

My Battle - Introduction

My wife's Question:

My wife asked me if my cancer is a spiritual attack rather than just a physical one—and how I would prepare if that were true.

My answer is this:

I prepare by putting on the whole armor of God—understanding each piece, what it does, and how it protects me. This is not passive belief; it is active faith. Belief can exist without action, but faith stands on the certainty that God will do what He has promised. That kind of faith becomes the foundation for everything that follows.

I see the doctors, the treatments, the nutrition, and every person helping me not as the source—but as tools. They are part of the provision, a collection of counselors God has placed around me for this battle.

Like a soldier preparing for war, I approach this with intention. I have never been in the military or trained for a battlefield like that, but I have competed in sports most of my life. I understand what it means to prepare—to train for a position, to push myself, to compete against strong opponents, and to show up ready. That same mindset now carries into this fight.

First, I establish a plan. But I also understand that plans can change. Just as commanders must pivot when the battlefield shifts, I remain flexible, ready to adjust as needed while staying anchored in truth.

Second, I prepare my resources—my body, my strength, my endurance. I make sure I am nourished, hydrated, and physically ready to fight from the strongest possible position.

Third, I study the enemy. I seek understanding—what has been done before, what has worked, what is emerging, and what strategies are being used now. I do not ignore the reality of the battle, but I face it with knowledge and discernment.

Fourth, I train and condition my body. A soldier does not enter battle unprepared. I do everything within my control to strengthen myself so I can endure whatever lies ahead.

And finally—and most importantly—I enter this battle expecting victory.

Not hoping. Not wishing. Expecting.

Because God has already shown us, throughout Scripture, that victory belongs to Him.

I'm reminded of Moses on the mountain, as the Israelites fought below. When his hands were lifted, they prevailed. When his strength weakened, the battle turned. It took others standing beside him, holding his arms up, to sustain the victory.

That is what an army does.

No one fights alone.

An army stands together, strengthens one another, and refuses to let a brother fall. That is how battles are won.

And that is how I am preparing to fight.

1. Prepare Your Equipment

- *Ephesians 6:13* "Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand the wiles of the devil."
- **Principle:** God instructs us to prepare ourselves with spiritual armor before facing conflict.

2. Prepare Your Body

- *1 Corinthians 9:27* Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.
- **Principle:** Physical and personal discipline strengthens endurance for challenges. Discipline, Strength, training, nutrition, fasting, rest, stretching in circulation, sauna

3. Know Your Enemy

- *Scripture: 1 Peter 5:8* "Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour."
- **Principle:** Believers must stay alert and understand the tactics of the enemy.

4. Strategy – Multitude of Counselors

- *Proverbs 11:14* "Where there is no counsel, the people fall; but in the multitude of counselors there is safety."

- **Principle:** Wise strategy comes from seeking godly advice and multiple perspectives. Nutritionists, Naturopathic doctors, urologists, oncologists, surgeons, research scientists, physical therapist, strength trainers, etc.

5. Plan B – Leadership & Experience

- Ecclesiastes 9:18 “Wisdom is better than weapons of war; but one sinner destroys much good.”
- **Principle:** Experienced leadership and wisdom help guide decisions when plans must adapt and pivot. Choose my advisors wisely

6. Faith & Prayer

- *Scripture: Hebrews 11:1 “Now faith is the substance of things hoped for, the evidence of things not seen.”*
- **Principle:** Faith is the foundation that gives believers confidence and strength in every battle.

Connect with true believers that are willing to pray and intercede for me. Pray and intercede for others. Strengthen my faith through hearing the word of God, reading the word of God and seeing and believing in God’s miracles. Visualize the victory. My brain cannot tell the difference between an actual event and the visualization and the conceptual thinking of an event.

CONCLUSION:

The foundation of everything in my life is faith in God—faith in His promises to guide me, protect me, correct me, instruct me, inspire me, and provide for me. Scripture makes it clear that without faith, it is impossible to please Him. That truth anchors me in this season.

I have been overwhelmed by the outpouring of prayer and support. It is not just something I hear about—I can feel it. The prayers of my family, my friends, and even those I have never met but who are connected through faith are strengthening me in a very real way. There is power in believers coming together, and I am experiencing that firsthand.

I feel called to share this journey openly through these Bible studies—not just as a personal testimony, but as a way to show how God works in the middle of a battle.

For over 20 years, I have had the privilege of leading the men’s soccer ministry at Calvary Chapel Fort Lauderdale. Every Saturday morning, we gather to play soccer, and then I share a Bible study. Now, this journey becomes part of that message.

I'm bringing the men—and anyone willing to listen—along with me through this fight. These studies will also be shared more broadly, so my family, friends, and others can see, in real time, the faithfulness of God at work.

Along the way, I will also be sharing practical resources—documents, treatment approaches, nutritional plans, and the protocols I am personally walking through. My goal is to help others who may be battling cancer or seeking to prevent it, by giving them insight, direction, and hope through both faith and action.

At the same time, I recognize that what I am sharing will only scratch the surface of the depth of God's Word. I encourage everyone to seek Him personally, to dig deeper, and to build their own foundation in Scripture. This journey is not just mine—it is an invitation for others to grow in faith and discover His truth for themselves.

This is more than a battle. It is an opportunity to witness His power, His presence, and His promises being fulfilled.