


GRIEF DURING THE
SEASON OF JOY

*meditations
prayers
journal prompts*

The background of the entire page is a photograph of three lit white candles. The candles are arranged in a slightly diagonal line from the bottom left towards the top right. They are surrounded by a festive winter wreath made of green pine needles and small red berries. The scene is dimly lit, with the primary light source being the flames of the candles, creating a warm and intimate atmosphere. The overall color palette is muted, with greys, blacks, and soft whites, punctuated by the warm yellow and orange of the candlelight.

NATASHA N SMITH

GRIEF DURING THE SEASON OF JOY

3 Days of Meditations + Prayers + Journal Prompts

INTRODUCTION

The holidays bring along pressure to “put on a happy face” even when you are unhappy. But do you know that you are allowed to grieve regardless the time of year? Whether you suffered the loss of a loved one, lost a job, experienced major life change or things are different than you hoped at this time, there is always space and grace to grieve. God makes space for you. Thus, you can make space for yourself.

Use this resource during this season to:

- Meditate God's Word, by reading the verse over and over, aloud, silently, write it out, or sing it, throughout the day to strengthen and build your faith.
- Pray the daily prayers to communicate with God,
- Journal to reflect and encourage yourself.

In Him,
Natasha



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DAY 1

MEDITATION VERSE

"The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means "God with us"). Matthew 1:23 NIV

PRAYER

Lord I thank you for being "God with us". Help me to see you in all things, even in the things that are hard, and even in the things that I do not understand. You promise to never leave nor forsake me. Help me to trust in your Word even more during this time. To know you are working and moving even when I cannot see it. You are working on my behalf and fighting every battle for me. And you are presently seated at the right hand of the Father interceding for me, singing over me, and healing my heart of pain, hurt and suffering. Although it does not feel joyous now, I know by faith, joy is here. I know joy is found in you and that you are my strength. I know that you are with me. In Jesus name. Amen.

JOURNAL PROMPT

I know that God is with me because _____.



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DAY 2

MEDITATION VERSE

He is before all things, and in him all things hold together. Colossians 1:17 NIV

PRAYER

Lord, thank you that you are good even when things around me aren't good. I thank you that you hold space for me when I'm not feeling my best. You hold space for me when I'm hurting. You hold space for me when I question. You hold space for me, and you wait for me to bring it all to you. You wait for me to bring you all my heart, my mind, and my soul. And so, I'm bringing it all to you. As I bring it to you, you hold me together. I don't have to pretend with you. Thank you Lord. In Jesus name. Amen.

JOURNAL PROMPT

I am grieving because _____.

I can take it to Jesus because _____.



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DAY 3

MEDITATION VERSE

The Lord appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness. Jeremiah 31:3 NIV

PRAYER

Lord thank you for loving me and for being close to me during this time. I pray that your love drive away all fear, insecurity and doubt. Help me to know that it is not what happens on the outside or what I see around me that matters most, but it is what is happening on the inside of me through your Word. I pray for healing, I pray for peace, I pray for comfort. I pray that minute by minute I will sense your everlasting love and your everlasting presence surrounding me. I thank you now that you are turning my mourning into gladness. In Jesus name. Amen.

JOURNAL PROMPT

I sense God's peace when _____.

I sense God's love when _____.



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Natasha Smith

Natasha is a writer and speaker, sharing stories on faith, family and grief. Her mission is to inspire others to do life better through intentional faith in Jesus. And to offer hope in grief, hope in the hard place and hope during the challenging times of life.

You can find her work on Lovely You Blog as well as publications such as: Her View From Home, TODAY Parents, Focus on the Family, Beyond Women and Dear Sister's Magazine.

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