

30 Days in the TRENCH PRAY TO OVERCOME GRIEF

The grief accompanying the loss of a loved one can be the most heart-wrenching, unimaginable experience one could ever have. The feelings of pain, sorrow, anger, doubt, and numbness can consume you and at times overwhelm you. And you have no idea how you'll ever be whole again. You wonder when the tears will subside and when peace will again abide. Maybe you're hanging on by a thread, but if you're here, just give God that thin thread and let Him weave you a tapestry of peace.

For the next 30 days we will journey together through God's Word towards peace. Give Jesus reign over your heart and allow Him to console, comfort, and calm you. We recommend the following daily use of this journal:

Morning Meditation

- **3-5 minutes – Be Still Moment.** Meditate on how God is speaking to you. Record whatever messages, answers, and/or questions that God revealed to you during your Be Still Moment.
- **3-5 minutes – Read and Write the Text.** Read and absorb the text provided each day. Read the text in various translations. Write the scripture in a way that's meaningful to you.
- **3-5 minutes – Pray the Text.** Evoking the word of God into your prayers evokes His power into your life. Use this time to pray over the scripture. Re-write the text or intertwine the text into a prayer.
- **3-5 minutes – Affirm the Text.** After you've meditated on God's Word and have written His Words in your heart, speak God's Word and His promises over your life. Affirm God's goodness and power. Ask God to set your intentions of peace for the day. Repeat the affirmation a few times then write it out.

Evening Meditation

- **2-3 minutes - In Prayer.** Use this time to thank God for bringing you through another day and pray over the scripture again.
- **3-5 minutes – Today I Experienced Peace.** Spend a few minutes recording messages, answers, manifestations, and/or revelations received throughout the day in reference to the scripture and the affirmation.
- **2-3 minutes - In Prayer.** Pray over the scripture, and ask God to go before you, prepare your tomorrow, and to continue transforming you into one who is at peace in His presence.

Thank you for committing to this journey. Expect the unexpected. And we praise God now in anticipation of your peaceful living to come!

From My Peaceful and Joyful Heart to Yours!!!

Pastor Brenda Billingsy

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BIBLE TEXT: Psalm 34:18

Write the Text: _____

Pray the Text: _____

Affirm the Text: _____

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Psalm 73:26

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Matthew 5:6

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Psalm 29:11

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: John 16:22

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Revelation 21:4

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Matthew 11:28-30

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Isaiah 41:10

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: John 14:27

Write the Text: _____

Pray the Text: _____

Affirm the Text: _____

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Proverbs 3:5-6

Write the Text: _____

Pray the Text: _____

Affirm the Text:

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BIBLE TEXT: 2 Corinthians 1:3-4

Write the Text: _____

Pray the Text: _____

Affirm the Text: _____

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Psalm 23:4

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: 1 Peter 5:7

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Deuteronomy 31:9

Write the Text: _____

Pray the Text: _____

Affirm the Text:

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BIBLE TEXT: ROMANS 15:13

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Psalm 119:76

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Isaiah 40:31

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Psalm 32:7

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Ephesians 1:18-19

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Numbers 6:24-26

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Hebrews 10:23

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: Psalm 39:7

Write the Text: _____

Pray the Text: _____

Affirm the Text: _____

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: 1 Timothy 6:17

Write the Text: _____

Pray the Text: _____

Affirm the Text: _____

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: ROMANS 12:12

Write the Text: _____

Pray the Text: _____

Affirm the Text: _____

TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: 1 Peter 5:10

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

30 Days in the TRENCH PRAY TO OVERCOME GRIEF

BIBLE TEXT: Lamentations 3:22-23

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

30 Days in the TRENCH PRAY TO OVERCOME GRIEF

BIBLE TEXT: Isaiah 35:10

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

30 Days in the TRENCH PRAY TO OVERCOME GRIEF

BIBLE TEXT: Micah 7:7

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

30 Days in the TRENCH PRAY TO OVERCOME GRIEF

BIBLE TEXT: Psalm 31:24

Write the Text: _____

Pray the Text: _____

Affirm the Text:

TODAY I EXPERIENCED PEACE:

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NOTES