after I read about this. It was an amazing feeling but I did not want this feeling of peace and freedom to be just fleeting. So, I sought God further on how to receive God’s promised healing.

God then led me to the webpage of Cairnhill Methodist Church's Healing Rooms. God spoke to me to seek the elders' help and have them to anoint me with oil and pray for my healing. In addition, fellow believers there will pray for my healing. When two or three gather together in His name, His presence will be there and the prayers of believers/faithful are powerful and effective.

James 5:14: "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven."

As such, I went to Cairnhill Methodist's Healing Rooms to be prayed for one September Saturday afternoon. Coincidentally, the Healing rooms is opened every Saturday from 2.30 pm to 4.30 pm and the timing was just right for me. On my first visit there I filled up a prayer request form stating my conditions and prayer requests. As I filled the form, I felt peaceful as if I was submitting to God my supplications. After a few moments, I was invited to a room and a team of prayer warriors were there waiting to help me and to pray for me. They have already read what I came for and had prayed for me even before I was invited into the room.

The message of healing already done by our merciful God was reinforced.

1 Peter 2:24: "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed".

All that was needed was for me to surrender my needs to Him, let go of bitterness, unforgiveness and all other issues (if any) that were a bondage to me. Then the leader anointed my forehead with oil and prayed for my healing. Each of the prayer warrior members also took turn to pray for my healing. As they prayed, my faith in God's healing grew stronger and I felt greater peace. By the time when all the prayers were done, suddenly the great anxieties and fear that were gripping me over the last few weeks began to subside. I found myself starting to let go and surrender everything to God. Then I felt a strange sense of peace. The leader shared that he too had prostate cancer but God healed him. Another member shared that he was at his death bed twice but God rescued him twice - once was from advance lung cancer and the other time was because of heart failure. These were live testimonies of God's mercies and miracles. Their sharing was powerful and I felt God was telling me that he too can heal me. In fact, He already had done the healing. All I needed to do was to trust Him, have faith and receive His healing. God's healing for me will be manifested eventually if I trust and surrender to Him. After that day, peace and comfort were with me and that was the first step for me to seek God deeper regarding healing.

To receive my healing, God told me to have faith in Him and act out this faith even before further MRI and blood tests were conducted. I knew this was hard to do but the first place to start was to pray for strength and meditate on God's healing promises.

Psalms 107:20 "He sent out his word and healed them; he rescued them from the grave."

Gradually God gave me the strength to not dwell on my conditions but look forward and envision my healed future. My problem is small compared to his abilities. He can heal me and he is willing to heal me. Jesus did not turn anyone away when they sought His healing in His time.

Day by day, I followed this instruction and before long I realized I have moved on from a place of fear and anxiety to hope and life. However, I wanted to maintain this feeling and also to maintain my faith in God's healing. For this, I knew that I had to continue to go back to Healing Rooms every Saturday for prayers. I could not do it alone because fear and anxiety kept coming back. It was like taking two positive steps forward and one negative step backwards. I was oscillating and swinging from the depth of bondage to the height of freedom. One moment I was at peace but at another moment I was gripped with fear and anxiety. The prayer warriors reminded me that the enemy came to "steal and kill". As soon as I encounter doubts and fear, I must quickly turn to God and ask Him for help and strength to reject the enemy. This advice was/is beneficial.

So, for the next 3-4 months, I kept going back weekly to Healing Rooms for prayers. Every single member of the team assured me that they will continue to pray for me as long as God led me there. I was very thankful and grateful for that and hence attended this every Saturday afternoon.

After a few weeks of prayers at Healing Rooms I went for my first prostate cancer marker blood test on 30th October 2023. That was about 9 weeks after my TURP operation. I did the test in the early morning and had the result in the late morning. Surprisingly, few days before the test right up to the point before I received my test result I had no fear or worry. I learnt how to surrender everything to God. That feeling was strange but good. When I met the urologist, he told me the marker was good and he was not concerned. I was elated and knew instantly that God was at work. God was manifesting his healing in me through this good marker. This strengthened my faith in God's healing. That Saturday, I went back to Healing Rooms to share my joy to the team and we praised God together. God is indeed good, merciful and keeps his promise.

I was scheduled to do a prostate MRI, prostate cancer marker blood test again as well as uroflow test (to check urine flow function) on 10th January 2024. The MRI scan was to check if they can see any cancer in the prostate or at any other organs around the prostate. The MRI can also see the extent of the disease (if any). Despite my earlier improved cancer marker result on 30th October 2023, this time I allowed the enemy to disturb my peace again. Once I started to worry, the fight-or-flight cycle took over and I found myself trapped in the vicious cycle of fear and anxiety. While it was beneficial to continue to pray on my own, it was much better to have a team of prayer warriors to pray alongside me. So, I was very grateful that despite turning up every week at Healing Rooms for prayer requests they so ever readily prayed for me unceasingly.

On the 12th January 2024 (Friday), I went to see my urologist for all the test results done on 10th January 2023. The urologist revealed to me that my MRI scan was all clear and good. Nothing suspicious and nothing of concern were found. Although my marker was slightly raised, it was still within range. The uroflow function was restored too. I heaved a huge sigh

of relief. All the months of anguish were released. I praised God instantly as I knew God had healed me and also manifested his healing to me. No one except our beloved God can perform this miracle on me.

I shared this good news to the Healing Rooms team the next day (Saturday, 13th January 2024). This time I told the prayer team to let me start the prayer so that I can thank God for all the miraculous healing He has given me. Then each of the prayer team members also prayed and thanked God on my behalf. I was encouraged to share my testimony of the blessings God had given me and how he just carried me through my difficult journey. I told the team that it is my privilege to share God's healing and mercy for me. I hope that those who are in need and having read my testimony can be encouraged and gain strength in the Lord, our God. Surrender everything to God and trust in the Lord. Have faith and receive His healing and He will be the same yesterday, today and tomorrow and will take away all our fear/anxieties and give us peace and eventual healing. These are done, we just need to trust and receive with faith.

As for me, I know my journey is a continuous one. I have to continue to do more tests in the future. In fact, I was scheduled to do another marker blood test in three months' time. I will continue to seek the Lord for blessings and healings as well as for peace and strength. I pray that my walk with God will continue to strengthen and I will learn to thoroughly and completely surrender my everything to the Lord. I pray that I will remain to rely on Him, seek Him, worship Him and have a deep relationship with Him. If God is with me then nothing can be against me. For all those who are reading, this message is for you too. Praise God and Amen!

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