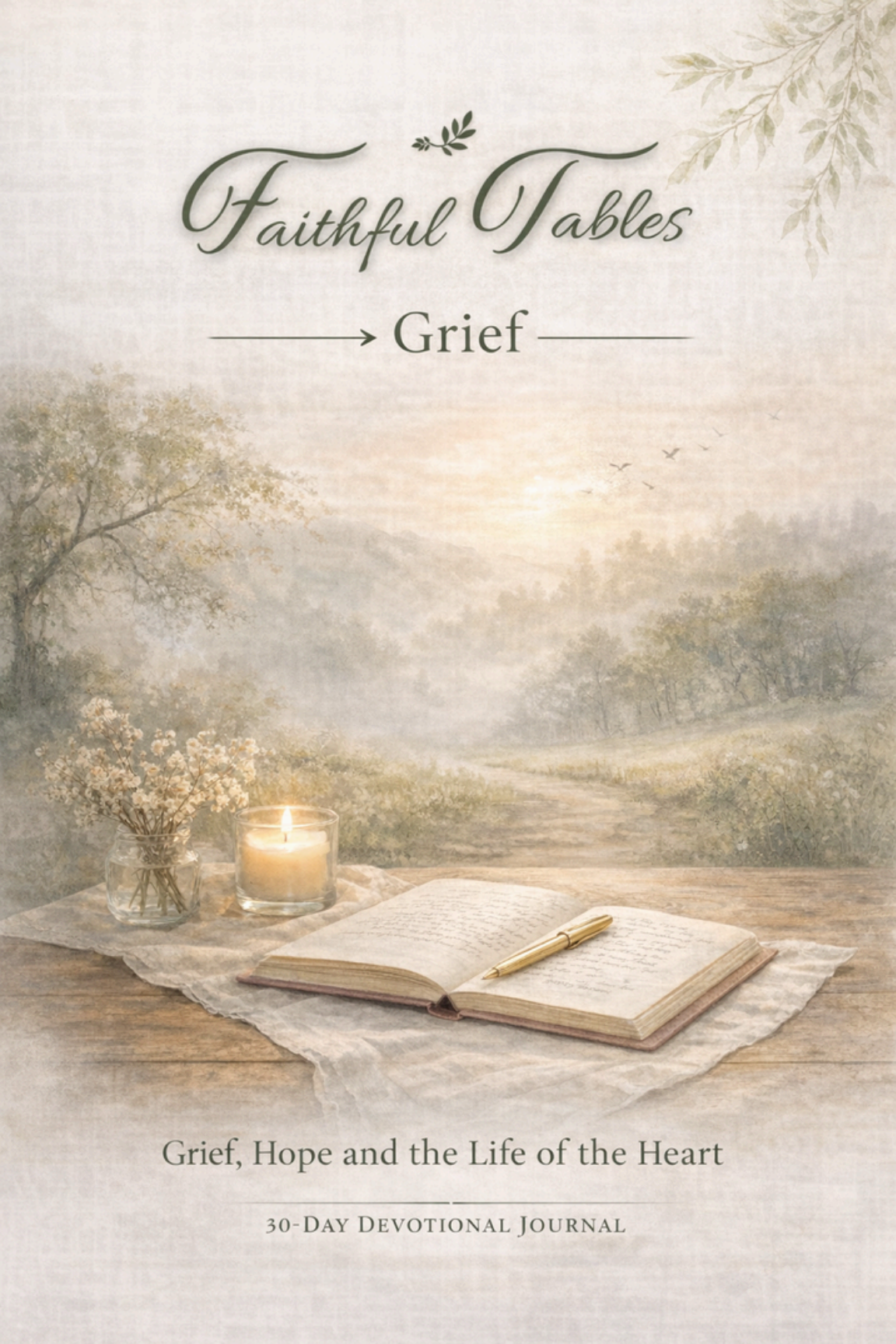




Faithful Tables

→ Grief ←

Grief, Hope and the Life of the Heart

30-DAY DEVOTIONAL JOURNAL

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Before You Begin



Grief has no tidy beginning or end.

Sometimes it arrives all at once. Sometimes it begins long before a loss, in the months or years of caregiving, watching someone you love change a little at a time. Sometimes it comes with tears. Other times it looks like exhaustion, anger, relief, loneliness, confusion, or simply feeling numb.

There is no right way to grieve.

And there is no expectation that thirty days in this journal will somehow bring you to the other side of it.



This is not a path out of grief.
It is a place to meet God within it.



Throughout Scripture, we find people who loved God deeply and still wept, questioned, struggled, waited, and mourned. Jesus Himself stood at the grave of someone He loved and wept.

God does not ask you to clean up your sorrow before you come to Him.
So come as you are.



Each day offers a short passage of Scripture, a few words of encouragement, and one question to help you reflect. You may write a page. You may write one sentence. You may sit quietly with the Scripture and write nothing at all.



There is no need to complete these pages in thirty consecutive days. Stay with a day as long as you need. Skip one that feels too difficult and return to it later. Come back to these pages months from now if you wish.

— *Grief does not keep a calendar, and neither does this journal.* —



As the days unfold, you will notice that we begin with sorrow and gradually make room for rest, hope, peace, and the promise of restoration.

Not because grief disappears, but because grief and hope can exist in the same heart.



My prayer is not that these pages will hurry your healing. It is that somewhere within them, you will be reminded that *you are seen, you are loved, and you do not walk through this valley alone.*

Come sit at the table for a while.

There is room here for your grief.

With grace,

Felecia 

FAITHFUL TABLES



Faithful Tables

DAY 1



Jesus Wept

Scripture

John 11:35

Jesus wept.

Encouragement

Before hope was spoken, Jesus allowed Himself to grieve. Tears are not weakness; they are love showing itself.

Journal Prompt

What have my tears been trying to say?

write on the back if you need more space

Faithful Tables

DAY 2



Deeply Moved

Scripture

John 11:33

When Jesus saw her weeping... he was deeply moved in spirit and troubled.

Encouragement

Your grief does not leave God untouched. He feels it with you.

Journal Prompt

Where do I feel grief most—in my body, heart, or thoughts?

write on the back if you need more space

Faithful Tables

DAY 3



Going to the Grave

Scripture

John 11:34

‘Where have you laid him?’ he asked.

Encouragement

Love does not avoid hard places. Jesus went directly to the place of loss.

Journal Prompt

What memory or place feels heavy to revisit right now?

write on the back if you need more space

Faithful Tables

DAY 4



Seen in Sorrow

Scripture

John 11:36

When the Jews saw him weeping, they said, ‘See how he loved him!’

Encouragement

Grief tells a story of love. Your sorrow means something mattered deeply.

Journal Prompt

Who or what did I love that I now grieve?

write on the back if you need more space

Faithful Tables

DAY 5



A Troubled Soul

Scripture

John 12:27

Now my soul is troubled, and what shall I say?

Encouragement

God welcomes honesty. You don't need to tidy your emotions to come to Him.

Journal Prompt

What feels most unsettled in my soul today?

write on the back if you need more space

Faithful Tables

DAY 6



Overwhelmed

Scripture

Matthew 26:38

My soul is overwhelmed with sorrow to the point of death.

Encouragement

Jesus named His sorrow plainly. God is not alarmed by the depth of your pain.

Journal Prompt

Where does grief feel overwhelming right now?

write on the back if you need more space

Faithful Tables

DAY 7



Not Alone Yet Lonely

Scripture

Matthew 26:40

Could you not keep watch with me for one hour?

Encouragement

Loneliness in grief does not mean you are unloved. It means you are human.

Journal Prompt

When do I feel most alone in my grief?

write on the back if you need more space

Faithful Tables

DAY 8



A Man of Sorrows

Scripture

Isaiah 53:3

He was despised and rejected... familiar with pain.

Encouragement

Jesus understands pain from the inside. You are not alone in this.

Journal Prompt

What kind of pain is hardest to explain to others?

write on the back if you need more space

Faithful Tables

DAY 9



Feeling Forsaken

Scripture

Psalm 22:1

My God, my God, why have you forsaken me?

Encouragement

Feeling abandoned does not mean God has left. Even Jesus cried these words from the cross.

Journal Prompt

Where do I feel distance right now?

write on the back if you need more space

Faithful Tables

DAY 10



Close to the Brokenhearted

Scripture

Psalm 34:18

The Lord is close to the brokenhearted.

Encouragement

God draws near not to fix, but to stay.

Journal Prompt

What does God's closeness look like to me today?

write on the back if you need more space

Faithful Tables

DAY 11



Tears as Prayer

Scripture

Psalm 42:3

My tears have been my food day and night.

Encouragement

Tears are a language God understands fully.

Journal Prompt

What emotions have been spilling out lately?

write on the back if you need more space

Faithful Tables

DAY 12



Compassion in Grief

Scripture

Psalm 147:3

He heals the brokenhearted and binds up their wounds.

Encouragement

Grief is not a failure of faith. It is what love feels like when someone we love is no longer here. God meets us tenderly in that pain.

Journal Prompt

What part of my grief needs God's tenderness today?

write on the back if you need more space

Faithful Tables

DAY 13



How Long?

Scripture

Psalm 13:1

How long, Lord? Will you forget me forever?

Encouragement

God can hold your questions without being offended by them.

Journal Prompt

What question keeps returning in my heart?

write on the back if you need more space

Faithful Tables

DAY 14



When Strength Fails

Scripture

Psalm 73:26

My flesh and my heart may fail, but God is the strength of my heart.

Encouragement

You do not have to be strong to be held.

Journal Prompt

Where do I feel depleted right now?

write on the back if you need more space

Faithful Tables

DAY 15



The God Who Sees

Scripture

Genesis 16:13

You are the God who sees me.

Encouragement

Nothing about your grief is invisible to God.

Journal Prompt

What part of my grief do I wish someone noticed?

write on the back if you need more space

Faithful Tables

DAY 16



Gentle Care

Scripture

Isaiah 61:1

He has sent me to bind up the brokenhearted.

Encouragement

Healing unfolds gently and at a human pace.

Journal Prompt

What would gentle care look like today?

write on the back if you need more space

Faithful Tables

DAY 17



Grieving with Hope

Scripture

1 Thessalonians 4:13

We do not grieve like those who have no hope.

Encouragement

Hope does not cancel grief. They live together.

Journal Prompt

What does hope mean to me right now?

write on the back if you need more space

Faithful Tables

DAY 18



Every Tear Counts

Scripture

Psalm 56:8

You have collected all my tears in your bottle.

Encouragement

No tear is wasted or unseen.

Journal Prompt

What brought tears recently?

write on the back if you need more space

Faithful Tables

DAY 19



Rest for the Weary

Scripture

Matthew 11:28

Come to me, all you who are weary...

Encouragement

Rest is an invitation, not a reward.

Journal Prompt

What burden feels heaviest right now?

write on the back if you need more space

Faithful Tables

DAY 20



Quiet Trust

Scripture

Psalm 62:5

Yes, my soul, find rest in God.

Encouragement

Even brief moments of rest matter.

Journal Prompt

When did I feel a small calm today?

write on the back if you need more space

Faithful Tables

DAY 21



God Goes With You

Scripture

Deuteronomy 31:8

The Lord himself goes before you and will be with you.

Encouragement

You are not navigating this alone.

Journal Prompt

Where do I need reassurance today?

write on the back if you need more space

Faithful Tables

DAY 22



A Time to Weep

Scripture

Ecclesiastes 3:4

A time to weep and a time to laugh.

Encouragement

You may still be in the weeping season—and that is okay.

Journal Prompt

What season does my heart feel like it's in?

write on the back if you need more space

Faithful Tables

DAY 23



Renewed Strength

Scripture

Isaiah 40:31

Those who hope in the Lord will renew their strength.

Encouragement

Today's strength is enough.

Journal Prompt

Where did I notice strength today?

write on the back if you need more space

Faithful Tables

DAY 24



God Understands

Scripture

Hebrews 4:15

For we do not have a high priest who is unable to empathize with our weaknesses,

Encouragement

God understands pain from the inside.

Journal Prompt

What comfort comes from being understood?

write on the back if you need more space

Faithful Tables

DAY 25



A Different Peace

Scripture

John 14:27

Peace I leave with you; my peace I give you.

Encouragement

Even in loss, you remain completely held in the love of God.

Journal Prompt

How have I experienced God's love in the midst of my grief?

write on the back if you need more space

Faithful Tables

DAY 26



God Holds the Future

Scripture

Psalm 32:8

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

Encouragement

You don't need to see ahead to be held.

Journal Prompt

What feels uncertain about what's next?

write on the back if you need more space

Faithful Tables

DAY 27



Love Still Holds

Scripture

Romans 8:38–39

Nothing will be able to separate us from the love of God.

Encouragement

Loss cannot sever love.

Journal Prompt

How do I still experience love?

write on the back if you need more space

Faithful Tables

DAY 28



Through the Valley

Scripture

Psalm 23:4

Even though I walk through the darkest valley...

Encouragement

God walks with you through—not around—this valley.

Journal Prompt

What does companionship mean right now?

write on the back if you need more space

Faithful Tables

DAY 29



New Mercy

Scripture

Lamentations 3:22–23

His compassions never fail. They are new every morning.

Encouragement

Even grief-filled mornings carry mercy.

Journal Prompt

Where did I notice mercy today?

write on the back if you need more space

Faithful Tables

DAY 30



Held Until Restoration

Scripture

Revelation 21:4

He will wipe every tear from their eyes.

Encouragement

Until restoration comes, you are fully held.

Journal Prompt

What have I learned about myself through grief?

write on the back if you need more space

Before You Close This Journal...

If this felt quiet... good.

If it felt small... even better.

Time with God doesn't have to be long to be meaningful.

It simply has to be honest.

Some days you'll write a paragraph.

Some days a sentence.

Some days just a word.

All of it counts.

If This Moment Met You Where You Are

Faithful Tables was created for moments just like this,
unhurried, simple, and rooted in real life.

If you'd like to continue this rhythm, you're invited to
explore:

- 30-Day Devotional Journals designed for 5–10 minute reflections.
- Blog stories that encourage slowing down, eating well, and praying often.
- Faithful goods for the table and the heart.

There's no rush.

The table will be here when you're ready.

To find your next journal, continue at **FaithfulTables.com**

The kettle's on. The table's open.

With grace,

Felecia



You are still held.



*“The Lord is close to
the brokenhearted.”*

PSALM 34:18



FAITHFUL TABLES

— Come Sit With Me. —