



Transformation JOURNAL



Journeys with Jacqueline

This journal/planner is for you to write your thoughts at the end of every day.

Grief can be hard but writing allows you to be honest with yourself and allow God to hear your heart.

Be open and honest and allow the Holy Spirit to comfort your heart in the midst of the hurt and pain. Remember God is mindful of you and I pray as you journal you will feel the strength of the Holy Spirit.

Psalms 46:1- God is our refuge and strength, a very present help in trouble.



Notes

Matthew 5:4- Blessed are they that mourn, for they will be comforted.



Notes



Joshua 1:9- Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Notes

Psalm 73:26- My flesh and heart may fail, but God is the strength of my heart and my portion forever.



Notes

Revelation 21:4- he will wipe every tear from their eyes.
There will be no more death nor mourning or crying or pain
for the order of things has passed away.



Notes

2 Corinthians 4: 17-For our light and momentary troubles
are achieving for us an eternal glory that far outweighs
them all.



Notes

Romans 14:8- If we live, we live for the Lord; and if we die we die for the Lord. So whether we live or die, we belong to the Lord



Notes



John 16:22- So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

Notes



Psalm 116:15- Precious in the sight of the Lord is the death
of His faithful servant

Notes

Roman's 8:18- I consider that our present sufferings are not worth comparing with the glory that shall be revealed in us



Notes



Psalms 23:4 Even though I walk through the darkest valley, I
will fear no evil, for you are with me, your rod and your staff
they comfort me.

Notes



Lamentations 3:32 Though He brings grief, He will show
compassion, so great is His unfailing love

Notes



Psalm 147:3- He heals the brokenhearted and binds up their wounds.

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Prayer

Dear Father, you know the sadness I am feeling. You know how grief weighs heavily upon me. Please help me remove anger, frustration, and replace it with your acceptance and your will. I ask that you give me grace to heal the pain that is preventing me from moving forward. Guide my hands to find ways to deal with this pain and fill my heart with light, love, and comfort of the Holy Spirit. In Jesus name

Amen

