

HOPE After the Crash: My Kintsugi Journey

Quiet Reflection and Journaling ☙ November 14, 2026

Holy Spirit, I invite You into the quiet spaces of my heart and ask that You search me and show me the tender places You want to heal. Show me the truth that will mend me. Thank You that I am chosen, secure, and deeply loved. Give me the courage to be completely honest about my brokenness and grant me the grace to see myself through Your eyes. Come and pour the gold of Your Holy Spirit into the broken pieces of my life. Renew the HOPE of Transformation & show me the Redemptive Arc in my story You are writing and inviting me to co-write with You. Thank you for your love –In Jesus' name, Amen.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with **hope** by the power of the Holy Spirit.
Romans 15:13

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!
1 John 3:1

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 Cor. 4:18

The Lord is close to the brokenhearted and saves the crushed in spirit.
Psalm 34:18

(NIV)

Take time during this session to be completely honest with God about your shattered pieces. (Choose 3 or 4 of these questions for retreat and use the remainder at home)

Part 1: Naming the Pain

1. **Identifying the Fractures:** What specific weight, grief, or disappointment did you carry into this retreat? If your heart were a vessel, where are the biggest cracks right now?

2. **The Lie of Separation:** In what areas of your life has your pain whispered the lie that you are forgotten, unwanted, or too broken for God to use?

3. **<u>Pillar 1</u>: Our Relationship with God (Luke 15:20)**
   Which of the five ways the Father meets us (sees, feels compassion, runs, embraces, validates) do you sense the most significant right now OR need to experience most deeply right now?

Part 2: Inviting the Gold

4. **The Ultimate Artist:** Kintsugi doesn't erase the fractures; it fills them with gold. What does it look like to hand your specific scars over to Jesus instead of trying to hide or fix them yourself?

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But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him."
Lamentations 3:21-24

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified.
Isaiah 61:1-3

(ESV)

5. **Shifting Your Focus:** When life feels fractured, it is easy to look down in shame. What changes inside you when you consciously look up and picture the Father running towards you with compassion and Jesus gazing back at you with tender delight?

6. **Pillar 2: Our Relationship to Ourselves (Knowing Who We Are in Him)** As the Bride of Christ, what earthly distractions or painful circumstances are currently stealing your focus away from fixing your eyes entirely on Jesus? Write them down and throw the paper away as a demonstration of giving them to God.

Part 3: Displaying His Splendor

7. **A Story of Transformation:** Jesus kept His scars after the resurrection to show His love & His Redemptive Arc for ALL of our lives. How might God use the mended fractures in your story to bring hope to someone else in the future?

8. **Jars of Clay:** 2 Corinthians 4:7 reminds us that our weakness lets God's power shine. How can you practice relying on *His* strength this week rather than your own exhausting energy?

9. **<u>Pillar 3</u>: Our Relationship to Others (Anchoring in Our Eternal Purpose)** *Krista's journal reminded us that "to live is Christ, to die is gain." Nikki's Bible pointed us to look at things unseen and store up treasures in heaven. Our stories are connected to a much bigger, grander, eternal reality.* In what ways has your grief caused you to focus heavily on the temporary, earthly things that were lost? Knowing that your eternal destiny begins *now*, how does shifting your mindset toward heaven change the way you view your remaining purpose on this earth?

Small Group Discussion Questions

(Choose a few for the retreat and ponder the rest at home)

1. In this session, the three-fold purpose of the Church was identified as *Love, Serve, and Build The Kingdom of God*. Which of these three areas do you feel most naturally drawn or equipped to step into right now, and which one challenges you the most?

2. **Breaking the Wall Of Division:** Is there a relationship within your church, small group, or family where you have stopped making that effort? What is one step you can take to rebuild that bond of UNITY?

3. **Healing by Giving:** Share a time when you stepped outside of your own pain to help someone else. Did you experience God's design of "HEALING *as* you GIVE"?

4. **Receiving vs. Isolating:** When a "crash" or severe trial happens, our natural human instinct is often to isolate. Why do you think it might be difficult to let others in or to carry us when we are weak?

5. **Breaking the Trance:** In the valley of a trial, it is incredibly easy to focus on our circumstances until they become an idol that drains our life and joy. What are some of the "signs" (scriptures or truths learned on the mountain) that you need to memorize by heart right now?

6. **Moving Forward with Purpose:** What struck you or spoke to you the most from this session?

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OUTLINE for HOPE (During) the Crash
Session 1: Our Relationship with God and Ourselves

I. The Three Essential Pillars of Healing:

1. Our Relationship with **God** *(Knowing the Father, Son, and Holy Spirit)*
2. Our Relationship to **Ourselves** *(Knowing who we are in Him)*
3. Our Relationship to **Others** *(Knowing our purpose)*

II. Embracing Your Unique Story

- **The Trap of Comparison:** Every life story is unique, sacred, and incomparable—just like a fingerprint.
- **The Redemptive Arc:** When you compare your pain or path to someone else's story, you miss the unique **redemptive arc** that God invites you to co-write with Him.
- **Suffering with Hope:** To grieve effectively, you must enter your own story and embrace the reality of your suffering.
- **(Romans 5:3-5):** "*Suffering produces **perseverance** → perseverance produces **character** → character produces a **hope** that never shames us, because God's love has been poured into our hearts by the Holy Spirit*

III. Anchoring Your Heart in Eternal Reality

- **Eternal Life:** We often think of eternity as something that begins after we die. However, Jesus says in **John 17:3** that eternal life is **knowing** the one true God right now. It is about an intimate relationship, not just information.
- **The Reality of "Gain" (Philippians 1:21):** *"For to me, to live is _____, and to die is _____."* For the believer, death does not interrupt life with God; it simply removes the physical veil.
- "To be absent from the body is to be _____ with the Lord" (2 Cor. 5:8).
- **Where is Your Treasure? (Matthew 6:19-21):** If you store up all your treasures on earth, you will eventually walk away from them and lose it all. If you store up your treasure in Heaven, dying is gaining it all.
- **Setting the Mind:**
    - **(Colossians 3:2):** *"Set your mind on_____ _____, not on earthly things."*
    - **(2 Corinthians 4:18):** Fix your eyes on what is _____, because what is seen is temporary and changes, but what is unseen is _____.

IV. Trusting the Incomprehensible God

- **The Character of God (Romans 11:34):** *"Who has known the mind of the Lord? Or who has been His counselor?"* God's ways and timelines are often **incomprehensible** to our human logic.
- **The Trust of a Child:** Children do not need to fully understand their parents' complex reasons to trust them. They simply need to know they are **loved**.

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- **Safe in His Love:** When life spins out of your control, you do not need all the answers. You need the emotional security and connection of knowing your Heavenly Father loves you and has you completely covered.

V. The Safety of Surrender and the Trap of "Why"

- **The Power of Security:** When we know we are LOVED, Trusting becomes natural.
- **(1 John 3:1)** – *"How great is the love that the Father has _____ on us that we should be called the _____ of God! And that is what we are!"*
- **Our Boundaries vs. God's Boundlessness:**
  - **(Proverbs 3:5-6)** and (**Isaiah 40:28)** – Nowhere are we told to understand everything. His understanding is completely _____. Although our comprehension is limited, there are no limits to our _____.
  - **(Matthew 22:37)** – Nowhere are we told to exhaust our energy trying to figure Him out. Instead, we are explicitly commanded to _____ Him with all our heart, soul, and mind.

VI. Two Ways to Relate to the Father

- **The Core Question:** What were we created for? The answer is simple: To _____ and _____ God.
- **The Danger of Isolation:** We can be a true child of God but still choose to ignore Him and do our own thing.
- **The Consequence of Silence:** Ignoring Him leads to a shallow, self-centered relationship fueled by fear, insecurity, and a lack of trust. It opens the door for Satan to blind us to God's tender heart and tempts us to run away in _____ instead of running toward Him in love.
- **(James 4:8)** – *"Draw near to God, He _____ draw near to you.*

VII. The Prodigal Father: Five Truths of How He Meets Us

- **(Luke 15:20)** – *"While the son was still a great distance away, the Father saw him, felt compassion, ran to him, and embraced him."* When we draw near in our weakness, the Father responds with deep emotion:
  - He _____us exactly where we are.
  - He feels _____for our pain.
  - He _____toward us in our brokenness.
  - He _____ us with His healing presence.
  - He _____ us with validation and affirmation.
  - **(Lamentations 3:21-24)** – When our souls are bowed down within us, we must intentionally call the truth to mind to recover our hope:
    - Because of His great love, we are not _____.
    - His compassions never fail; they are new _____ morning.
    - *"Great is Thy _____."*

VIII. Covered by the Radiant, Unbreakable Love of the Bridegroom

- **The Ultimate Metaphor:** God uses—marriage—to illustrate His connection to us. Jesus is the **Bridegroom,** and we are His **Bride**.
- **The Price of Redemption:**
  - **(1 Peter 1:18-19)** – We were redeemed not with perishable things like silver or gold, but with the precious _____ of Christ.
  - **(Hebrews 12:2)** – Jesus endured the cross gladly because of the _____set before Him. *You* were that joy.
  - **(Isaiah 62:5)** – *"As a bridegroom rejoices over his bride, so will your God _____ over you."*
- **The Radiant Focus:** When a bride fixes her absolute focus on her groom, all outward distractions, worries, and pain fade away. Her radiance comes from a deep security of knowing she is chosen and sought after.
- **An Unbreakable Promise:**
  - **(Romans 8:38-39)** – Absolute assurance that neither death, life, things present, nor things to come can ever _____ us from the love of God.
  - **(Jeremiah 29:11)** –God has plans to prosper you and not to harm you, plans to give you_____ and a _____.

IX. Near to the Shattered Places

- **Psalm 34:18** – *"The Lord is close to the _____ and saves those who are _____ in spirit."*
- **The Reality of the Pieces:** In the original Hebrew language, the words for "brokenhearted" and "crushed" literally mean to be **shattered**. God does not distance Himself from your mess; He draws close to the broken pieces.
- **The Art of Kintsugi:** This is beautifully illustrated by the Japanese art of Kintsugi, where shattered pottery is repaired with precious gold lacquer. Instead of hiding the fractures, the artist _____them, making the very fractures its most beautiful feature.

X. The Scars of the Resurrection

- **Visible Scars:** Think of Jesus after His resurrection—He did not hide His scars. He kept them visible to highlight His love and sacrifice for us.
- **The Divine Principle:** Without brokenness, there would be no _____.
- **2 Corinthians 4:7** – *"But we have this treasure in earthen vessels, that the excellency of the power may be of God, and ____ _____ _____."*
- **The Master Craftsman:** God, the ultimate Kintsugi Master, mends our fractures, and then the Holy Spirit pours His love through the cracks of our souls, using our brokenness to tell a story of transformation as He displays us for His splendor.
- **Isaiah 61:1-3** – Jesus was sent to:
  - Bind up the _____.
  - Comfort all who _____.
  - Provide for those who _____.

    - Bestow a crown of _____ instead of ashes.
    - Pour out the _____ __ _____ instead of mourning.
    - Provide a garment of praise instead of a spirit of _____.
- **Oaks of Righteousness:** We are mended and planted by the Lord for the display of **God's _____.**

XI. Leaning into the Redemptive Arc

- **The Requirement for Transformation:** This divine transformation requires us to acknowledge, name, and lean into our personal pain. If you have not done that, you can do that this very moment.

- **The Cost of Comparison:** If we compare or resent our grief, we **WILL** miss the unique redemptive arc that our compassionate and loving Heavenly Father invites us to co-write with Him.
- **Matthew 5:4** – *"Blessed are those who mourn, for they shall be _____."*
- **The Spirit of Truth:** John 16:13 promises that the Holy Spirit will guide us into all truth. Trust that your Heavenly Father knows what is best and fix your eyes on Jesus—the lover of your soul and the author and finisher of your story.

Notes:

SESSION 2: LIVING with Hope and Purpose (After) the Crash - Outline
Knowing Our Purpose: Relationship to Others

"By this everyone will know you are my disciples, if you love one another." — **John 13:35**

I. The Purpose of the Body: Love, Serve, and Build

When we ask God what our purpose is within the community of faith, His answer is clear and unified. We are not called to build individual, isolated lives or churches—**we are called to build the Kingdom of God.**

- **The Reality of Unity:** Dwight L. Moody observed, *"I have never yet known the Spirit of God to work where the Lord's people were divided."*
- **The Ultimate Catalyst:** In the wake of devastating loss, true unity emerges when people come together for **one purpose:** _____

II. Confronting the Blank Space

"For to me, to live is _____and to die is gain." — **Philippians 1:21**

- **The Equation of Life:** If you take **Christ** out of that statement and put anything else in the blank, the equation is completely off because everything outside of Christ eventually ceases.

III. The Perfect Bond of Unity

Our genuine love for one another is not only a witness displayed before the angels in Heaven—**it is the most credible testimony we have to offer HOPE to a hurting world.**

- **Colossians 3:14** – *"Put on _____which is the perfect bond of unity."*
- **Philippians 2:2** – *"Have the same love, being _____-and _____in Spirit and in purpose."*
- **Ephesians 4:3** – *"Make every effort to keep the unity of the Spirit through the bond of_____ ."*
- **Psalm 133:1** – *"Behold how good and sweet it is when brethren dwell in unity—it's there the Lord commands a _____."*

IV. Walking Through Grief in Our Humanity

Finding hope after a traumatic crash or loss is not about "bouncing back"—**it is about intentionally "moving forward as we embrace every moment.**

1.The Power of Micro-Steps: In the beginning, hope is found in everyday things. These small actions keep us present in the _____ and act as an **invitation back into the land of the living.**

2. **Resisting Isolation:** The natural human reaction to profound loss is _____. God shows us that we can **store up treasures in heaven** by choosing to gather with other believers even when we do not "feel" like it.
3. **Healing Through Giving:** We often mistakenly believe we must heal completely *before* we can help anyone else. **God designed us to heal AS we** _____ _____**.** Because we are created in God's image, we are hardwired to give out. When we stop giving, we cease to truly _____.

"Death is NOT the greatest loss in life—the greatest loss is what dies inside us while we live."
— Norman Cousins

V. Transforming Pain Into Purpose

When we step outside of our own pain to offer our time, stories, and resources to someone else who is hurting, we actively participate in **God's redemptive arc.**

- **Restoring Agency:** Shifting our focus _____ instead of feeling helpless.
- **Breaking the Isolation:** Building a _____ across the loneliness that loss creates.
- **Creating a Legacy:** Ensuring that our struggles serve a greater, lasting good.
- **The Art of Kintsugi:** Like Japanese Kintsugi bowls, God highlights our broken spaces with His grace to **beautify our final stories.** Death and loss never have the _____ _____.

"Comfort those in any trouble with the comfort we ourselves received from God." — **Corinthians 1:4**

VI. The Danger of the Trance: Focus vs. Idolatry

When we lock our focus entirely onto our outward circumstances, grief, or losses, we risk falling into a spiritual trance. **Whatever captures most of our attention inevitably becomes the object of our _____.**

- **The Trap of Idolatry:** Constantly dwelling on our losses can turn those very losses into an _____.
- **The Nature of Idols:** Psalm 135:16-18 warns that idols have mouths but cannot _____, and eyes but cannot _____. *"Those who make them will be like them, and so will all who trust in them!"* When we trust in our circumstances rather than God, the life is sucked right out of us.
- **The Gift of Repentance:** The moment we make even the slightest turn back toward Him, **God does not condemn us—He runs toward us. (Prodigal Son Parable) Luke15:20**

VII. Remembering the Signs in the Valley

Aslan gave Jill a crucial warning that applies to our deepest valleys: *"The SIGNS which you have learned here [on the Mountain] will not look at all as you expect them to look [in the Valley]. That is why it's so important that you know them by heart and pay no attention to appearances!"*

- **Proverbs 3:5-6** – *"Trust Him with all _____ heart and lean NOT on your own_____."*
- **Colossians 3:2** – *"Set your mind on things _____—NOT on earthly things."*
- **2 Corinthians 4:18** – *"Do NOT fix your eyes on what we can see, but on what is _____, because what is seen is temporary… but what is unseen is _____ and unchanging!"*
- **Hebrews 12:2** – *"Fix our eyes on _____—the Author and Perfecter of our faith."*

VIII. The Good Shepherd and the Still Waters

- **Drinking from the Peace of God:** Our Good Shepherd wants to lead us to _____ _____ and green pastures. Sheep cannot drink from turbulent, rushing waters. God knows exactly where the still waters are, and He gently leads us to find the relief we need.

IX. Fixing Our Eyes on the Savior

- **Looking Away from Self:** Robert Murray M'Cheyne wisely advised, “Learn much of the Lord Jesus. For every look at yourself, take ten looks at Christ.” This is an invitation to acknowledge the raw reality of your pain, but to fiercely refuse to let that pain become larger than your _____.
- **The "Ten Looks":** Instead of panicking, looking within, or staring at your own empty hands and broken heart, we are called to fix our eyes on Jesus, the author and perfecter of our faith. When we intentionally trade internal hyper-focus for a gaze fixed on Christ, His strength is made _____ in our deepest weakness.

X. The Ultimate Love Story

Your identity is never defined by your _____ _____, your shifting feelings, or the barrenness the enemy tries to whisper to you. **You are defined entirely by God's eternal, unchanging Word.**

- **Faith vs. Hope:**
    - **Faith** is hope regarding the _____**.** *(Remembering what He has said, done, and personally spoken).*
    - **Hope** is faith regarding our _____ *(Moving us forward beyond this moment and beyond ourselves to something Eternal).*
- **An anchor that reaches up:**
    - I want to leave you with these words from **Hebrews 6:19–20**: *"We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever..."*

    - Usually, we think of an anchor as something heavy that drops down into the dark, shifting floor of the ocean. But our spiritual anchor does the exact opposite—it reaches *up*. It is cast straight into the presence of God in heaven, hooking onto His unchanging character, His promises, and His unfailing love.

    - **Hebrews 7:25** reminds us why this anchor holds: *"Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them."*

    - Because Jesus is already there ahead of us, our hope and security are tied to His finished work—not to our shifting circumstances, our past, or how we feel tomorrow morning. And because He lives to intercede for us, we never have to earn our way into God’s presence. We have direct access. Whenever life feels heavy or we feel overwhelmed, our anchor is already holding fast, and we can step boldly into His grace for the help we need.

- **The Truth of Your Life:** Long before any human being loved or wounded you, you were intimately loved by the Creator of the universe.

  "I have called you by name, from the very beginning. You are mine, and I am yours. You are my Beloved, on you my favor rests… Wherever you go, I go with you, and wherever you rest, I keep watch… Nothing will ever separate us. We are one." — **Henri Nouwen**

Notes:

OUTLINE

Session 3 : The Anchor of Hope and A Renewed Mind

I. The Anchor Beyond the Curtain

- **The Blessed Hope of Creation:** Hope is not a passive wish; it is a reality given to all of creation as we wait for the _____ of the glory of our great God and Savior, Jesus Christ (**Titus 2:13, Romans 8:18–25, 1 John 3:2–3**).
- **The Unshakable Refuge:** Biblical hope functions as a steadfast _____ for the soul because it enters the "inner place behind the curtain" (**Hebrews 6:18–19**). It is securely fastened in the heavenly _____ ___ _____ where Christ secured our eternal redemption once and for all (**Hebrews 9:11–12**).
- **Two Unchangeable Things:** This anchor holds fast because it is locked into two unchangeable realities: **God's** _____and **God's** _____. His unchanging Word declares that He created us in His image (**Genesis 1:26**) and has intentionally chosen us to be conformed to the _____ of His Son (**Romans 8:29**).

II. Neurobiology and the Spirit-Renewed Mind

- **The Anatomy of an Emotional Ambush:** Neuroscience validates Scripture by showing that grief is the painful, exhausting process of our brains trying to physically remap our lives and routines without the person we love. _____ can trigger the brain to relearn the loss, which feels like a sudden ambush.
- **Transforming the Wave:** We are not stuck when these waves hit. By explicitly naming our grief and intentionally applying God's _____, we can transform an emotional ambush into a purposeful, renewed mindset (**Romans 12:2**).
- **Life and Peace vs. Earthly Intentions:** "Setting the mind on the _____ leads to death, while setting it on the _____ brings life and peace" (**Romans 8:6**). A "fleshly mind" doesn't just mean malice or bad behavior; it can include our own good, human intentions that simply lack the Lord's supernatural insight, comfort, and _____ _____.
- **The Companion in the Remapping:** We do not do this mental work through empty words or sheer _____. The Holy Spirit is our _____who teaches us, brings Christ's words to our remembrance, and gives supernatural _____. (**John 14:26, 2 Corinthians 3:6**).

III. Blending Earthly Sorrow with Eternal Perspective (**1 Thessalonians 4:13)**

- **Grieving with Hope:** We are explicitly commanded not to grieve as those who have no _____. Because God is the God of the living (**Matthew 22:32**), our _____ never ends. (**1 Corinthians 13:8**), and our future togetherness with our loved ones in Christ is an eternal certainty.
- **The Coexistence of Sorrow and Joy:** True spiritual authenticity means acknowledging that deep _____ and profound _____can inhabit our hearts at the same time. **The Danger of Structural Alienation:** In deep grief, our prolonged anger _____ us from God and ultimately alienates us from our loved ones. We cannot choose where emotional alienation starts and stops; if it takes root, it corrupts all of our relationships.

- **Shifting from "Why" to "Who":** The endless "why" questions often _____ God and keep us trapped. Just as God answered Job not with an explanation but with a revelation of His almighty majesty (**Job 42:5**), the Lord invites us to shift our focus from the reasons behind the crash to a deep, experiential _____ with the Father and the Son (**Philippians 3:10, 1 John 1:3**).

IV. Abiding in the Father's Love and Relational Unity

- **The Unified Body:** We grow in _____ in the Lord when we are unified in Jesus (**Ephesians 4**). Unity does not demand identical expressions of faith or identical timelines in grief; rather, we honor each other's unique processing as we both follow His _____.
- **The Commandment of Joy:** Abiding in Christ means maintaining a right _____ with Him, which is the very pathway to full, supernatural joy (**John 15:9–12**). True joy is experienced when nothing obstructs that connection.
- **The Delight of Obedience:** True _____mirrors the pure, relational delight of a child playing with their father. Just as a son jumps with a smile into his father's arms on the floor, our desire to please God flows from a _____ _____ that longs to enjoy His presence, free from condemnation (**Romans 15:13, 1 John 3:21–22**).
- **Peace through Justification:** Our _____ is anchored first in the fact that we are justified by faith and have irreversible _____ with God (**Romans 5:1**). It is a progressive journey, anchored in the confidence that He will faithfully complete the good _____He began in us (**Philippians 1:6**).
- **The Irreplaceable Places:** Just as there is a sacred, irreplaceable place in a parent's heart that only their children can occupy, God has a unique, irreplaceable place in His heart and in Heaven for each of us. He rejoices over those who have come home, and He deeply longs for us to abide with Him both now and for eternity.

Notes:

Session 3 - The Anchor of Hope and A Renewed Mind

🏡 Questions to Ponder at Home

⚓ Part 1: Anchoring Your Mind

1. **Re-Mapping the Loss:** Understanding that grief is your brain physically trying to relearn life without someone or something you lost, how does this scientific reality change the way you view your sudden emotional ambushes? How can you give yourself more grace during those unexpected waves?

2. **The Danger of the Wall:** Reflect on the warning that *"we cannot choose where alienation starts and stops."* Is lingering anger or bitterness toward your circumstances starting to build a quiet wall between you and God, or between you and the people who love you? What is the first step to tearing that wall down?

☹️☺️ Part 2: The Coexistence of Joy and Sorrow

3. **Holding Sorrow and Gratitude Together:** True healing allows sorrow and joy to coexist in the same heart. Take some time tonight to write down your own list of "past treasures"—specific, fond memories of what or who you lost. How can you thank God for those beautiful moments while still being honest about your current sorrow?

4. **The Power of a Pencil:** Nikki's small act of handing a classmate a pencil opened a heart to the Gospel. How does realizing that God can use your smallest acts of kindness—even if you are still carrying your own pain—motivate you to share the love of the Lord?

👑 Part 3: An Eternal Perspective

5. Moving **Past the "Why": Like Job, have you been demanding an explanation from God before you will** fully trust Him again? What would it look like for you to lay down the endless, accusing loop of "Why?" and instead focus on knowing **Who** He is?

6. **Abiding in Freedom:** Your ultimate identity is not defined by your shifting circumstances, but by the fact that you are chosen, secure, and loved by the Father. What is currently obstructing your joy in God's presence? Pray **Romans 15:13** over your heart tonight, asking the Holy Spirit to renew your mind so you can walk forward in true fellowship.