Overcoming
Grief and
Finding
Hope
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Day 1
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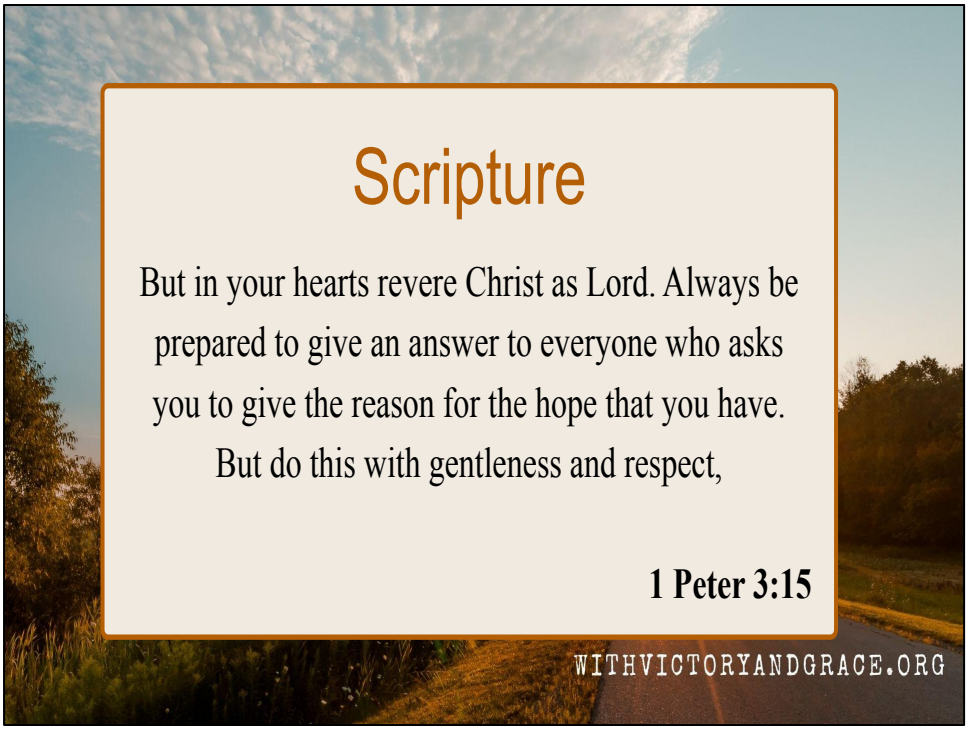
Activity

Take a moment to find a quiet space, and with pen in hand, pour out your thoughts and emotions onto the page. Reflect on your journey of loss and longing, acknowledging the pain but also allowing space for hope to take root in your heart


Scripture
But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,
1 Peter 3:15
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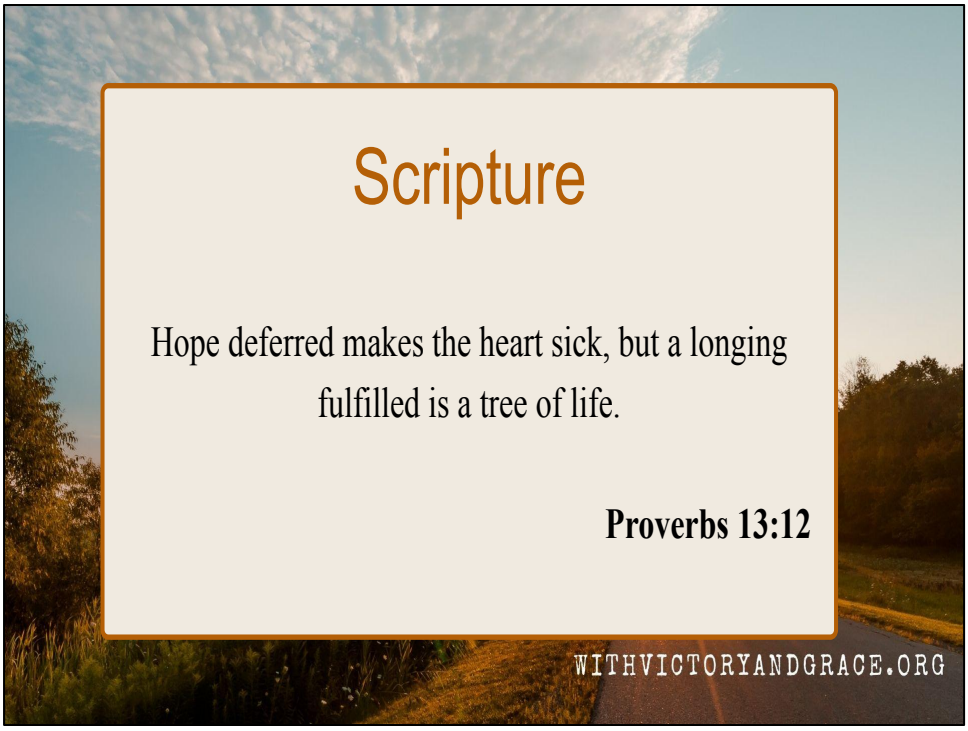
Scripture
Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.
Proverbs 13:12
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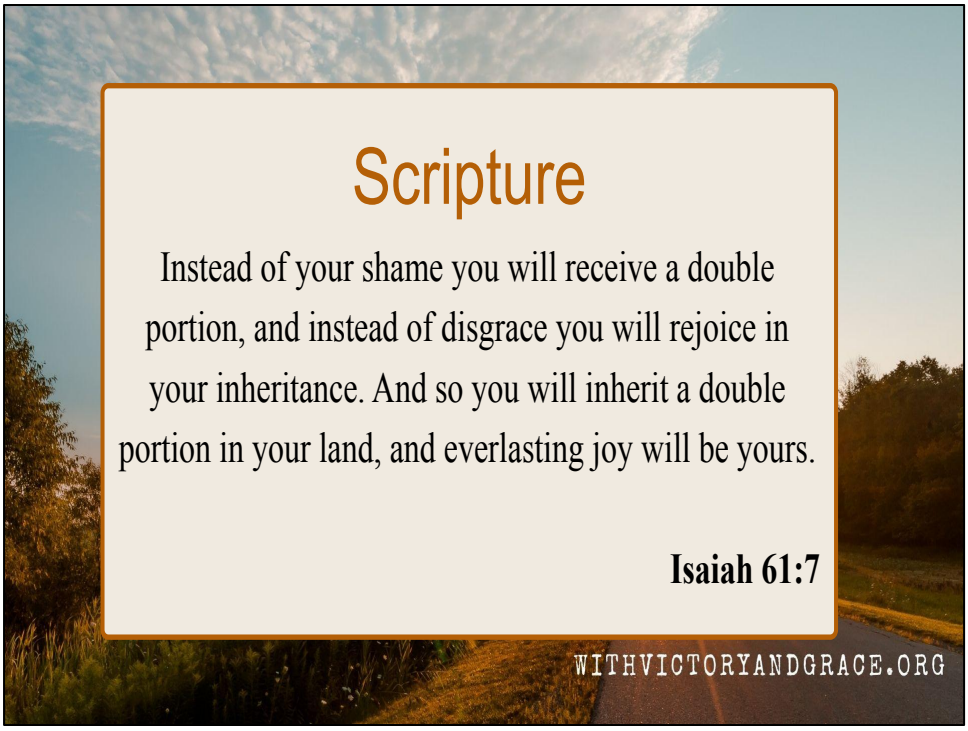
Scripture
Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance. And so you will inherit a double portion in your land, and everlasting joy will be yours.
Isaiah 61:7
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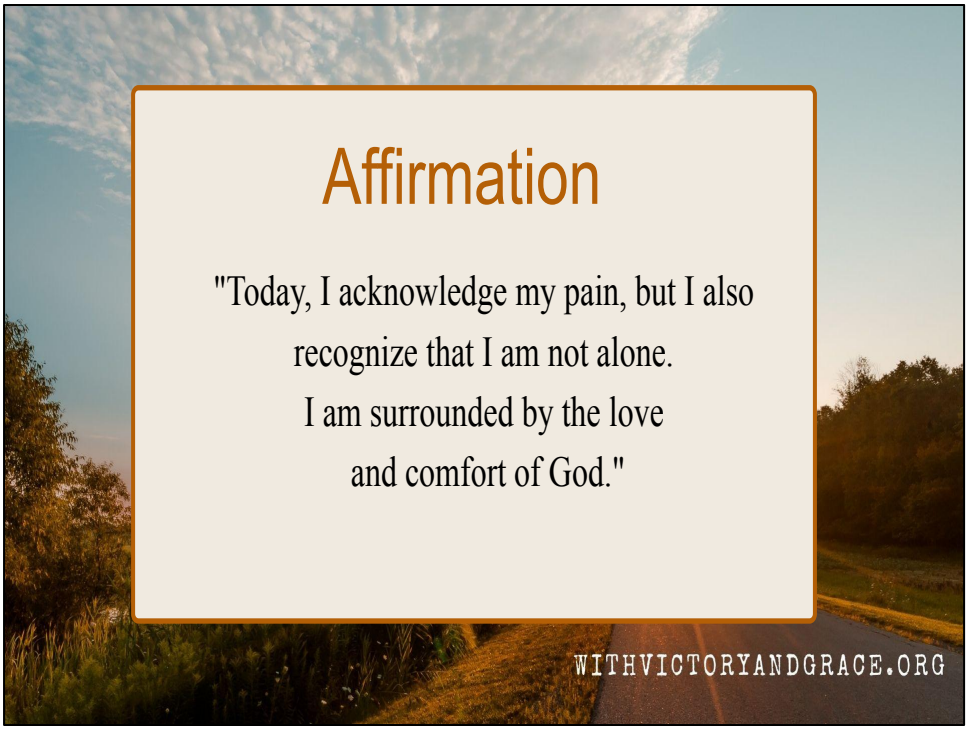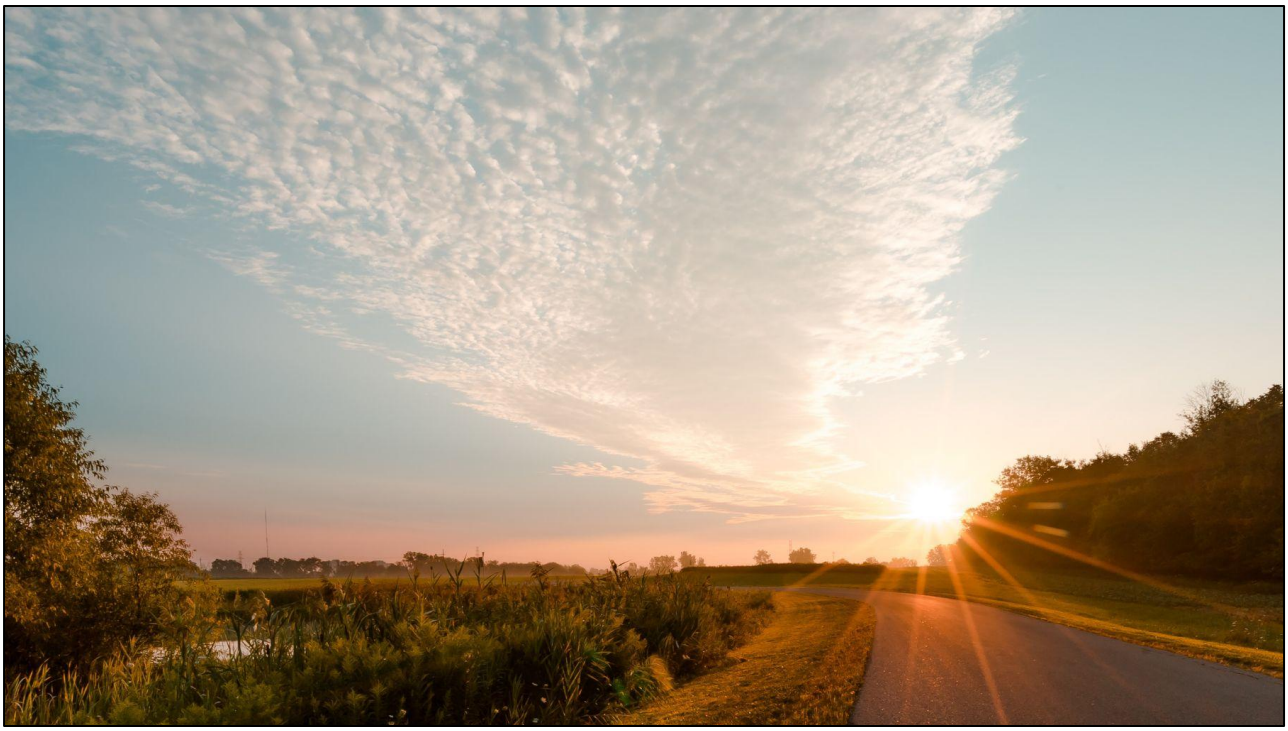
Affirmation
"Today, I acknowledge my pain, but I also
recognize that I am not alone.
I am surrounded by the love
and comfort of God."
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