



Spiritual and emotional support for everyone –
*whoever you are, whatever you believe,
wherever you are.*

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I Am Ill

When diagnosed with a life-altering or life-threatening disease, the world as you once knew it is often turned upside down. Beyond the questions about medical treatments and physical symptoms are those about the meaning of illness and what will come next. Beliefs and values are often challenged as you try to find a sense of meaning, of hope, or of comfort.

Whether you are someone who belongs to a religious community, a “spiritual-but-not-religious” individual, a person who has abandoned a childhood faith upbringing, or someone who has not thought about or has rejected any idea of a faith or spiritual foundation, there are still concerns you may find yourself wrestling with.

For example, you may be asking:

- Why is this happening to me?
- How will I manage everything?
- What impact will this have on my family?
- I don't feel as confident in my beliefs now – where is God/my higher power/the Universe in all that is happening to me?
- How will I find any meaning or hope in this illness?
- What do I do next?
- How do I cope with all the emotions that are swirling inside me?

All of these questions, in fact any questions you have, are appropriate and normal and it is essential that you understand and embrace that during your illness journey. It is not unusual to struggle with a variety of emotions including fear, bewilderment, anger, sadness. Even if you are surrounded by a strong support system of family, friends, and others, there may be times when you need additional support: information, resources, and articles to help you make meaning of the challenges before you as well as bring you a sense of hope and affirmation.

Emotional anguish, spiritual pain, and physical suffering can all be part of a serious illness. But you don't have to go through any of these things alone.

That's why this site was created. Soul Care Project™ is a place where support can be found in the midst of your illness, with resources for meeting the needs of your soul in ways that are practical, useful, and encouraging.

All the resources and guides are provided by professional counselors who understand the depth of the challenges you are experiencing, and respect your personal beliefs and values. We welcome you to explore the site with the hope that you will find tools to strengthen you in your journey.

You can connect with a counselor at [Chat with a Counselor](#).

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<http://soulcareproject.org/seriously-ill.html>