

JOURNAL PROMPT SET

Grief & Loss

Prompts for honest mourning

"How long, Lord? Will you forget me forever? How long will you hide your face from me?" -- Psalm 13:1

Grief needs room to speak. These prompts follow the rhythm of Psalm 13 -- complaint, petition, and the slow movement toward trust.

1 What have you lost that you haven't fully let yourself grieve?

Name it specifically. A person, a season, a version of yourself, a dream.

2 What do you miss most?

What did that person, place, or season mean to you? What did it give you that nothing else did?

3 Where are you in Psalm 13 right now?

The raw complaint (v.1-2)? The petition (v.3-4)? The fragile trust (v.5-6)? Describe where you are.

4 What has grief taught you that you couldn't have learned any other way?

Not to make meaning too quickly -- but is there anything you can see now that you couldn't before?

5

What would you want the person or thing you are grieving to know?*Write directly to them. Say what you never got to say, or what you need to say again.*

6

What does God feel like in this grief?*Present, absent, silent, near, confusing? Be honest. God can handle it.*
