

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 Billingy





BIBLE TEXT: Psalm 34:18



BIBLE TEXT: Psalm 73:26



BIBLE TEXT: Matthew 5:6

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ODAY I EXPERIENCED PEACE:		
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BIBLE TEXT: Psalm 29:11



BIBLE TEXT: John 16:22



BIBLE TEXT: Revelation 21:4

Write the Text:	
Pray the Text:	
Affirm the Text:	
TODAY I EXPERIENCED PEACE:	
	Page 6



BIBLE TEXT: Matthew 11:28-30



BIBLE TEXT: Isaíah 41:10



BIBLE TEXT: John 14:27

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Pray the Text:		
Affirm the Text:		
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BIBLE TEXT: Proverbs 3:5-6



BIBLE TEXT: 2 Corinthians 1:3-4

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Affirm the Text:		
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BIBLE TEXT: Psalm 23:4

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Pray the Text:	
Affirm the Text:	
TODAY I EXPERIENCED PEACE:	Page 12



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BIBLE TEXT: 1 Peter 5:7

Write the Text:	
Pray the Text:	
Affirm the Text:	
TODAY I EXPERIENCED PEACE:	Page 13



BIBLE TEXT: Deuteronomy 31:9

Write the Text: _ Pray the Text: _ Affirm the Text: TODAY I EXPERIENCED PEACE:

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BIBLE TEXT: ROMANS 15:13



BIBLE TEXT: Psalm 119:76



BIBLE TEXT: Isaíah 40:31



BIBLE TEXT: Psalm 32:7



Write the Text: _

30 Days in the TRENCH PRAY TO OVERCOME GRIEF

BIBLE TEXT: Ephesians 1:18-19

Pray the Text: _______





BIBLE TEXT: Numbers 6:24-26



BIBLE TEXT: Hebrews 10:23

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BIBLE TEXT: Psalm 39:7

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BIBLE TEXT: 1 Timothy 6:17

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BIBLE TEXT: Romans 12:12

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BIBLE TEXT: 1 Peter 5:10

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Affirm the Text:		
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BIBLE TEXT: Lamentations 3:22-23

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BIBLE TEXT: Isaíah 35:10

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BIBLE TEXT: Micah 7:7

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Pray the Text:		
Affirm the Text:		
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TODAY I EXPERIENCED PEACE:		Page 28



BIBLE TEXT: Psalm 31:24

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PRAISE GOD!

I don't know the journey you've been on, or where you are today, but pause a moment and just spend time spend in prayer and praise! Praise God for the showing up in the stillness and quietness of your meditation and for giving you peace for your soul. And if your journey towards peace needs to continue, repeat another 30 days. God is faithful and His promises to comfort and keep you will not return to Him void.

Give God your prayer of praise for His transformational power in your journey towards joy and peace.





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