



HEALING POWER *of* LAMENT

Lament: Grief left at the feet of
the ONE who has the POWER to
do something about it!



a healing workbook

With great love, by Janette Henning

Introduction

Scripture Focus: Psalm 147:3; Matthew 5:4

“He heals the brokenhearted and binds up their wounds.” —Psalm 147:3

“Blessed are those who mourn, for they shall be comforted.” —Matthew 5:4

No matter where we find ourselves on our grief journey, we all can progress. Our goal for our Umbrella Ministry Group in North San Diego County is to help one another grow and make progress in overcoming the debilitating effects of grief and sorrow as we explore and accept the abundant life Jesus has for us. You will overcome! You will find purpose and you will one day declare, “Life is worth the living because He Lives!”

The purpose of this 20 day Devotional Workbook is to assure you of God’s unconditional love for you and to guide you to grieve freely in His Presence, giving it to the One who has the power to do something about it! As you daily allow Jesus to interact with you in your pain and sorrow He will do as He has promised—He will comfort you in your mourning and He will heal your broken heart. It’s a promise!

Your Devotional Workbook Includes:

1. Day’s Title
2. Scripture Focus
3. Devotion
4. Reflection Questions
5. Key Takeaway & Application
6. Journal for Lament and Praise
7. Faith Declaration
8. Guided Prayer

I recommend doing this daily for best results. The more you enter God’s presence and pour out your heart to the Lord and pour in His Word the more progress you will make in overcoming the debilitating effects of grief.

“This is my comfort in my affliction, for You Word has given me life.” —Psalm 119:50

“You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” Psalm 16:11

You might like to start a notebook with additional journal and prayer pages. After the 20 days search for a Scripture that gives you hope and write it down. Then follow the format above. Write out a devotion about what this verse means and how it helps you in your grief. Continue with #4 through #8. This can be life changing. The abundant life is your to seize!

All for Jesus and His Glory,
Janette, Melissa’s mom

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Day 1: You Are Deeply Loved

Scripture Focus: Romans 8:38–39

“For I am persuaded that neither death nor life, nor angels nor principalities nor powers... nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.” – Romans 8:38–39

Devotion

Paul’s declaration in Romans 8 is a cornerstone of Christian hope. It tells us that God’s love is not conditional on our emotional state or spiritual performance. It is rooted in Christ’s completed work on the cross. In grief, our feelings may tell us that God is distant or disappointed—but the truth is that nothing in all creation can separate us from His love. Not loss, not depression, not even doubt. His love is covenantal—He has committed Himself to you through Christ. And that love is secure. You may feel like you’re falling apart, but you’re falling into grace. He has not let go of you. You are deeply loved, right now, exactly as you are.

In the depth of grief, it is easy to wonder whether we are still loved, still seen, still wanted. But Scripture assures us that nothing—absolutely nothing—can separate us from the love of God. Not death. Not doubt. Not despair. Not even the questions we dare not voice aloud.

God’s love is not shaken by our pain. It is strong enough to bear our sorrow and wide enough to embrace our brokenness. His love is not earned by spiritual strength but freely given through Jesus Christ. When you feel unworthy, unseen, or unloved—cling to this truth: you are held in everlasting love.

You Are Deeply Loved

When you are walking through the grief of losing a child, it can feel as though everything has been stripped away—even your sense of God’s nearness. But Romans 8:38–39 stands like an unshakable anchor in the storm, declaring with certainty that *nothing*—not death, not sorrow, not even the darkest night—can separate you from God’s love. This love isn’t based on how strong you feel or how much faith you can muster. It is rooted in Jesus, and it holds you through every wave of pain and every question that grief brings.

You are deeply, unconditionally, and eternally loved. That love remains when the world feels empty. It surrounds you when your heart feels hollow. It reaches you in the lowest valleys and stays with you in your silent tears. God’s love is not distant or abstract—it is personal, powerful, and present. Let this truth steady your heart: even in the midst of loss, you are not forgotten or forsaken. You are held by a love that will never let you go.

Reflection Questions

1. What emotions or beliefs have made you question God’s love during your grief?

2. How does Romans 8:38–39 speak directly to those fears or doubts?

3. What would it look like to rest in the unshakable truth of God’s love today?

Key Takeaway & Application

God’s love is constant and unshakable—even in grief. Today, I will choose to rest in the truth that I am still, and always, deeply loved.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

I am deeply loved by God, and nothing can separate me from His love.

Guided Prayer

Father, I confess that sometimes I wonder if Your love is still for me in my pain. But Your Word says nothing can separate me from Your love—not even this sorrow. Help me receive that truth today. Remind me that I am Yours and that I am loved, no matter what. Amen.

Day 2: You Are Never Alone

Scripture Focus: Psalm 139:7–10

“Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; if I make my bed in hell, behold, You are there... Even there Your hand shall lead me, and Your right hand shall hold me.”—Psalm 139:7–10

Devotion

Psalm 139 is a rich theological statement about God’s omnipresence and intimate knowledge of His creation. David acknowledges there is nowhere we can go—geographically, emotionally, spiritually—where God is not already present. For the grieving mother, this means that in hospital rooms, silent bedrooms, and weeping nights, God is there. His presence is not dependent on our awareness of it. In your suffering, God is not far off. He is near, guiding and holding you with His righteous hand. Even when you don’t feel Him, He surrounds you like air—unseen, but essential and constant. Grief often comes with deep loneliness. You may feel that no one truly understands, or that even God has withdrawn. But Psalm 139 reminds us that God’s presence is inescapable. Even when you can’t feel Him, He is there.

Whether you’re lying in bed unable to move or crying out in the car alone—He is with you. He surrounds you. There is no place, no emotional depth, and no darkness where His hand cannot reach you and hold you fast. You are never alone, because His presence goes with you and before you.

You Are Never Alone

Grief can make you feel isolated—as if no one truly sees the depth of your pain or understands the ache of your empty arms. But Psalm 139:7–10 reminds you that no matter where sorrow takes you—whether to the heights of fragile hope or the depths of despair—*God is there*. There is no place too dark, too broken, or too far where His presence cannot reach. Even in the silence of your suffering, His hand is gently holding you. You may not always feel Him, but He has never left your side.

In the lonely spaces of mourning, this promise is your lifeline: *You are never alone*. God walks with you through every wave of sorrow, every sleepless night, and every moment your heart cries out for what was lost. He is the steady presence in your chaos, the comfort in your anguish, and the strength when you feel too weak to take another step. Wherever you are—emotionally, mentally, spiritually—He is already there, surrounding you with love, understanding, and peace that surpasses understanding.

Reflection Questions

1. Where in your grief have you felt most alone?

2. How does knowing God’s presence surrounds you change the way you see that moment?

3. What helps you become more aware of God’s nearness during hard days?

Key Takeaway & Application

Even in my loneliest moments, God is with me. I am not abandoned—I am held.

Journal Page

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

God is with me in every moment; I am never alone.

Guided Prayer

Lord, sometimes my grief makes me feel completely alone. But You promise that even in the darkest places, You are with me. Help me sense Your nearness today. Whisper Your presence to my heart and let me rest in the truth that I am never alone. Amen.

Day 3: God Welcomes Your Tears

Scripture Focus: John 11:35

“Jesus wept.” —John 11:35

Devotion

‘Jesus wept’—the shortest verse in the Bible, but a profound theological insight into the incarnation. The Son of God, the Resurrection and the Life, stood outside a tomb and wept. Not because He lacked power, but because He is love. He enters our grief, not merely to fix it, but to feel it with us. His tears sanctify ours. This is not a distant God but a Savior who steps into our sorrow. He validates your tears, welcomes them, and never asks you to pretend. You can bring Him your weeping. He understands. He’s already wept for you and with you.

When Jesus saw Mary weeping, He didn’t rush to fix her pain—He wept with her. Jesus meets us in our mourning. He does not turn away from our tears but draws near in compassion. You don’t need to hide your emotions from Him. Jesus understands grief and welcomes your honesty.

God Welcomes Your Tears

In just two words, Scripture reveals the tender heart of our Savior: *“Jesus wept.”* Standing before the tomb of Lazarus, Jesus—fully God and fully human—did not hide His sorrow. He knew resurrection was coming, yet He still paused to mourn. He wept with those who were grieving, entering their pain with compassion and presence. For the mother who has lost a child, this verse is a sacred invitation: God welcomes your tears. You don’t have to hide them, explain them, or hold them back. He understands the language of sorrow, and He meets you in it.

Jesus doesn’t shame your grief or rush you past it. He draws near and weeps with you. Your tears are not signs of weakness—they are sacred expressions of love, loss, and longing. And God honors them. He collects each one (Psalm 56:8) and holds them close to His heart. In your moments of deepest pain, know this: your Savior is not distant. He is beside you, mourning with you, comforting you, and gently whispering that He sees, He knows, and He cares.

Reflection Questions

1. Why is it significant that Jesus wept?

2. How does this shape your view of God's response to your pain?

3. What emotions have you been afraid to bring to Him?

Key Takeaway & Application

Jesus weeps with me. I will freely weep—My sorrow is sacred to Him.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

My tears matter to God. He welcomes my sorrow.

Guided Prayer

Jesus, thank You for being a Savior who weeps with me. Help me not to hide my grief, but to share it with You openly, trusting that You care deeply. Amen.

Day 4: You are Not Forgotten

Scripture Focus: Isaiah 49:15–16

“Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, yet I will not forget you. See, I have inscribed you on the palms of My hands...” —Isaiah 49:15–16

Devotion

Isaiah paints one of the most intimate pictures of divine love by comparing it to a mother’s love for her child. Even if a mother were to forget her nursing child—a highly unlikely event—God says, 'I will not forget you' by giving us a powerful illustration. You, not just your name but the entirety of who you are is forever engraved on the palms of His hands never to be forgotten. This is permanent and can't be removed!

Remember Jesus’ precious palms were pierced through for you—those palms that your name is written upon. He suffered and died and rose again for you. *“He bore our griefs and carried our sorrows.”*—Isaiah 53:4 He was mindful of your grief and your sorrows while He hung on that cross. In your grief, you may feel abandoned or invisible. But the cross proves otherwise. You are not forgotten. Your sorrow is remembered, and you are held in nail-scarred hands.

You are Not Forgotten

If you feel abandoned—lost in your sorrow, forgotten in your pain. Remember Jesus carried your sorrows. Your grief is not too heavy for Him, and your loss is not overlooked. His love reaches deeper than your sorrow and stands stronger than your pain. Though your heart may be broken, His love surrounds every shattered piece. Let His unfailing compassion be the anchor in your storm, the promise that holds you through every wave of mourning. In every moment, even in the depths of grief, His love remains—and it is greater, steadfast, personal, and eternal. In your heartbreak, when the world feels silent and empty, God’s voice breaks through with gentle assurance: *You are remembered. You are held. You are loved.*

Reflection Questions with Scripture

1. Have you ever felt forgotten by God?

2. What does it mean to be 'engraved on His hands'?

3. Reflect on the Scriptures and the devotion. How do these truths speak to your heart today?

Key Takeaway & Application

God’s love for me is permanent. He will not forget me.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

God’s love is stronger than my grief. I am not forgotten.

Guided Prayer

Father, thank You for the promise that I am engraved on Your hands. Help me to believe in Your never-ending love, even when I feel forgotten. Amen.

Day 5: The Invitation to Lament

Scripture Focus: Psalm 13:1–2

“How long, O Lord? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, having sorrow in my heart daily?” –Psalm 13:1–2

Devotion

Psalm 13 begins with raw honesty—'How long, O Lord?'—and ends in trust. This shows us that lament is not a detour from faith, but a path through it. God included laments in Scripture to model how we can talk to Him in suffering. You are not required to clean up your emotions before coming to Him. He welcomes your pain, your confusion, and your silence. Lament is worship in minor key. It’s a cry that says, 'I’m hurting, but I’m still talking to You.' And that is enough. God meets you there.

Lament is a holy invitation. It is not a rejection of faith—it is an expression of it. David cried out to God repeatedly in pain, and God called him 'a man after His own heart.' You can be real with God. He invites your questions, your sorrow, your cries of 'How long?'

The Invitation to Lament

Grief often brings with it a desperate cry of *“How long?”*—how long will this pain last, how long until I feel whole again, how long until God answers? In Psalm 13:1–2, we see David—God’s chosen king—cry out with raw honesty, voicing the very questions that weigh on a grieving heart. His lament isn’t edited or polite; it’s real. And it reminds us that God welcomes our most vulnerable prayers. He does not turn away from our sorrow or silence our struggle. Instead, He invites us to bring it all—every fear, question, and tear—into His presence.

To lament is not to lack faith—it is to express faith that God hears even the cries we cannot fully understand ourselves. Lament is sacred space, where grief meets grace. If you are mourning the loss of a child, know this: you are allowed to ask, to ache, and to pour out your sorrow without shame. God is not offended by your pain—He draws near to it. In the honest cry of lament, healing begins. God meets you there, not with easy answers, but with His faithful, loving presence.

Reflection Questions with Scripture

1. What have you been afraid to say to God?

2. How does David’s example encourage you to lament?

3. What might change if you bring your whole heart to God?

Key Takeaway & Application

Lament is sacred. I will pour out my heart to my God who loves me.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

I am free to lament before God. He invites my honesty.

Guided Prayer

Lord, thank You for inviting my questions and pain. Give me the courage to bring my lament before You. Help me trust that You will meet me there.

Day 6: Jesus Understands Suffering

Scripture Focus: Hebrews 4:15–16

“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.” –Hebrews 4:15–16

Devotion

One of the most comforting truths in Scripture is that we do not have a high priest who is distant from our pain. Jesus entered our world fully—emotionally, physically, spiritually. He experienced sorrow, betrayal, abandonment, and death. This makes Him a compassionate intercessor. He not only understands your grief—He has felt it. This truth invites us to approach the throne of grace boldly, not with polished prayers, but with trembling hearts. There we find mercy—not judgment—and grace in our time of need.

Grief has a way of making us question everything—including our worth, our future, and even God's nearness. But Scripture gives us clear and personal reminders that Jesus understands suffering. Hebrews 4:15–16 reveals a profound truth: that God's heart is tender toward the broken, and His promises are not revoked in our pain. He invites us to bring our full selves—including the raw, hurting parts—into His presence.

Jesus Understands Suffering

When grief leaves you feeling misunderstood, isolated, or overwhelmed, Hebrews 4:15–16 offers a profound and tender truth: *Jesus understands*. He is not a distant Savior who watches from afar—He is the High Priest who stepped into our suffering, felt the weight of sorrow, rejection, and loss, and now welcomes us into His presence with compassion. He knows what it is to weep, to hurt, to feel abandoned. And because He understands, you can come to Him just as you are—in your weakness, your questions, your tears. You don't have to have perfect words or polished faith. You are invited to come *boldly* to the throne of grace—because there, you will always find mercy and help. For the grieving mother, this means you are not alone in your suffering, and you are not expected to carry it by yourself. Jesus walks with you, weeps with you, and offers grace for every moment when you feel you cannot go on.

When we lament, we are not turning away from faith—we are stepping deeper into it. To lament is to say, 'God, I still believe You hear me.' And in His love, Jesus receives every tear, every sigh, every wordless cry. This day is another step toward healing. He walks with you, listens to you, and gently reminds you: He understands and you are not alone. He is restoring your soul, one breath at a time.

Reflection Questions with Scripture

1. How does Hebrews 4:15-16 change your perspective on your prayers? What does this verse promise?

2. How can you practically invite Jesus into your feelings of being misunderstood, isolated or overwhelmed?

3. What hope does today's Scripture offer your heart?

Key Takeaway & Application

Jesus sympathizes with all my weaknesses. He understands! I will boldly come to Him in prayer and find mercy and grace in my time of need.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Jesus understands my pain and intercedes for me with compassion.

Guided Prayer

Jesus, help me receive Your love and comfort today. Thank You that I can approach you boldly and always find your compassion. Draw me closer to you in my sorrow. Give me the bold confidence I need to bring every thought and pain point to You – holding nothing back. You promise that I will obtain mercy and find grace to help in times of need. I need Your help now.

Day 7: Come As You Are

Scripture Focus: John 6:37

*"All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out."
—John 6:37*

Devotion

Jesus' promise in this verse is simple and absolute: 'Whoever comes to me I will never cast out.' There are no qualifiers—no 'if you're strong enough' or 'if you believe perfectly.' In your grief, you may feel spiritually broken or unworthy. But Jesus is not waiting for you to be whole. He receives the weary, the wounded, the weak. This is grace. You are safe with Him—right now, as you are.

Come As You Are

In times of overwhelming grief, when the pain of losing a beloved child feels too heavy to bear, John 6:37 reminds us of a profound promise. This verse speaks of an unbreakable bond of love and acceptance, assuring us that in our deepest sorrow, we are not abandoned. Just as the Father entrusted Jesus with His children, so too does our Heavenly Father embrace us—even in our brokenness. This divine promise can bring a measure of comfort, reminding us that no tear or heartache is overlooked by a loving God who welcomes each one of us exactly as we are.

For grieving mothers, the journey through loss can feel isolating, yet this scripture offers a gentle reminder that you are never alone. The assurance that "the one who comes to Me I will by no means cast out" is a personal invitation to lean into God's unwavering love and mercy during times of despair. In the midst of your sorrow, allow this promise to envelop you like a warm embrace, affirming that your precious child lives on in the presence of the Almighty. May you find solace in the truth that, even in grief, God's love sustains you, guiding you toward hope and the promise of eternal reunion.

Reflection Questions with Scripture

1. What does it mean to you to "Come to Jesus?"

2. Did you know you are a gift given to Jesus by The Father? How does that make you feel?

3. Have you ever felt that God would abandon you if you didn't measure up? What does this Scripture teach you about His commitment to you?

Key Takeaway & Application

I have been given to Jesus by the Father and He will never leave me. I will come to Jesus in my heartache, my brokenness and my pain.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

I come to Jesus just as I am, and He never turns me away.

Guided Prayer

Jesus, thank You that you accept me and receive me just as I am. I am safe with You. I can pour out my heart to you with all of my doubts, fears and even my anger. When I falter with unbelief and doubts, focus me on Your Truth. Help my unbelief, Lord. Thank you that You will never leave me or cast me off. You are with me now and forever.

Day 8: God Sees You

Scripture Focus: Psalm 139:1-2

“O Lord, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off.” –Psalm 139:1-2

Devotion

God’s knowledge of you is not general—it is intimate. He sees your rising, your lying down, your thoughts from afar. This means that even when no one else notices your suffering, God does. You are not invisible to Him. In fact, He knows your grief more deeply than you do. He is El Roi, the God who sees. And He sees you with compassion and care, not condemnation.

God Sees You

In the shadow of grief, when the silence is loud and the ache feels endless, God gently whispers through Psalm 139:1-2 that He sees you. He knows every tear you’ve cried in secret, every sleepless night, every moment when your heart felt too broken to continue. You are not invisible in your sorrow. The Lord has searched you and *knows* you—intimately, tenderly, and without condemnation. He understands the thoughts you cannot put into words and the pain you may feel no one else could possibly grasp. His knowing is not distant or indifferent; it is full of compassion and care.

For the mother whose arms feel empty and heart shattered, this truth is a lifeline: you are fully seen and deeply understood by the God who formed you. Your mourning matters to Him. Even when you cannot pray, when all you can do is weep—He is near. Let the assurance of His nearness become your quiet strength. In every low moment, He is present, catching every tear, holding you in the tender knowledge of all you’ve lost—and all He promises to restore. You are not alone. You are seen. You are loved.

Reflection Questions with Scripture

1. How does knowing God sees you and knows you intimately, tenderly, and without condemnation encourage you to bring all of your pain and sorrow to Him?

2. How can you invite Jesus into your grief today?

3. What hope does today’s Scripture and devotion offer your heart?

Key Takeaway & Application

God’s sees me. I will not ignore Him. I will cling to Him in my grief and share my deepest fears.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

God sees me fully and loves me completely.

Guided Prayer

Jesus, thank You for loving me in my grief. Help me to believe that You are near even when I feel alone. Give me the courage to lament honestly and the faith to trust in Your healing. Fill my heart with hope for the abundant life You promised. Amen.

Day 9: He Holds You Fast

Scripture Focus: Psalm 34:18

“The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.” —Psalm 34:18

Devotion

God is not only near the brokenhearted—He saves them. His nearness is not passive but powerful. He lifts up the crushed in spirit and delivers those bowed down by sorrow. In seasons of loss, we often feel unstable, like we might fall apart. But God promises to hold us fast. Even if your grip on Him weakens, His grip on you never does. He is your refuge, your rescue, and your rest.

He Holds You Fast

Grief can feel like drowning in sorrow, especially for a mother whose heart aches with the absence of her child. But in the stillness of that heartbreak, Psalm 34:18 offers a powerful reassurance: *“The Lord is near to those who have a broken heart.”* God is not distant or silent in your pain—He is present. He draws especially close to the brokenhearted, wrapping His presence around you like a shelter in the storm. Even when you feel like you're falling apart, He is holding you firm with a love that never lets go.

Your suffering has not gone unnoticed. God sees your shattered spirit, your weary prayers, and the ache that words cannot express. He does not ask you to pretend you're okay—He simply invites you to let Him hold you as you are. In His nearness, there is comfort. In His embrace, there is healing. Though the path through grief is long and difficult, you do not walk it alone. He is saving, sustaining, and holding you—even now. Let His closeness be your quiet strength, your refuge, and your hope.

Reflection Questions with Scripture

1. Do you feel near to the Lord or far away? Why do you think you feel that way?

2. We can easily feel far away from the Lord when we have turned away from Him. We stop turning to Him in our pain. We stop talking to Him. What does this verse teach you about where Jesus is even when you have turned your back to Him?

3. How does the truth of knowing Jesus is near to you give you hope?

Key Takeaway & Application

The Lord is near to me in my brokenness. I will turn my face towards Him, I will talk to Him in my pain.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Even in brokenness, God holds me securely.

Guided Prayer

Father, I come to You with a heart broken by loss, clinging to the promise that You are near. I don't always feel Your presence, but I choose to trust that You are holding me even now. Wrap me in Your comfort and breathe peace into my weary soul. Thank You for staying close when the pain is too deep for words.

Day 10: Hope in the Mourning

Scripture Focus: Matthew 5:4

“Blessed are those who mourn, for they shall be comforted.” —Matthew 5:4

Devotion

Jesus’ words in the Beatitudes are a divine reversal of the world’s values. 'Blessed are those who mourn' is a radical promise of comfort. In the kingdom of God, mourning is not something to rush through—it is something that invites blessing. Jesus doesn’t rebuke mourners—He blesses them. This promise is not a dismissal of pain, but an assurance that those who grieve will be met by the Comforter Himself.

Hope in the Mourning

Grief often feels like a wilderness—lonely, dark, and endless. But Jesus, in His tender mercy, speaks directly into that sorrow with the promise of Matthew 5:4: *“Blessed are those who mourn, for they shall be comforted.”* These words are not just kind sentiment; they are a divine assurance. For the mother mourning the loss of her precious child, this verse is a beacon of hope. Jesus sees your pain, and He promises comfort—not as a distant possibility, but as a real and present help, born from His own experience with suffering and loss.

Though your heart may feel shattered you are not without hope. Mourning is your hope! In the kingdom of God, mourning is not weakness—it is sacred. Your tears are seen, your sorrow is known, and your healing is in the hands of the One who brings beauty from ashes. Comfort doesn’t always mean the pain vanishes, but it does mean Jesus walks with you through it, speaking peace into your deepest wounds. Hold fast to His promise: this intense mourning will not last forever, and in your sorrow, He is already sowing seeds of comfort, restoration, and hope.

Reflection Questions with Scripture

1. Ponder how mourning can be sacred. What does that mean for your grieving heart?

2. What is the blessing that comes from mourning?

3. What does comfort mean in the context of grief?

Key Takeaway & Application

Mourning will bring me the blessing of comfort. I will mourn.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

My mourning will be comforted by the Lord. He is near.

Guided Prayer

Jesus, I bring You my sorrow and the ache that never seems to leave. You said those who mourn are blessed, so I open my heart to receive the comfort only You can give. Hold me in my grief and remind me that this pain is not the end of my story. Thank You for the promise of hope, even in the mourning.

Day 11: God Rejoices Over You

Scripture Focus: Zephaniah 3:17

“The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.” –Zephaniah 3:17

Devotion

Even in grief, you are a source of joy to God. This verse reminds us that God delights in His people and sings over them. Not because we are perfect, but because we are His. You may feel like a mess, but God rejoices in loving you. His love is not based on your strength but on His character. Let that song of divine delight quiet your soul today.

God Rejoices Over You

In the aftermath of loss, especially the deep ache of losing a child, you can feel deserted by God. But Zephaniah 3:17 paints a breathtaking picture of God’s heart toward you—even in your sorrow. He is not only near; He is actively comforting, saving, and rejoicing over *you*. His love is not passive—it sings over your brokenness, surrounds you with peace, and reminds you that you are still His delight, even when your world has been turned upside down.

Though grief may cause you to feel less than cherished by your heavenly Father, He is there singing over you, cherishing you in the darkest night. Picture a mother comforting her crying child in the night. She is stroking their hair and singing sweet songs of comfort. Soon the child is quieted by her love and falls asleep with her touch and song. God’s melody over you never ceases. In moments when you feel numb, weary, or lost in the ache of “why,” He is gently quieting your soul with His steadfast love. You are not forgotten or discarded in your pain—you are cherished, held, and celebrated by the One who sees your suffering and promises restoration. Let His song over you become your strength. Even now, in the middle of mourning, He rejoices in *you*.

Reflection Questions with Scripture

1. Meditate on this Scripture and picture the Lord, your God being in your midst? What is He doing according to Zephaniah 3:17?

2. How does it make you feel to know that the Mighty One rejoices over you with gladness and singing?

3. Experiencing God’s love for you should quiet you. What needs to be quieted within you?

Key Takeaway & Application

The Lord, my God, the Mighty One is in my midst! He loves me, saves me, rejoices over me! I will embrace God’s love for me.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

God rejoices over me, even in my sorrow. He will quiet me with His love.

Guided Prayer

Lord, it’s hard to believe that You rejoice over me when I feel so broken. Yet Your Word says You sing over me and quiet my soul with love—so I choose to rest in that truth. Calm my fears, hold my heart, and let me feel the joy You still have for me. Thank You for staying close and delighting in me, even in my sorrow.

Day 12: Nothing Can Separate You

Scripture Focus: Romans 8:38–39

“For I am persuaded that neither death nor life, nor angels nor principalities nor powers... nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.” – Romans 8:38–39

Devotion

These verses return to the unshakable foundation of God’s love. The repetition is intentional—because grief often makes us forget what we know. Paul lists every conceivable barrier and denies them all. Not death, not life, not angels or demons—not even your own feelings—can separate you from Christ’s love. Let this be your anchor when everything else feels adrift: You are forever His.

Nothing Can Separate You

When you’ve experienced the deep, soul-piercing loss of a child, the pain can make you question everything—even God’s presence. But Romans 8:38–39 offers an unshakable truth: *nothing*—not grief, not death, not despair—can separate you from the love of God in Christ Jesus. His love holds you through the darkest nights and the hardest questions. It’s not fragile or conditional—it’s eternal, powerful, and ever-present. Even in the moments when you feel far from God, His love is still surrounding you, reaching into your sorrow with gentle, unrelenting grace.

This means your child is not lost to God’s love, and neither are you. Death may feel like a cruel separation, but in Christ, it is not the end of the story. God’s love bridges the chasm of loss and grief, anchoring you in the hope that nothing—not even the most painful moments of your life—can undo what Christ has secured. Let this truth be your anchor: you are loved, still and forever. Your child is held in that same love. And one day, because of Jesus, love will have the final word with a glorious reunion.

Reflection Questions with Scripture

1. Reflect on and react to the Scripture and devotion you just read.

2. What do they tell you about God’s love for you?

3. Are you persuaded with this Truth or are you struggling to believe it? Write down your struggles.

Key Takeaway & Application

Nothing can separate me from God’s love, not even my struggles or unbelief. I will hold on to this Truth by faith not by my feelings.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Absolutely nothing can separate me from God's love in Christ.

Guided Prayer

Father, when grief makes me feel distant and alone, remind me that nothing can separate me from Your love. Not death, not sorrow, not even my questions or pain can push You away. Surround me with the assurance that I am still held in Your everlasting embrace. Thank You for a love that never lets go.

Day 13: The Gift of Honest Prayer

Scripture Focus: Psalm 62:8

“Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.” —Psalm 62:8

Devotion

God invites us to pour out our hearts before Him—not our polished words, but our whole selves. This kind of prayer is not about performance but relationship. When you lament, you are not being faithless—you are being faithful. You are trusting God with your deepest pain. Honest prayer opens the door to healing. And God stands ready to receive it all.

The Gift of Honest Prayer

Grief often brings with it a torrent of emotions—sorrow, anger, confusion, and questions that feel too heavy to voice. But Psalm 62:8 gives you permission, even an invitation, to come to God just as you are: *“Pour out your heart before Him.”* You don’t have to hide the messiness of your grief or dress your prayers in perfect words. Your honest cries, your broken whispers, and even your silence are welcome in the refuge of His presence. God is not intimidated by your pain—He is your safe place in it.

As a grieving mother, you carry a weight that feels unbearable at times. But the God who loves you asks you not to carry it alone. Pouring out your heart is not a sign of weakness—it is an act of trust. When you lay your sorrow at His feet, He gathers every tear, listens to every word, and shelters you in His love. In the honesty of your prayer, you will find a God who doesn’t turn away from pain but leans in with compassion. Your refuge is not found in answers—it is found in Him.

Reflection Questions with Scripture

1. Are you experiencing refuge in the storm of your grief? Write down how you are feeling.

2. What two things does this Scripture tell us to do ? Reflect on how trusting God frees you to pour out your heart to Him.

3. Muse on this devotion. Write down what encourages you to honestly pray.

Key Takeaway & Application

God invites me to pour out my heart to Him. He is my refuge, my safe place. I will trust in Him at all times

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

I can pour out my heart to God. He listens and responds.

Guided Prayer

Lord, thank You for inviting me to pour out my heart without fear or shame. I bring You my honest thoughts, my deep sorrow, and my unspoken pain. Be my refuge when words fail and emotions overwhelm. I trust that You hear me and hold every part of my heart.

Day 14: When You Feel Forgotten

Scripture Focus: Isaiah 49:15

“Can a woman forget her nursing child, and not have compassion on the son of her womb? Surely they may forget, yet I will not forget you.” —Isaiah 49:15

Devotion

Feeling forgotten in grief is a common wound. But God directly addresses this fear. His answer is maternal: ‘Even if a mother forgets, I will not forget you.’ This is fierce, covenantal love. You may feel like your sorrow is invisible, but God remembers. He has not looked away. He is cradling you in His arms.

When You Feel Forgotten

Grief can create a deep loneliness that makes you feel unseen—even by God. When your arms are empty and your heart is heavy, you may wonder if He still remembers your pain, your loss, your child. But Isaiah 49:15 speaks a tender and powerful truth: *“I will not forget you.”* God compares His love to that of a mother for her baby—a love so fierce and nurturing it seems impossible to lose. And yet, even if human love were to fail, His love remains unshakable and sure. You are not forgotten. Not in your grief, not in your questions, not for a moment.

To the mother who mourns, God is saying: *I’m with you. I remember your child. I remember you.* His compassion is not fleeting. It is deeply personal and everlasting. He holds your story close to His heart, and your child’s life is not lost in the folds of time—it is cradled in His eternal memory. When the ache of loss tells you you’re alone, let His Word remind you: You are engraved on His heart, never out of His sight, and never outside the reach of His faithful love.

Reflection Questions with Scripture

1. Have you felt forgotten or ignored in your grief? Express your feelings.

2. What impact does it have on you to know that your Heavenly Father will never forget you?

3. Reflect on this devotion? What touched you the most? How does this change your thinking?

Key Takeaway & Application

My Heaven Father will never forget me. I will cling to this Truth whenever I feel alone and forgotten.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Though I feel forgotten, God remembers and cherishes me.

Guided Prayer

God, in moments when I feel invisible in my grief, remind me that You have never forgotten me. Your love is deeper than the pain I carry, and You hold my name close to Your heart. Help me to rest in the truth that I am seen, remembered, and treasured by You. Thank You for never letting me go.

Day 15: Jesus Weeps With You

Scripture Focus: John 11:35–36

“Jesus wept. Then the Jews said, ‘See how He loved him!’” –John 11:35–36

Devotion

The repetition of Jesus’ tears reminds us again of His humanity and empathy. In the face of death, He does not suppress emotion. He expresses it fully. His tears are not weakness—they are Divine comfort. He weeps because He loves. This same love and Divine comfort is extended to you today. Your tears matter to Him. You do not cry alone.

Jesus Weeps With You

In the shortest verse of the Bible—*“Jesus wept”*—we see the heart of our Savior laid bare. Standing at the tomb of His friend Lazarus, knowing He would soon raise him from the dead, Jesus still paused to enter fully into the pain of those mourning. He didn’t rush to fix it. He stood with them in their sorrow and wept. For the grieving mother, this verse is a sacred comfort: Jesus does not stand at a distance from your pain—He enters into it. He knows the weight of your loss, and He mourns with you.

The tears of Jesus are not just evidence of His humanity—they are proof of His compassion. Your sorrow is not dismissed or minimized in His presence. He feels it with you. His love is not only seen in the promise of resurrection, but also in the way He walks with you through the valley of heartbreak. When you wonder if anyone truly understands your grief, remember this: Jesus does. And He weeps with you—not because He is powerless, but because He is present. And in His presence, soothing comfort begins.

Reflection Questions

1. Does knowing that Jesus weeps with you change your perspective of mourning? How?

2. How do you think weeping, grieving and lamenting can bring you Divine comfort ?

3. What hope does today’s Scripture and devotion give you?

Key Takeaway & Application

Jesus wept. Weeping is a Divine response to loss of a loved one. I will weep, grieve and lament knowing my Savior weeps with me and will comfort me.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Jesus shares in my grief. I do not weep alone.

Guided Prayer

Jesus, thank You for being a Savior who weeps with me. You don't rush past my sorrow—you meet me in it with compassion and love. Help me to feel Your nearness in my pain and to know that my tears matter to You. Thank You for grieving with me and carrying my heart in Your hands.

Day 16: Faith in the Dark

Scripture Focus: Psalm 42:5

“Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.” –Psalm 42:5

Devotion

This psalm is an inner dialogue between despair and hope. The psalmist asks, 'Why are you downcast, O my soul?' and answers with a resolution to trust. Faith does not deny pain; it speaks to it. When your soul is downcast, you are allowed to feel—but also invited to hope. Hope is not always a feeling—it is a choice to believe that the story isn't over. God is still working.

Faith in the Dark

Grief has a way of dimming the light, making even the smallest tasks feel heavy and hope seem far away. Psalm 42:5 captures that internal struggle—the clash between despair and faith, sorrow and hope. The psalmist doesn't hide his pain; he speaks directly to it, asking why his soul is so heavy, then gently reminds himself: *Hope in God*. When your world has been shattered by the loss of your child, and darkness surrounds you, this verse gives you permission to feel the weight of it—but not to stay there. It calls you to cling to the One who is still with you in the night.

You may not feel like praising. You may not see a way forward. But *faith in the dark* doesn't ignore the pain—it simply refuses to let go of God in the middle of it. “I shall yet praise Him” is a declaration that sorrow will not have the final word. Your praise may be quiet and tear-stained, but even that is worship. God is not waiting for you to be whole before He meets you; He is with you now, holding your broken heart and whispering, “I'm still here. Keep hoping. I'm not finished yet.”

Reflection Questions with Scripture

1. Are you cast down & disquieted within? Explain what debilitating effects of grief you are having?

2. The weight of grief should not be ignored. It must be felt and acknowledged. What are you doing to express and acknowledge the weight of your grief?

3. Do you have faith and hope in the dark? How does the Scripture and this devotion give you hope for today and encouragement for your future?

Key Takeaway & Application

Sorrow does not have the final word. I will hope in God and praise Him in the dark.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Even in the darkness, I will put my hope in God.

Guided Prayer

Lord, my heart feels heavy, and hope feels distant, but I lift my eyes to You in the darkness. Help me to trust that You are still with me, even when I cannot see the way forward. Speak hope to my weary soul and remind me that I will praise You again. Thank You for holding me steady when my faith feels small.

Day 17: Resting in His Presence

Scripture Focus: Exodus 33:14

“And He said, ‘My Presence will go with you, and I will give you rest.’” –Exodus 33:14

Devotion

God’s presence is our rest. In a restless, grieving heart, we often search for answers or solutions. But what we truly need is presence—His presence. God tells Moses that His presence will go with Him and give him rest. That same promise is for you. Jesus said, *Come to Me, all you who labor and are heavy laden, and I will give you rest.*” – *Matthew 11:28* Grief is laborious, physically, mentally and emotionally. We need rest and relief. When you cannot figure things out, when your mind is racing, rest in the One who already holds the answers, holds you and offers you peace.

Resting in His Presence

When grief leaves you weary—body, mind, and soul—it’s easy to feel like rest is out of reach. The loss of a child brings a sorrow that words can’t fully express, and the journey through that sorrow is exhausting. But in Exodus 33:14, God makes a promise that still stands today: *“My Presence will go with you, and I will give you rest.”* This is not a rest that comes from circumstances improving or answers being given. It’s the rest that comes from knowing you are not walking through this valley alone. God Himself goes with you—with comfort, with compassion, and with sustaining grace.

His presence is your shelter when the storm rages. He doesn’t ask you to be strong or have it all together—He simply asks you to come and rest. Not in your own strength, but in His. When sleep won’t come and peace feels far away, whisper this promise over your heart: *He is here.* Rest is not the absence of pain, but the presence of God in the midst of it. Let your weary soul lean into Him. In the arms of the One who never leaves, you will find rest, even in your sorrow.

Reflection Questions with Scripture

1. Has grief exhausted you or are you restless? Both of these emotions are normal. What relief does Jesus offer you? What action do you need to take?

2. How do these Scriptures challenge the way you are now living your life?

3. Reflect on this devotion. Write out how you enter into God’s presence.

Key Takeaway & Application

As a believer in Jesus Christ, God’s presence is with me now. Moment by moment I will enter His rest.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

God’s presence brings me peace. I can rest in Him.

Guided Prayer

Father, I am tired from the weight of grief, and I long for rest that only You can give. Thank You for the promise that Your presence goes with me—even in my sorrow. Quiet my heart and let me find peace in simply being with You. Help me to rest, not in answers, but in Your faithful nearness.

Day 18: A New Song Will Come

Scripture Focus: Psalm 40:1–3

“I waited patiently for the Lord; and He inclined to me, and heard my cry. He also brought me up out of a horrible pit, out of the miry clay... He has put a new song in my mouth—praise to our God.” —Psalm 40:1–3

Devotion

This psalm begins in the pit and ends with praise. It reminds us that God hears our cry, lifts us up, and gives us a new song. You may not feel like singing now—but one day, you will. God is faithful to redeem and restore. Your lament will not last forever. There is a new song waiting in the wings of sorrow.

A New Song Will Come

Grief can feel like a deep pit—dark, suffocating, and impossible to escape. For a mother mourning her child, each day can feel like sinking deeper into sorrow. But Psalm 40:1–3 offers a powerful promise for the grieving heart: *God hears your cry*. He doesn’t rush you out of the pit, but He meets you there, tenderly lifting you up in His time. Though it may feel like healing is out of reach, He is already at work—steadying your steps, strengthening your heart, and preparing to place a new song within you.

That “new song” may not sound like the songs you used to sing. It may carry the echoes of pain, shaped by tears and sacred memories. But it will be a song of survival, of restoration, of hope birthed through heart-ache. God is not finished with your story. Though sorrow may linger, joy will come again—different, deeper, and anchored in His faithfulness. Trust that even now, in your waiting, He is composing something beautiful. And one day, your soul will sing again.

Reflection Questions with Scripture

1. Where are you on your grief journey? Are you trapped in a horrible pit or sinking deeper into sorrow? Explain.

2. What do you need to do according to Psalm 40:1? Muse on “patiently waiting” according to this verse.

3. What are the benefits of patiently waiting for the Lord in the midst of your grief?

Key Takeaway & Application

God’s will hear my cry, He will lift me out of the pit and He will put a new song of praise in my heart.
I will wait patiently for the Lord.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

One day I will sing a new song. God is restoring me.

Guided Prayer

Lord, I feel stuck in the pit of grief, but I wait on You with hope. Thank You for hearing my cry and lifting me, even when I cannot see it yet. I trust that You are writing a new song for my life—one of healing, purpose, and praise. Help me hold on until that song begins to rise again.

Day 19: He Will Heal Your Heart

Scripture Focus: Psalm 147:3

“He heals the brokenhearted and binds up their wounds.” —Psalm 147:3

Devotion

This verse declares a tender truth: God heals the brokenhearted. Not with quick fixes, but with His presence and grace. Healing is not linear or fast—but it is real. The One who created your heart knows how to mend it. Trust the process. The Great Physician is at work, even now.

He Will Heal Your Heart

When your heart has been shattered by the loss of a child, healing can feel unimaginable. The ache runs deep, touching every part of your soul. But Psalm 147:3 brings a gentle and profound promise: *God heals the brokenhearted*. He does not ignore your pain or rush you to move on. Instead, He comes close, like a skilled and tender physician, tending to each wound with compassion and care. Every tear you cry is seen. Every silent scream is heard. And in His perfect timing, He begins the sacred work of mending what has been broken.

Healing doesn't mean forgetting or no longer grieving—it means being carried through the pain by the One who knows sorrow intimately. God doesn't ask you to heal yourself. He simply asks you to let Him in. Piece by piece, He will bind up your heart with His love, mercy, and presence. Though the journey may be long, take comfort in knowing the Healer is with you every step of the way. Your heart is in the hands of the One who promises to restore, redeem, and gently bring you into wholeness again.

Reflection Questions with Scripture

1. Take a minute to think about your broken heart and the wounds you carry. Now picture Jesus as the great compassionate physician. What is He doing for you?

2. Often times we are made to feel like we have to get over it, we have to do something to heal. Think over the past Scriptures and devotions. What have you learned about your responsibility? What does Jesus ask of you?

3. What hope does today's Scripture offer your broken heart?

Key Takeaway & Application

Jesus will heal my broken heart. It is a promise! I will trust Jesus, my Healer, that He will do it.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

God is healing my broken heart. He is near and faithful.

Guided Prayer

God, my heart feels shattered, and I don't know how to put the pieces back together. But You are the Healer of the brokenhearted, and I trust You to tend to my wounds with gentle care. Hold me close as You begin Your healing work in me. Thank You for never rushing my pain and for loving me through every step.

Day 20: Abundant Life Ahead

Scripture Focus: John 10:10

“The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” —John 10:10

Devotion

Jesus came not only to save you but to give you life—abundant life. Grief may have shattered your hopes, but Christ is able to restore joy, purpose, and love. This is not a false promise of instant happiness, but a real hope rooted in resurrection power. The enemy seeks to steal and destroy, but Jesus offers fullness. And that fullness includes healing, meaning, and even joy again.

Abundant Life Ahead

Grief can feel like everything good has been stolen—the joy, the dreams, the sense of purpose. The enemy would love for your loss to define your entire life, whispering that you’ll never truly live again. But Jesus speaks a better word in John 10:10: *“I have come that they may have life, and that they may have it more abundantly.”* This isn’t about pretending the loss didn’t happen or rushing past your pain. It’s about trusting that, even in the ruins, God is still writing a story that leads to restoration, purpose, and life overflowing with meaning.

Abundant life doesn’t mean a life without sorrow—it means a life filled with the presence and power of Jesus *in* the sorrow. He promises that what was taken will not have the final word. In His hands, your grief becomes ground for growth, your tears water seeds of new joy, and your pain becomes part of a deeper testimony. The abundant life is a promise and it is yours to seize. It is possible to experience it even in our sorrow. It is not because you will forget what you’ve lost, or that it lessens the impact of pain but because Jesus will fill the hurting spaces with Himself. He is our abundance, He is our life and nothing can separate us from Him. Let your heart hold on to this hope: what was meant to destroy you will be the place where God rebuilds you with even greater grace as you experience Him in all His fullness.

Reflection Questions with Scripture

1. John 10:10 clearly teaches there are two very different influences over our lives? The first is the “thief.” This represents Satan and the ways of this world. What does the thief offer you? Reflect on how the thief has influenced your life.

2. Jesus, in contrast, says that He came specifically that you might have life and have it more abundantly. Contrast the two and ask yourself, “Who will I give my life to, the thief who wants to steal, kill and destroy, or the One who came to give me Life, an abundant life?” It is a question each of us has to answer in this life. Write out your understanding of how you can seize the abundant life Jesus is referring to.

3. Muse on the Scripture and the devotion. What have you learned about the abundant life?

Key Takeaway & Application

Jesus came to give me an abundant life. I will surrender my life to the One who died for me and rose again from the dead. The One who heals my broken heart and gives me an abundant life here and into eternity.

Journal

Lament: What do you want to honestly express to God today about your grief?

Praise: What can you thank or praise God for today, even in sorrow?

Faith Declaration

Jesus came to give me abundant life. I belong to Him. My story isn't over.

Guided Prayer

Jesus, it's hard to imagine life beyond this grief, but I hold onto Your promise of abundance. Remind me that sorrow will not have the final word, and that You are still writing beauty into my story. Help me trust that joy will return, even if it looks different than before. Thank You for coming to give me life—even here, even now.
