

# The Encourager

Helping People Live Courageously

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## NOT GUILTY!



by Dave Dravecky

***I have heard many things like these; miserable comforters are you all! Will your long-winded speeches never end? What ails you that you keep on arguing? I also could speak like you, if you were in my place; I could make fine speeches against you and shake my head at you. But my mouth would encourage you; comfort from my lips would bring you relief.***

JOB 16:2-5

Several thousand years ago, a man named Job endured terrible personal suffering. In one devastating blow after another he lost his children, his wealth, and finally his health. As he sat on an ash heap and scraped the sores on his diseased body with bits of broken pottery, some friends came to visit. Job's condition was so appalling that at first his friends sat with him in silent comfort. But after a time, they each felt compelled to offer an explanation for Job's personal torment. Although the specifics of their explanations varied, they each conveyed the same clear message: JOB, YOU ARE GUILTY!

When it comes to the world of pain and suffering, things haven't changed much since Job's time. Many people who suffer from cancer today hear the same message from their would-be comforters: YOU ARE GUILTY! The message may be couched in a variety of terms—if only you hadn't done this, if only you had done that, if only you had more faith, if only you would confess your secret sins, if only, if only, if only—but it is the same message of guilt. Rather than bringing peace and comfort to the individual who is suffering, the condemnation of guilt only adds to the burden.

I don't think that finger-pointing comforters actually intend to hurt people who are suffering. Most of them sincerely want

to help, but they lack the grace that is needed to understand the journey of pain and suffering. They are careless in the way they go about encouraging. And deep inside they may fear that the suffering they observe may happen to them, so they build up walls of false protection by thinking, *I'm not like that person, I haven't done what that person has done, so I won't suffer like that.*

I remember one young man who confronted me during my battle against cancer. He told me I had cancer because of sin in my life and that if I confessed that sin, God would restore my health. What a load of guilt that was! By that time, I had struggled enough with the "whys" of my cancer to recognize the false guilt inherent in the young man's solution. I was fortunate to have the strength to politely, but clearly, reject that guilt. I responded to him by saying, "I appreciate what you're saying. I do have sin in my life, but I can't say that this has happened because of it. I do know that cancer has caused me to draw closer to God and that God can use this as a way of encouraging others. Who am I—or you—to say what God should or should not be doing in my life? God is in control of that. We are not."

The fact is, suffering is not only difficult to endure, it is difficult to understand.

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# FALSE GUILT

## —Too Heavy a Burden

*Make level paths for your feet and take only ways that are firm.*

PROVERBS 4:26

We rarely know the reasons for suffering in our lives—much less in the lives of others. Authentic encouragement doesn't come from the person who says, "I have the answer to why you are suffering." Those words often produce guilt. Encouragement most often comes from the person who lovingly says, "I don't have the answer. I don't understand why you are suffering, but I care about you. I want to stand by you as you go through this."

Those who suffer can take heart in Job's courageous response to his accusing comforters. He tells it like it is. He says, in effect, "Wait a minute! What you are offering is not comfort. It is not encouragement. Keep your guilt and let me show you what real comfort is!"

Job, although he suffered greatly and was deeply troubled by his lack of understanding of why he suffered, rejected the false guilt that others placed upon him. That is the hope we offer through this issue of *The Encourager*. The suffering one endures when battling cancer is enough of a burden without adding to it the weight of false guilt. False guilt is a very heavy burden—a burden that keeps hurting people from discovering the peace, hope, and encouragement that is so necessary to endure suffering. As you read this issue, I encourage you to unveil the false guilt—whether it is self-imposed or imposed by others—that adds to the burden you carry. I pray that you will be set free to discover the peace that can strengthen you, even in the midst of suffering.



*False guilt is a burden that keeps hurting people from discovering the peace, hope, and encouragement that is so necessary to endure suffering.*

There is virtually no end to the things about which we can feel guilty (and subsequently miserable). And if we *feel* guilty, most of us automatically assume that we *are* guilty. But like every part of our human nature, our consciences are flawed and imperfect. Sometimes we will feel guilty when we aren't. So it is important that we learn to distinguish between true guilt and false guilt:

True guilt says, "I've done something wrong that I am responsible to make right."

False guilt says, "I feel responsible for something that is not my responsibility or is out of my control."

At the root of much of our false guilt is a fuzzy understanding of our responsibilities. Some of us have what can be called an overactive responsibility reflex. We think we're responsible for everything!

Jan Dravecky, who wrestled with tremendous false guilt because of her overactive responsibility reflex, describes the scenario well: "I thought that if a responsibility came across my path, God must have brought it. I believed I was responsible to take care of whatever came my way, so I put completely unrealistic expectations on myself—and felt incredibly guilty when I couldn't meet that standard."

Robert McGee, author of *The Search for Significance*, describes the responsibility trap that sets us up for false guilt as being "rooted in the false belief that we must meet certain standards to be acceptable, and that the only way to deal with inadequacies is to punish others and ourselves for them. There is no way we can shoulder such a heavy burden. Our guilt will overpower us, and the weight of our failures will break us."

Unfortunately, an overactive responsibility reflex often shifts into high gear in the face of personal crisis. False guilt continually lies waiting at the door, pointing an accusing finger that spurs its overburdened victim to assume yet another respon-

sibility—often a responsibility that belongs to another family member, a friend, a medical professional, or even to God.

A cancer patient, for example, may feel false guilt for "being a burden" or for "being self-centered in the cancer battle." A caregiver may feel false guilt for having personal needs as well as for being unable to meet the needs of everyone else. Close family and friends may feel false guilt for their own good health or not being able to remove their loved one's pain.

In each of these situations, the individual has assumed personal responsibility that belongs to others or sought to meet an unreasonable expectation. It isn't necessary to shoulder such heavy burdens. If you are feeling overwhelmed by guilt, take a look inside yourself. See if you are taking on responsibility that belongs to others or feeling responsible to meet impossible expectations. If your responsibility reflex is in overdrive, it's important to learn to let go and place the responsibility where it belongs. As you do that, the burden of false guilt will diminish.

*Dear Lord,*

*Thank you for loving me so much that you care about every part of me, even my emotions. Please give me Your wisdom, discernment, and truth so that I don't take on the burden of responsibilities that belong to others. Help me to have appropriate expectations, so that I will avoid the trap of seeking to prove that I am acceptable. Make my heart sensitive to your leading so that I will walk confidently on a firm path in the midst of this difficult time.*

*Amen.*

For a more in-depth understanding of this subject, we suggest these resources, available at your Christian bookstore or through the Outreach of Hope. To order, please specify the title in the "Special Order" section of the response envelope: *A Joy I'd Never Known*, Jan Dravecky, \$10. *Search for Significance*, Robert McGee, \$12. *Boundaries, When to Say Yes, When to Say No to Take Control of Your Life*, Drs. Henry Cloud and John Townsend, \$15.

# JUST SAY “NO!”

## Effective Ways to Deal with a Guilt Producer

**W**e all know them. They live next door, go to our church, work in our office, or are part of our family. These would-be encouragers seem to know exactly what to say to push our guilt buttons. Disguised as advice or clothed in concern, their remarks cross over the line that separates mercy from manipulation.

Who are they? They are the guilt producers. And people who are suffering seem to be their favorite targets. Every day at the Outreach of Hope we hear the cries of their wounded victims. Perhaps you are all-too-familiar with their choice verbal weapons:

*It's time to stop feeling sorry for yourself.*

*You must have some unconfessed sin in your life or you wouldn't be suffering.*

*If you just had more faith, you'd be healed!*

*You're still sick? I thought you'd be better by now.*

*You're just not praying hard enough.*

*If you really cared about me you would . . .*

*You never call me anymore.*

*It's not Christian to feel that way.*

*If you'd just take my advice, you'd get better.*

How do you deal with a guilt producer? We asked a number of mature Christians for their solutions. Their initial responses ranged from “I want to throw up when I see them coming,” to “I get mad and stay mad,” to “I don't answer the door.” Fortunately there are other, more effective, options for handling guilt producers. In their award-winning book, *Boundaries*, Christian psychologists Henry Cloud and John Townsend offer some healthier ways to deal with guilt producers.

### 1. Learn to recognize guilt messages.

Some of us swallow guilt messages

without recognizing how controlling they are. Of course we need to remain open to rebuke and feedback so that we can guard against self-centeredness. But guilt messages are not given for our growth or benefit; they are given in order to manipulate and control.

### 2. Guilt messages are really anger in disguise.

Guilt producers fail to openly admit their anger at the actions of others because doing so usually exposes their own efforts to control people or situations. Guilt producers avoid accepting responsibility by focusing attention on others and their behavior rather than on their own feelings.

### 3. Guilt messages hide sadness and hurt.

Instead of owning their feelings and expressing them honestly, guilt producers who feel sad and hurt may express themselves through guilt messages.

### 4. If guilt works on you, it is your problem.

A guilt producer needs your cooperation in order to “make” you feel guilty. When you blame another person for making you feel guilty, you are giving that person power over your feelings. You are saying, in effect, that your feelings depend on their behavior. Deal with the problems inside you, then you will be able to stop giving other people control over your life.

### 5. Do not explain or justify.

Only guilty children do that. You do not owe guilt

producers an explanation; that is only playing into their message. It is okay, for the sake of understanding, to explain why you made a particular decision. But if you offer an explanation in an attempt to resolve your guilt or to manipulate the other person to help you feel better, you're on dangerous ground.

### 6. Be assertive and interpret the guilt producer's messages in terms of his or her own feelings.

For example, you might say, “It seems that you are angry that I . . .” Or, “It's difficult for you when I . . .” Or, “I realize that you are disappointed. What can I do to help you?” Such responses deal openly with the underlying feelings and diffuse the power of the guilt message.

Those who are battling a serious illness have enough distress of their own. They don't need the added distress of a guilt producer's burden. While running away or not answering the door may buy some time, it won't make the problem go away. Dealing with a guilt producer head on and *with integrity* shifts the responsibility for the problem back to the source, where it belongs. Empathize with the guilt producer's distress, but make certain that you identify and communicate where the responsibility for that distress belongs.

Adapted from *Boundaries, When to Say YES When to Say NO to Take Control of Your Life*, Dr. Henry Cloud, Dr. John Townsend, Zondervan Publishing House, Grand Rapids, MI, ©1992. Used by permission.

## I write them off.

I don't answer the door.

*Where can I go?*

*Where can I hide?*

## I want to run away.

I can spot them a mile away--

*and I stay away.*

# BREAKING FREE

## from the Burden of Guilt

by Jan Dravecky

*Nothing remains hidden  
when cancer hits.*

STEVE EARL

**L**ike so many others who have fought the battle against cancer, Dave and I discovered that when you go through suffering, you come to the end of yourself. You have more decisions to make that affect your future, but you don't know what the future holds. You need more time to rest and regroup, but you have even less time to do so. You need more money to pay the bills, but cancer may have taken away your ability to earn an income. Your children may need more security and assurance, but you may feel you have less to give them. So when you're in the heat of the cancer battle, you're under great pressure.

What occurs under that heat and pressure is not unlike what happens during a remodeling project. Just as the wrecking bar tears away the outer shell of a building, revealing the weaknesses of the underlying structure and the hidden flaws in wiring and plumbing, the pressure of dealing with cancer exposes our spiritual weaknesses and the imperfections in our ways of relating to others and coping with our problems. This doesn't happen all at once. The process takes place over time, but sooner or later the deeply hidden impurities in our character—like faulty wiring exposed to the light of day—explode to the surface.

I, for example, was a classic people pleaser. I felt it was my job to meet the needs of everyone around me. Because I felt guilty when I didn't meet the expectations other people had for me, I pushed myself to meet those expectations. So at first I seemed to handle the stress of Dave's illness well. I just worked myself harder to keep up with the demands.


But there was no way I could begin to

meet all the needs that surrounded me. I started falling short of the expectations I placed on myself, and the more I fell behind, the louder the accusing voice of guilt became. So I pushed myself even harder until I became depressed, which left me exhausted and able to meet even fewer expectations.

Eventually I burned myself out. I tried harder and harder, but only went deeper and deeper into the pit of depression and despair. It wasn't until I was confined to bed—completely unable even to care for myself—that I realized I had a problem.

The only way I was set free was when a godly counselor stepped in and helped me identify all the guilt burdens I was carrying. He helped me identify the false expectations I was trying to meet. He helped me see the truth about what God expected of me. He helped me evaluate each expectation individually so that I could identify the legitimate expectations and throw away all the others. When I look back on the load of expectations and guilt I was carrying, it's no wonder I collapsed under the burden!

I share some of the specific guilt burdens I was carrying because they might be familiar to you as well:



◆ I discovered that guilt motivated many of the things I did. I did things because I felt I *should* do them. That doesn't mean I did things begrudgingly. It simply means I did them because I felt other people expected me to and I wanted to please them. So I learned to ask myself what my motivation was for doing a particular thing. If my answer was that I *should*, or I *ought*, that became an alarm to me. I'd stop and investigate further to see if I was doing it because of who God made me to be or because of who someone else expected me to be.

◆ I actually believed that I should have been able to meet everyone's needs. But I was believing a lie. God never intended us to meet the needs of everyone around us. Our responsibility is to obey God and to meet the needs that He would have us meet.

◆ I even felt guilty for having needs of my own. I confused stewardship with selfishness. Counselors Dr. Henry Cloud and Dr. John Townsend helped me to understand that we can't give what we don't have. They describe not meeting our own needs as being similar to someone saying, "I saw you last night at the gas station, filling your car's tank. I had no idea you were so self-centered. You need to pray about spending more time filling

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on the load of expectations  
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## BUILT FOR GUILT?

others' tanks with that gas."

- ◆ I felt guilty expressing the pain and grief I was feeling. I hated to be a burden to others. I didn't want to appear weak. But the truth was, I was weak, I was in pain, and I needed help. It was such a relief when I realized, from reading God's Word, the Bible, that God gives us permission to experience the feelings that come with suffering. We don't have to feel guilty for our feelings. There is a time to weep, to grieve, and to lean on God.
- ◆ I even felt guilty that I couldn't remove the pain Dave was suffering. I had to learn that it wasn't my responsibility to rescue Dave. The truth is, God uses pain in other people's lives to accomplish His purposes. Dave's suffering was out of my control, and I had to leave it in God's hands.

It wasn't easy to break free from the burden of guilt, much of which I had carried all of my adult life. Even today, I at times fall into the guilt-producing trap of people pleasing. But I know that God does not want my heart and life to be burdened down. In Matthew 11:30, Jesus tells us, "My yoke is easy and my burden is light." So if the weight of your burden feels too heavy, it is appropriate to consider the source. Perhaps you are carrying a burden that doesn't belong on your shoulders.

Remember also, Jesus says, "Do not let your hearts be troubled. Trust in God; trust also in me" (John 14:1). When our hearts are troubled and burdened by guilt, we can bring the guilt that troubles us before God. We can ask Him to shed the light of His truth on our guilt so that we can see what is true and what is false. And one day at a time, we can be set free from the burden of false guilt.

Some of us, by virtue of our temperament or life experiences, tend toward shouldering the burden of false guilt. A disapproving look, a harsh word, a loved one's unmet expectations, or an unresolved conflict—any of these can slam our guilt response into overdrive. Although the following quiz is not intended to provide an in-depth analysis, it may help you identify a tendency toward assuming false guilt.

Answer "true" or "false" to each of the following statements.

	True	False
1. I assume responsibility for every need that is brought to my attention.	<input type="checkbox"/>	<input type="checkbox"/>
2. I frequently feel inferior to others.	<input type="checkbox"/>	<input type="checkbox"/>
3. I take the opinions of others too seriously.	<input type="checkbox"/>	<input type="checkbox"/>
4. I am responsible for the happiness of my family and friends.	<input type="checkbox"/>	<input type="checkbox"/>
5. I often view God as a stern judge rather than a loving Father.	<input type="checkbox"/>	<input type="checkbox"/>
6. I am rarely pleased with my efforts, no matter how hard I try.	<input type="checkbox"/>	<input type="checkbox"/>
7. I often place unrealistic expectations on myself.	<input type="checkbox"/>	<input type="checkbox"/>
8. I have a hard time saying "no" to the demands of others.	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel selfish if I take time for myself or do things for myself.	<input type="checkbox"/>	<input type="checkbox"/>
10. I believe God's love for me depends on my actions; when I'm good, He loves me, and when I'm bad, He is displeased with me.	<input type="checkbox"/>	<input type="checkbox"/>
11. I am afraid others will reject me, so I rarely share my true feelings.	<input type="checkbox"/>	<input type="checkbox"/>

Are a majority of these statements true of you? If so, you may be taking on feelings of false guilt.

These statements are rooted in a lack of understanding about the truth related to our worth to God, His love for us, or the boundaries He has placed on our lives to ensure our physical, emotional, and spiritual health. If some of these statements provoked a particularly strong reaction for you, ask God to help you understand what is really true. Consider sharing your need for understanding with a trusted friend, pastor, or Christian counselor who can help you. Ask God to open your eyes to the truth of His love for you so that you can be set free from the burden of false guilt. It is a burden God does not want you to carry.

***Then you will know the truth, and the truth will set you free.***

THE WORDS OF JESUS, JOHN 8:32

# When the Feeling of GUILT WON'T GO AWAY

*Like a heavy, oversized coat, the feeling of guilt can wrap itself around our hearts, bringing with it a heaviness and despair that at times feels unbearable.*

**E**llen\* tearfully remembers the suffocating, oppressive presence of guilt in her life. As a cancer survivor and subsequent unwilling divorcee, her feelings of guilt about being divorced were destroying her. “I wasn’t effective at anything I tried to do. My once-fruitful prayer life became barren. I felt as if guilt was robbing me of the ability to believe God’s promises and to accept His love for me.”

Although Ellen never wanted the divorce, she felt guilty because she believed she had failed God. Many times she had asked God to forgive her for any wrong she might have committed, but the feeling of guilt would not go away. In time, it became all consuming. At that point, Ellen realized that guilt had an unhealthy hold on her life.

“I knew that to be consumed by anything other than God is wrong.” So Ellen embarked on what became a hard-won battle to overcome the feeling of guilt. Her deliverance did not come overnight; it came slowly. It required a deliberate effort on her part, and even today she considers her battle against guilt to be an ongoing process.

If you also suffer from the overwhelming feeling of guilt, consider the three weapons Ellen used in her battle against guilt. Perhaps they will help set you free from the burden you are carrying.

## Support

When we feel guilty, we often feel as if we need to be punished for whatever we have (or haven’t) done. Sometimes we punish ourselves by withdrawing from friends and other sources of happiness. But isolation is the opposite of what we need. Ellen credits part of her deliverance to the physical presence of people who loved her unconditionally—without judgment or condemnation for her situation. These friends became like Jesus “with skin on.”

At times we may need a friend’s active participation in our battle to overcome the feeling of guilt. Counselor James Hilt suggests that people apply James 5:16 literally: “Confess your sins to each other and pray for each other so that you may be healed.”

As a counselor he first instructs people to ask the forgiveness of anyone they may have hurt or offended. He then prays a “guided prayer of confession” with them and instructs people to ask God to forgive them, take away their guilt, and to send relief. Finally, he prays, “Lord, I witness this confession. I know that You have forgiven my friend. Help him to forgive himself. Lord, you know my friend is stuck here. Give him the power to forgive himself. Remove his feelings of guilt. Help him stop punishing himself. Set my friend free.”\*\*

*What I felt most  
was a glob of unworthiness  
that I could not tie down  
to any concrete sin I was  
guilty of. What I needed  
more than pardon was  
a sense that God accepted me,  
owned me, held me, affirmed me,  
and would never let go of me  
even if He was not too  
much impressed  
with what he had  
on his hands.*

LEWIS SMEDES

## Scripture

Ellen knew that many passages in the Bible promised God’s love and forgiveness. When she felt guilt’s harsh, icy grip, she read these promises repeatedly. As she read these passages, she went one step further and made them personal by placing her name into the passage.

- ◆ Though *Ellen* stumbles, *she* will not fall, for the LORD upholds *her* with his hand. Psalm 37:23,24
- ◆ Create in me, *Ellen* a pure heart, O God, and renew a steadfast spirit with me. Psalm 51:10
- ◆ As far as the east is from the west, so far has he removed *Ellen’s* transgressions from *her*. Psalm 103:2
- ◆ He who began a good work in *Ellen* will carry it on to completion until the day of Christ Jesus. Philippians 1:6
- ◆ Neither height nor depth, nor anything else in all creation, will be able to separate *Ellen* from the love of God that is in Christ Jesus our Lord. Romans 8:39

## Surrender

Ellen discovered that what she *knew* about God’s love and forgiveness wasn’t enough; she needed to *experience* that love. So one day she lay down on her bed and poured out her heart before God. “I had to be vulnerable,” she remembers. “So I prayed, ‘Lord, I know that you love me. I know that You are the One who keeps me. But right now I need to experience your love. I need You to minister to me.’”

Ellen lay there for hours, giving God her undivided time and attention. As she lay there, she at last felt the truth of Hebrews. 10:22, “let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience . . . .”

\*Not her real name.

\*\*Adapted from his article, “I Still Feel Guilty,” *Moody*, May/June 1999

Editor’s Note: Just as there are professionals who deal with physical health, there are professionals who specialize in emotional health. If your battle with guilt feels increasingly hopeless, you may benefit from professional Christian counseling. For free information regarding professional counseling, write “Seeking Wisdom” in the special offer section of the enclosed envelope.



## RETURNED TO SENDER!

*Letters are a precious gift—to give and to receive. Many such gifts are mailed each week at Dave Dravecky's Outreach of Hope, and we receive several in return that contain beautiful expressions of love and appreciation. The encouragement others share with us we share with you, because your prayers and support make the delivery of this mail possible . . . both ways. Thank you for encouraging us!*

I would like to thank you for putting out *The Encourager*. I picked up my first copy while I was in Los Angeles to attend the funeral of my girlfriend three years ago. While she died in an accident and not of cancer, I can readily identify with loss and sorrow. I found *The Encourager* to be a tremendous source of—well, encouragement!

Specifics aside, suffering is universal and I received a great deal of hope from your efforts. I have kept every copy I've received since, so I have a little reference library to keep me going. Thank you, you *have* made a difference!

*Mike Holland,  
British Columbia*

We appreciate your prayers and support so much. *The Encourager* and the books you have sent have really helped meet our needs over the last months. The last newsletter was appropriate for anyone, so I sent it to the Mom's group I attended before Katelyn became sick. They are using it as their devotional.

We have been reading *The Big Thicket* book you sent to Katelyn. She loved receiving it. Thank you for your ministry!

*The Houskamps  
Michigan*

Dear Dave Dravecky,

We have been reading your book, and we liked it. Do you still go and see games? It must have been nice to share God with other people. Our class put our arms in slings for half the day. We found it hard. It was hard to do our writing and to even go to the washroom! Thank you for never giving up.

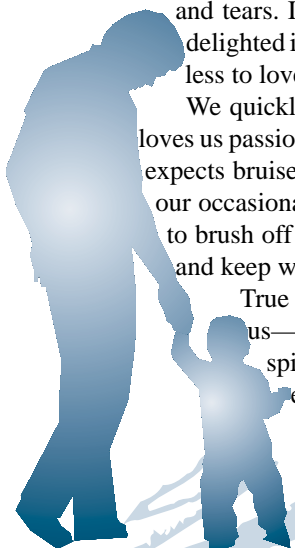
Chad Kelloway  
Newfoundland

Dear Friends of the Outreach of Hope,

Encouragement is a two-way street, and we know you have some to share. An upcoming issue of *The Encourager* will focus on laughter—medicine we all need! If you have a humorous story or comment related to your family's battle with cancer that you would like to share with us, please send it to: Kim Jones, Dave Dravecky's Outreach of Hope, 13840 Gleneagle Dr., Colorado Springs, CO 80921. Or, e-mail: [info@outreachofhope.org](mailto:info@outreachofhope.org)

# THROUGH DADDY'S EYES

When my children were small, I remember the excitement of their first steps. I met each wobbly lurch forward with enthusiastic hurrahs and hugs. They went from heavily padded bottoms to reinforced knees—shock absorbers for their anticipated tumbles and tears. I expected them to fall, to cry. I knew they were learning and delighted in each stage of their progress. That's what parents do. It's effortless to love our children, to nurture them, to delight in their growth.



We quickly forget that God is our Father who, like our earthly parents, loves us passionately. He delights in our growth. He knows we're learning. He expects bruised knees and hearts along the way. He doesn't want guilt over our occasional tumbles to paralyze us in fear of His response. He wants us to brush off the dust, figure out what tripped us up, grab His strong hand, and keep walking.

True victory over guilt comes when we see ourselves as God views us—as children who are learning to walk the uneven emotional and spiritual road of life, children whose Heavenly Daddy spared no expense to walk beside them.

*"I pray that . . . you . . . may grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge."*

EPHESIANS 3:17-19

## Our Mission

Our mission is to offer comfort, encouragement, and hope through Jesus Christ to those who suffer from cancer or amputation. We accomplish this mission by offering prayer support and non-medical referral services and resources for cancer patients, amputees, and their families. We also provide support materials for churches, healthcare professionals, and individuals who work with those who are battling cancer.

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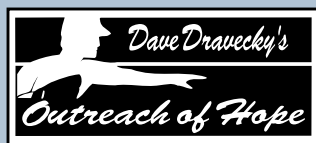
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*The Encourager* is free, a gift from us to you. Now that you've read it, become an encourager yourself and share this gift with someone you know who needs uplifting. Don't throw the gift away . . . pass it along!

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