

GRIEF AND FAITH CAN COEXIST

When Faith and Grief Share the Same Heart

**What would it look like to let grief and faith
exist honestly together?**

TRUTH TO CARRY

Grief and faith can coexist.

PRAYER PROMPT

Ask God to meet you honestly in what still hurts, help you recognize how He is carrying you, and show you one safe step toward the support you need.

LOOK AGAIN

- What loss or change have I pressured myself to be 'over' by now?
- What does faith look like for me today - resting, receiving help, remembering, or taking one small step?
- What support may God be inviting me to receive?

GRIT PRACTICE | ONE HONEST STEP

1. Name what still hurts without minimizing it.
2. Choose one form of support that would help today.
3. Contact one safe person or take one practical step toward receiving that support.

FROM THE CONVERSATION

“Faith helps you navigate in that space.”

**Your heartbreak is not proof that God has left you.
Healing can be unfinished while God is still carrying you.**

If this page names something someone you love may be carrying, share it gently.