



A GUIDED JOURNAL
GRACE AFTER LOSS

Meet God Here

*Learning to Live with God
in a Place You Didn't Choose*




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in a Place You Didn't Choose*






Welcome

You don't have to rush through this season.
You don't have to have answers.
You don't have to be "further along" than you are.

You just need a place to be honest—with God who already knows.

This journal is an invitation:
Not to escape where you are...
but to meet God here.



Day 1: God Understands What I Can't Explain

“Great is our Lord, and abundant in power; His understanding is beyond measure.”
Psalm 147:5

Truth to Hold Onto

God fully understands what I cannot explain.

Honest Reflection

What feels heaviest today?

Where do I feel most overwhelmed or confused?

Meet God Here

Where is God present in this exact moment?

Am I willing to release the “why” today—even a little?

One Small Step: Today I will:

Simple Prayer

Lord, You understand what I cannot explain. Help me trust You here.

Day 2: God Hears Me When I Call

“Then you will call on me and come and pray to me, and I will listen to you..”
Jeremiah 29:12

Truth to Hold Onto

You are not ignored in your grief—you are heard.

Honest Reflection

What have I been holding in?

What do I need to say to God today?

Meet God Here

Where does God invite me to come to Him?

Do I believe He is listening?

One Small Step: Today I will:

Simple Prayer

Lord, thank You for listening to me. Help me trust You in my darkest moments.

Day 3: God Is Close to the Brokenhearted

“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”
Psalm 34:18

Truth to Hold Onto

God doesn't keep His distance from pain—He moves toward it.

Honest Reflection

Where do I feel most alone?

What does “God is near” feel like to me right now?

Meet God Here

Where am I looking for God right now?

Can I sit quietly and acknowledge His presence?

One Small Step: Today I will:

Simple Prayer

Lord, I know that You are close even when I feel alone. Help me trust that You are here.



Day 4: God's Ways Are Higher Than Mine

"For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord..." Isaiah 55:8-9

Truth to Hold Onto

When life doesn't make sense, God's wisdom still stands.

Honest Reflection

What answers am I still trying to force?

What feels out of my control?

Meet God Here

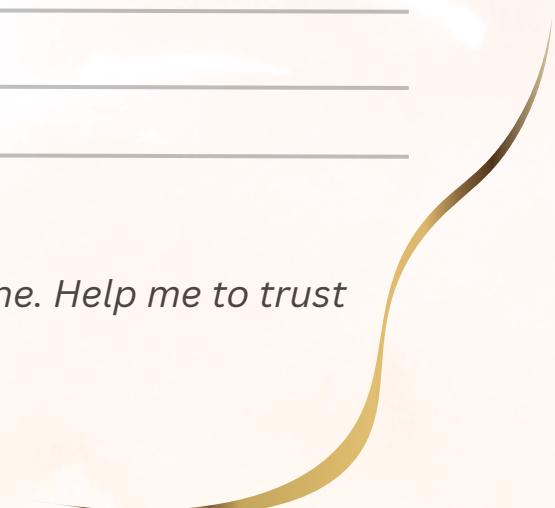
Where can I look and find God in this exact moment?

What would it look like to release that today?

One Small Step: Today I will:

Simple Prayer

Lord, Your thoughts and ways are higher than mine. Help me to trust Your wisdom for today.





Day 5: God's Mercy Meets Me Daily

“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning...”

Lamentations 3:22–23

Truth to Hold Onto

Even in grief, mercy meets you daily.

Honest Reflection

What helped me get through yesterday?

Where did I see even a small moment of grace?

Meet God Here

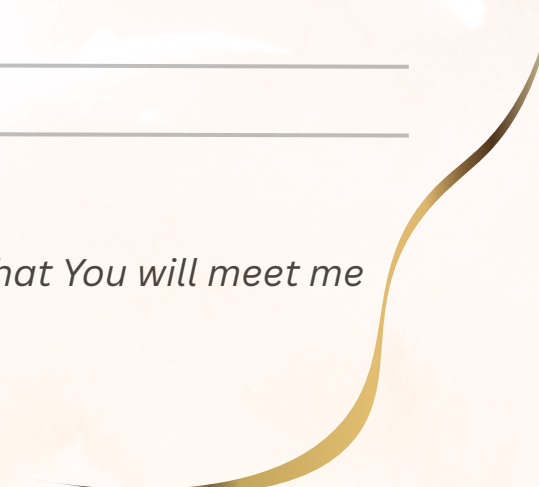
Where do I see God in this exact moment?

Can I receive today as it is?

One Small Step: Today I will:

Simple Prayer

Lord, as I face a new day, help me to remember that You will meet me here with the mercy I need.



Day 6: God Invites Me to Rest

“Come to me, all who labor and are heavy laden, and I will give you rest...”
Matthew 11:28–29

Truth to Hold Onto

Jesus invites you to bring the full weight of your grief.

Honest Reflection

What is draining me the most right now?

Where am I pushing myself too hard?

Meet God Here

Where is God offering me rest in this moment?

What would real rest look like today?

One Small Step: Today I will:

Simple Prayer

Lord, I need You to carry what's too heavy for me. Help me to find Your rest for today.



Day 7: God Cares About What I Carry

“Cast all your anxiety on him because he cares for you.” 1 Peter 5:7

Truth to Hold Onto

Nothing you carry is too small—or too heavy—for Him.

Honest Reflection

What am I carrying that feels too heavy?

What fear or worry keeps resurfacing?

Meet God Here

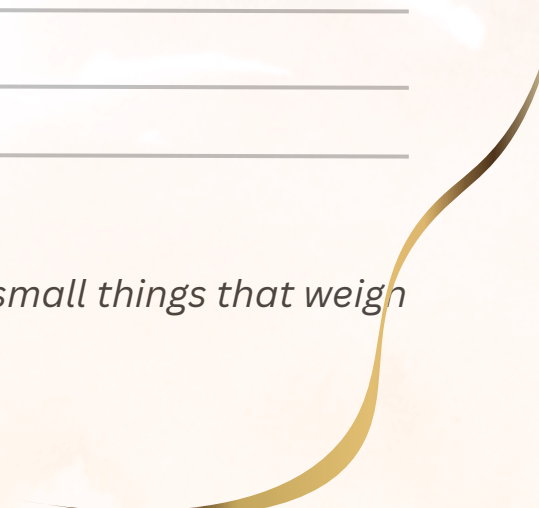
How is God meeting me here?

Can I give that to God—even temporarily?

One Small Step: Today I will:

Simple Prayer

Lord, thank You for caring about the big and the small things that weigh on me. Help me to give them to You.





Day 8: God Is With Me in This Place

“Fear not, for I am with you... I will strengthen you, I will help you...” Isaiah 41:10

Truth to Hold Onto

Nothing you carry is too small—or too heavy—for Him.

Honest Reflection

God doesn't just watch your struggle—He supports you in it.

What makes this season feel unfamiliar?

Meet God Here

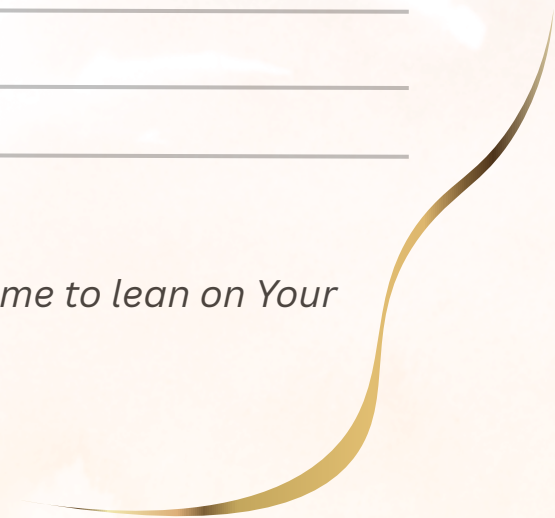
How is God revealing Himself to me right now?

What would it mean to let God meet me here?

One Small Step: Today I will:

Simple Prayer

Lord, I know that You never leave me alone. Help me to lean on Your promise of strength and help.





Day 9: God Is My Refuge Right Now

“God is our refuge and strength, an ever-present help in trouble.” Psalm 46:1

Truth to Hold Onto

Help is not far away—it is present.

Honest Reflection

What feels unsteady in my life right now?

Where do I need support the most?

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Where is God right now?

How has God held me before?

One Small Step: Today I will:

Simple Prayer

Lord, Thank You for welcoming me every time I need Your protection and Your ability to get through the day.





Day 10: Jesus Understands My Weakness

“For we do not have a high priest who is unable to sympathize with our weaknesses...” Hebrews 4:15–16

Truth to Hold Onto

Jesus understands suffering from the inside.

Honest Reflection

What has shifted in me, even slightly?

What truth am I holding onto now?

Meet God Here

Where can I find God at this very moment?

What is one small step I can carry forward?

One Small Step: Today I will:

Simple Prayer

Lord, I'm so grateful that You understand what this pain and weight feel like—because you've been there. Help me to trust You with my heart.

