



**An Invitation To
More of God:
Grace in the midst
of Grief**

•
**The Freedom
To Feel.**

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**Podcast Spotlight:
Lea Turner**

**Seed For The Soul:
Episode 4
Journal • Prompts**





☞ **Acknowledging Your Grief:**

What specific losses or grief have you been struggling to acknowledge or process? How have these affected your daily life and relationship with God?

☞ **Understanding Ambiguous Grief:**

Are there any ambiguous losses in your life—losses that may not be recognized or validated by others? How can you bring these before God to seek His comfort and understanding?

☞ **Expressing Emotions:**

Take a moment to name the emotions you are currently feeling. What might these emotions be telling you about your current season of life? How can you express these feelings to God in prayer?

☞ **Misconceptions about Grief:**

Have you held any misconceptions about grief that have hindered your healing process? What truths about grief does God want to reveal to you today?

☞ **Emotions as Idols:**

Are there any emotions that have become idols in your life—emotions you dwell on excessively, allowing them to control your thoughts and actions? How can you surrender these to God?



☞ **Finding God in Suffering:**

Reflect on a time when you felt God's presence in the midst of your suffering. How did His presence impact you, and how can you seek His presence in your current struggles?

☞ **Forgiveness in Brokenness:**

Is there someone, including yourself, that you need to forgive as part of your healing process? How can embracing forgiveness bring you closer to God's heart and free you from the past?

☞ **Practical Steps for Healing:**

What are some practical steps you can take to start processing your grief and emotions? How can you invite God and trusted community members to support you in this journey?

☞ **Community and Healing:**

How has being in community helped you heal from past wounds? If you are not in a community, what steps can you take to find or build a supportive group where you can be honest about your grief?

☞ **Jesus in the Midst of Grief:**

How have you seen Jesus show up in your grief journey? In what ways can you invite Him to walk more closely with you through your current struggles?



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**If this word
impacted you;
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Good News today.**

