

from lump to laughter

# *A Journey of Faith*

## Hope

Spiritual Support  
Prayers and Scriptures

## Plan

Practical Planning  
Calendar, Logs and Medical Data

## Share

Share Your Story  
Journal Pages

## Support

Physical Support  
Contacts and Resources

## Notes

Blank Pages  
Q&A's and Thoughts

planner, devotional, and journal  
for those on the cancer journey

*sharing hope*

[www.LumptoLaughter.org](http://www.LumptoLaughter.org)





# Hope

Spiritual  
Support



Prayers and  
Scriptures



*sharing hope*

[www.LumptoLaughter.org](http://www.LumptoLaughter.org)



**Psalm 86:1**

Bend down, O Lord, and hear my prayer; answer me, for I need your help. (NIV)

**Psalm 124:8**

Our help is in the name of the Lord, who made heaven and earth. (NIV)

**Psalm 130:5**

I wait for the Lord, my soul waits, and in his word I put my hope. (NIV)

**Psalm 16:8**

I know the Lord is always with me. I will not be shaken, for He is right beside me. (NIV)

**Psalm 118: 8-9**

It is better to trust the LORD than to put confidence in people. (NLT)

**Hebrews 10:38-39**

And a righteous person will live by faith. But I will have no pleasure in anyone who turns away. But we are not like those who turn their backs on God and seal their fate. We have faith that assures our salvation. (NLT)

**Proverbs 3:26**

Because God will be right there with you; he'll keep you safe and sound. (MSG)

**Isaiah 40:31**

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. (NIV)

**John 14:1**

Do not let your hearts be troubled. Trust in God. (NIV)

**Psalm 121:2-4**


My help comes from the LORD, who made the heavens and the earth! He will not let you stumble and fall; the one who watches over you will not sleep. Indeed, he who watches over Israel never tires and never sleeps. (NLT)

**Psalm 121:5**

The Lord is your keeper; the Lord is your shade on your right hand. (NASB)

**1 Chronicles 28:20**

Then David continued, "Be strong and courageous, and do the work. Don't be afraid or discouraged by the size of the task, for the LORD God, my God, is with you. He will not fail you or forsake you. He will see to it that all the work related to the Temple of the LORD is finished correctly." (NLT)



Dear God, Show me how to just love me this day, just as I am, faults and all. Help me to seek your face daily and your approval, not man's. I need you. I hand everything, care and woe, to you dear Father and I praise you for raising the standard in my heart. I pray I will walk in the spirit this day and help me stay there always.

Dear God, I trust you this day, I trust you to understand the ways of the path that you have set before me, that have become my story. Thank you Father for witnessing to me the power and glory of your son. Pull down my doubt and disbelief. I ask you to empower me, and crown me with victory this day, Father, to run the race and not give up.

Dear God, I come to you again with new feelings, emotions and in need of direction. I give you these emotions and feelings that have newly sprang up. I ask you to put a guard around my heart and my mouth. For whatever it is Father, help me to bare it.

Dear God, Help keep my emotions in check and on guard. I want to be totally based in your love and blessing. I want to walk in your favor. I want my family to walk in your favor. Guard me God and show me how to guard my heart.

Dear God, I lay my desires at your feet, God. I do not want any darkness in my life. If my desires are of you and your will, I surrender, to you, all the control to work it out in my life. Thank you God for being a compassionate God who deserves all the glory.

Dear God, You know all. You are all. Everything comes from you. I ask you today to enable me to walk with you, to gather me close and give me what I need, for I surely do not know. Who is able? My God. Who is in control? My God.



# Plan

Practical  
Planning



Calendar, Logs  
and Medical Data



*sharing hope*

[www.LumptoLaughter.org](http://www.LumptoLaughter.org)





Devotional

My Hope  
Psalm 25 (NIV excerpts) – In you, Lord my God, I put my trust. ...Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. ... Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. ...Guard my life and rescue me... May integrity and uprightness protect me, because my hope, Lord, is in you.

Week of: \_\_\_\_\_

Appointments	To Do	Notes
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

Monday

Appointments

To Do

Not

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

Thursday

Friday

# Share

Share Your  
Story




Journal  
Pages



*sharing hope*

[www.LumptoLaughter.org](http://www.LumptoLaughter.org)



The page has a decorative border with pink and blue floral patterns. The main content area is white with horizontal lines.

Do not hunger for the things  
that were left behind. Instead,  
hunger and thirst for the  
blessings that God will give  
you going forward.

# Support

A large, vibrant pink peony flower is positioned on the right side of the image, with several petals scattered around it. The background consists of horizontal light blue wooden planks. The word "Support" is written in a large, elegant, pink cursive font across the upper middle of the image.

Physical  
Support



Contacts and  
Resources

*sharing hope*

[www.LumptoLaughter.org](http://www.LumptoLaughter.org)



# Notes

Blank  
Pages



Q&A's and  
Thoughts



*sharing hope*

[www.LumptoLaughter.org](http://www.LumptoLaughter.org)

Notes



Lump to Laughter is proud to offer this unique organizer, *From Lump to Laughter – A Journey of Faith*. It was truly a spiritual blessing to fulfill the dream of the organization's co-founder, Tula "Renee" Ballard.

Not only is this a practical planner, it is also a combined devotional and journal to share hope and God's love with those on the cancer journey. It includes spiritual and emotional support through scriptures, prayers and written conversations between Renee and her Lord and Savior – their "love letters."

Faith is defined as believing strongly in something unseen. By sharing Renee's personal insights about her faith, we pray that you too will see through faith-colored glasses and experience God's amazing love.

God bless and believe in miracles – we do!



Tula "Renee" Ballard

Dear Lord and Father,  
I give you glory today for  
bringing triumph out of  
tragedy. Even when the ride  
was rough, you were by my  
side. I hand this disease to  
you to conquer. The battle is  
over, I have earned my  
stripes. You have filled me  
with your strength and  
endurance to win this race  
for the destiny of eternal life.  
Put your mighty hand on me  
today and heal me. Take me  
to your garden to meet you. I  
have fought the good fight, I  
have finished the course, and  
I have kept the faith. I will be  
your glory forever.

—Renee

*"For I know the plans I have for you,"  
declares the Lord, "plans to prosper you  
and not to harm you, plans to give you  
hope and a future."  
Jeremiah 29:11*

