



“Spring Forward” Journaling

Journaling is a helpful tool to effectively process your grief. It helps you to courageously look at your grief and reflect upon it, thereby taking charge of moving forward instead of pushing your emotions inside where they might harm you.

As you are able to, write down your thoughts in response to the following questions. Remember, there are no right or wrong answers and there are no rules for grammar or punctuation. Just let the thoughts flow as they come to mind. Feel free to share any of these at the next Sunday Support meeting.

(THERE ARE INTENTIONALLY NO LINES ON THIS PAGE SO YOU CAN WRITE AS FREELY AS POSSIBLE WITH NO RULES.)

What feelings are very strong in you at this time?

How are you handling these feelings?

How have you felt the Lord walking with you (or NOT) in your grief journey?

Has there been anyone else to help you along your grief journey?

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. ⁸For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.” Matthew 7:7-8

Ask God for something, anything, ... then listen expectantly for God's response. The response may be a whisper in your heart, so listen closely.

*“The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.” **Zephaniah 3:17***