

12 Ways How You Can Help Someone With Cancer

- A journal is a special gift. The cancer patient can journal their thoughts, write prayers out, and events as they go through treatments which helps emotionally during their cancer journey.
- Let a cancer patient know you are there if they need to talk. Don't tell them just once, but remind them throughout their treatments. Mail them cards periodically to let them know you are praying for them.
- Put up a sticky not in your home to remind you you to pray for the patient. Pray for their healing, emotional state of mind, their family, and that they would be drawn even closer to their Lord.
- On days they have chemo or radiation take a meal to their family so they can rest and know their family is take care of.
- Give them gift cards to the grocery or restaurants, this helps take off a financial burden and it makes it easy for their family to pick up a meal.
- A fundraiser is another good idea to help ease the financial burden of cancer. There are so many little things that add up

that insurance will not cover. You can start a Go Fund Me page and share it with other friends and family so they can help too.

- Doctors offices are always looking for donation for snacks when people are getting chemo treatments. Many times the snacks in doctors offices lean more on the side of junk food such as chips, candy bars and soda. Take in healthy snacks such as nuts, fruit, diet ginger ale, and natural juices.
- If you are crafty you can make all kinds of items that will help a cancer patient. Chemo makes a patient not able to tolerate cold so knitted hats, scarves or gloves are a good choice. You could also make cards with prayers and thinking of you thoughts in them, many people are alone and could use some encouragement.
- Donate books, puzzle books and magazines to the doctor's office. Some chemo treatments can take 5 or more hours.
- Give a cancer patient a copy of John Piper's Don't Waste Your Cancer. Piper shares with the reader how Christians are called to respond when cancer invades their lives, whether in their own bodies or those of a friend or family member. Piper gently but firmly acknowledges that we can indeed waste our cancer when

we don't see how it is God's good plan for us and a hope-filled path for making much of Jesus.

- Give small gifts to mark special milestones of their healing journey. Also, peppermint lotions, candles and candies are helpful on days they feel nauseous
- Offer to clean their house and do laundry. If they feel uncomfortable having you do it hire a service to come in and help. This eases a big burden when a person does not feel good and allows them to rest.

Be sure and visit The Life Giving Kitchen for more encouragement.
<http://thelifegivingkitchen.com>