Not Alone

Guided Journal

Collin Baptist Association · Cancer Care Ministry

Author: C. Isaac Carter

Seven Scripture-guided journaling sessions

Choose faith over fear. You are not alone.

Copyright - Cottonwood Creek Church

Research-Informed Foundation

Pennebaker, cancer trauma, and Scripture-guided journaling

This guided journaling curriculum is built on three foundations: the Collin Baptist Association Cancer Care journey, the biblical practice of bringing fear and suffering before God, and the research-informed practice often called expressive writing.

Pennebaker and Expressive Writing

Dr. James W. Pennebaker is one of the major researchers behind what is often called expressive writing or the Pennebaker writing protocol. His work explored how writing privately about deeply emotional, stressful, or traumatic experiences can help people process what they have endured. The basic idea is not casual diary writing. It is structured emotional disclosure: writing honestly about what happened, what was felt, what is still being carried, and what meaning is being made from the experience.

In its common form, the Pennebaker-style protocol asks a person to write privately for a short period of time, often 15–20 minutes, across several sessions, about a deeply stressful or traumatic experience. The writing is not focused on grammar, polish, or public sharing. It is meant to help the person name and organize difficult thoughts and emotions rather than leaving them buried, confused, or unspoken.

Why This Matters for Cancer Care

For a cancer care ministry, this matters because cancer can be traumatic. A diagnosis may bring shock, fear, grief, anger, guilt, uncertainty, loss of control, physical pain, treatment side effects, family strain, spiritual questions, and fear of death. The Collin Baptist Association cancer care material recognizes this directly by acknowledging that people may experience many different emotions throughout diagnosis and treatment and that this is normal. The ministry also emphasizes that the person is not alone and should lean on God during the journey.

A Christian Adaptation

This curriculum adapts the wisdom of expressive writing into a Christian discipleship setting. It does not present journaling as therapy, as a cure, or as a replacement for medical care, pastoral care, counseling, or prayer. Instead, it uses guided writing as a safe and structured way for participants to bring cancer-related fear, trauma, uncertainty, grief, and hope before God.

The Difference

Pennebaker-style expressive writing asks:

> *"What happened, what did I feel, and what am I carrying?"*

Scripture-guided journaling asks those questions, but then adds:

> *"What does God's Word say, and how do I respond to Him in faith?"*

Sword drills provide the biblical anchor. Participants do not begin with their emotions and stay there. They open Scripture first. They find the passage. They read the passage. They identify the truth God gives. Then they journal in light of that truth.

Three-Part Movement

1. Name the burden honestly. Write about fear, grief, confusion, anger, exhaustion, isolation, or uncertainty connected to cancer.
2. Bring the burden under Scripture. The passage provides the truth that governs the reflection. Feelings are acknowledged, but Scripture has final authority.
3. Respond to God in prayer. Turn the written reflection into prayer, surrender, gratitude, confession, trust, or a request for help.

Copyright - Cottonwood Creek Church

Why Guided Journaling Fits

Many people are carrying emotions they have not had time or space to process. Appointments, treatment plans, family updates, medical language, and physical exhaustion can crowd out spiritual reflection. Guided journaling gives participants a quiet place to pause. Scripture keeps that pause rooted in the Word of God.

The goal is not to relive trauma for its own sake. The goal is to help participants process cancer-related pain with biblical guardrails. Prompts are gentle, voluntary, and private. No one should be pressured to disclose personal trauma, read journal entries aloud, or discuss medical details publicly. The writing is for honest reflection before God.

Example Prompts

- What part of this cancer journey feels most frightening right now?
- What have I been trying to carry alone?
- What emotion have I not been honest about before God?
- What does this Scripture show me about God's presence, strength, comfort, wisdom, or hope?
- How can I turn this burden into prayer?

Baptist Framing

In Baptist terms, expressive writing is not the authority. Scripture is the authority. Journaling is not the healer. God is the healer. The protocol is not the hope. Christ is the hope. The writing simply becomes a tool that helps a person bring hidden fear, grief, anger, uncertainty, and trauma into the light before God.

The Collin Baptist Association Cancer Care message is "Not Alone: Choose Faith Over Fear." This journaling model supports that message by helping participants name the fear, open the Word, remember they are not alone, and respond in faith.

How to Use This Journal

- Seven sessions aligned with the cancer care journey themes — work through them at your own pace.
- Each session includes Scripture, a key truth, and guided journaling prompts.
- Journaling is private unless you choose to share.
- This is not therapy, medical advice, or a replacement for pastoral care.
- Scripture-centered discipleship: choosing faith over fear, remembering you are not alone.

Safety Guidelines

- Remain Scripture-centered, gentle, and non-coercive.
- Do not pressure anyone to disclose trauma, medical details, or end-of-life fears publicly.
- Do not present journaling as a cure or as therapy.
- Do not give medical advice — speak with qualified professionals for clinical concerns.
- Do encourage prayer, Scripture, wise counsel, pastoral care, support groups, and community.
- Fear, sadness, anger, guilt, and relief can all be normal during the cancer journey.
- Make space for caregivers, not only patients.
- Handle end-of-life content with reverence, patience, and hope.

Copyright - Cottonwood Creek Church

Lesson 1

Preparing for the Journey

Leaning on God's Strength

Isaiah 41:9–13

Theme

When someone receives a diagnosis, there may be shock, fear, sadness, anger, guilt, relief, and a flood of questions. These emotions are normal. Take a breath, remember you are not alone, and lean on God as your strength during this process.

Key Truth

God is with us, strengthens us, helps us, and upholds us. The beginning of the journey is not about having everything figured out. It is about learning to lean on God rather than trying to carry fear alone.

Remember: God's presence strengthens us to face the journey one step at a time.

Copyright - Cottonwood Creek Church

Isaiah 41:9–13 (NIV)

9 I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you.

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

11 All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish.

12 Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all.

13 For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 1 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 1 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 1 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 1 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 1 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 1 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 1 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

Lesson 2

Selecting Your Team

Trusting God's Guidance

Proverbs 3:5–8

Theme

After the diagnosis begins to settle in, the next step is choosing the people who will walk the journey with you — doctors, caregivers, friends, family, church ministries, and support groups. Your support team matters deeply.

Key Truth

God can guide our steps, even in medical and support decisions. Trusting God does not mean ignoring wise counsel. It means inviting Him into the process.

Remember: God's wisdom and guidance are the foundation for building a faithful support system.

Copyright - Cottonwood Creek Church

Proverbs 3:5–8 (NIV)

5 Trust in the Lord with all your heart and lean not on your own understanding;

6 in all your ways submit to him, and he will make your paths straight.

7 Do not be wise in your own eyes; fear the Lord and shun evil.

8 This will bring health to your body and nourishment to your bones.

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 2 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 2 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 2 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 2 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 2 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 2 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 2 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

Lesson 3

Understanding Your Diagnosis

Trusting God in the Unknown

Romans 8:28–31

Theme

As treatment begins, many people face second opinions, side effects, medical information, and decisions about when and how to share their diagnosis. Others have walked similar paths. Sharing your diagnosis is personal and should happen as you feel led.

Key Truth

Romans 8:28 does not mean that cancer is easy or that every event will make sense immediately. It means God is still present and purposeful, even when unexpected things happen.

Remember: God is at work even when the path is unclear.

Copyright - Cottonwood Creek Church

Romans 8:28–31 (NIV)

28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

29 For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

31 What, then, shall we say in response to these things? If God is for us, who can be against us?

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 3 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 3 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 3 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 3 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 3 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 3 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 3 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

Lesson 4

Fighting the Battle

Being Still Before the Lord

Exodus 14:10–14

Theme

The battle may involve months of treatments, surgeries, ongoing appointments, or years of fighting. Do not fight alone. Connect with support, let others care for you, and take one step at a time.

Key Truth

The deepest security is not in our ability to control everything. God cares in the middle of the battle. He is our rock in pain and struggle.

Remember: God is present in the battle, and I can take one step at a time while trusting Him.

Copyright - Cottonwood Creek Church

Exodus 14:10–14 (NIV)

10 As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord.

11 They said to Moses, "Was it because there were no graves in Egypt that you have brought us to the desert to die? What have you done to us by bringing us out of Egypt?

12 Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!"

13 Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again.

14 The Lord will fight for you; you need only to be still."

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 4 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 4 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 4 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 4 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 4 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 4 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 4 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

Lesson 5

Appreciating Survival

Living with Purpose

Psalm 33:8–11

Theme

Survivorship can be complicated. Cancer may change you in many ways, but each day is an opportunity to make the best of the time given and to impact others with your story.

Key Truth

God's purposes stand firm. The cancer journey may change schedules, plans, and priorities, but it does not erase purpose.

Remember: God has placed me here with purpose, and my story can bring hope to others.

Copyright - Cottonwood Creek Church

Psalm 33:8–11 (NIV)

8 Let all the earth fear the Lord; let all the people of the world revere him.

9 For he spoke, and it came to be; he commanded, and it stood firm.

10 The Lord foils the plans of the nations; he thwarts the purposes of the peoples.

11 But the plans of the Lord stand firm forever, the purposes of his heart through all generations.

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 5 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 5 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 5 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 5 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 5 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 5 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 5 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

Lesson 6

Caregivers

Renewed Strength for the One Who Supports

Isaiah 40:28–31

Theme

Caregivers carry many roles — advocate, helper, sounding board, and more. Caregiving is demanding work, and caregivers must care for themselves too.

Key Truth

God gives strength to the weary and renews those who hope in Him. The caregiver is not called to be limitless.

Remember: When I need more strength than I have, I can rely on the Lord's strength and His ability to renew my spirit.

Copyright - Cottonwood Creek Church

Isaiah 40:28–31 (NIV)

28 Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.

29 He gives strength to the weary and increases the power of the weak.

30 Even youths grow tired and weary, and young men stumble and fall;

31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 6 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 6 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 6 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 6 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 6 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 6 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 6 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

Lesson 7

End of Life

Hope Beyond Pain

Revelation 21:3–5

Theme

End-of-life decisions are painful and difficult, but they can be an important part of the journey. Spend time with loved ones, have hard conversations when you can, and remember that life with Jesus does not end in pain.

Key Truth

Christian hope does not deny grief. God promises a future with no more death, mourning, crying, or pain.

Remember: With Jesus, pain and death do not have the final word.

Respond only to the steps and prompts that feel appropriate today.

Copyright - Cottonwood Creek Church

Revelation 21:3–5 (NIV)

3 And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God.

4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

5 He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."

Read slowly. Let the Word settle before you write.

Copyright - Cottonwood Creek Church

Lesson 7 — Sword Drill

Scripture

Which verse or group of verses stood out to you in this reading?

Which verse(s) stood out to you, and why?

Wait

Take a few moments now to wait on the Holy Spirit. Put aside any thoughts and worries of the day. Meditate on the Scripture. Read the verse(s) aloud, slowly and attentively. Then pause to let it sink in. Let the Holy Spirit speak to you.

Copyright - Cottonwood Creek Church

Lesson 7 — Sword Drill (continued)

Observe

What did you notice about the verse(s)? Was there something the Holy Spirit spoke to you?

Your observation

Request

Ask God to show you where and how the Scripture applies to your life.

Application

Dedicate Yourself

What is one thing that needs to change — in action, perspective, or the way you see yourself or others?

What needs to change?

Copyright - Cottonwood Creek Church

Lesson 7 — Name the Burden

After the Sword Drill, name honestly what you are carrying. What is the biggest burden, fear, grief, or weight connected to your cancer journey right now? Write freely — this is between you and God.

What is the biggest burden you are carrying right now?

Copyright - Cottonwood Creek Church

Lesson 7 — Your Journal (page 1 of 4)

Take about 20 minutes total to write freely — thoughts, prayers, questions, or anything the Holy Spirit brings to mind about this part of your journey. Continue on the following pages as needed.

Copyright - Cottonwood Creek Church

Lesson 7 — Your Journal (page 2 of 4)

Copyright - Cottonwood Creek Church

Lesson 7 — Your Journal (page 3 of 4)

Copyright - Cottonwood Creek Church

Lesson 7 — Your Journal (page 4 of 4)

Copyright - Cottonwood Creek Church

God's Promises

Seven Scriptures from the journey — truths to return to when fear, grief, or uncertainty feel heavy.

Lesson 1 — Preparing for the Journey
Isaiah 41:10
God's presence strengthens us to face the journey one step at a time.

Lesson 2 — Selecting Your Team
Proverbs 3:5–6
God's wisdom and guidance are the foundation for building a faithful support system.

Lesson 3 — Understanding Your Diagnosis
Romans 8:28
God is at work even when the path is unclear.

Lesson 4 — Fighting the Battle
Exodus 14:14
God is present in the battle, and I can take one step at a time while trusting Him.

Lesson 5 — Appreciating Survival
Psalm 33:11
God has placed me here with purpose, and my story can bring hope to others.

Lesson 6 — Caregivers
Isaiah 40:29–31
When I need more strength than I have, I can rely on the Lord's strength and His ability to renew my spirit.

Lesson 7 — End of Life
Revelation 21:4
With Jesus, pain and death do not have the final word.

Closing Promises

You are not alone. God is with you. God can guide you. God can strengthen you. God can work even in what you do not understand. God can fight for you as you take one step at a time. God has purpose for your life. God renews the weary. And in Christ, pain and death do not have the final word.

Closing Prayer

Lord, thank You for meeting us through Your Word. Thank You that we are not alone in diagnosis, decisions, treatment, survival, caregiving, grief, or hope. Help us keep choosing faith over fear. Give us courage to ask for help, wisdom to make decisions, strength for each day, comfort in sorrow, and hope in Christ. Amen.

Copyright - Cottonwood Creek Church