

FAITH RECOVERY JOURNAL PREVIEW EDITION

Nine Weeks from the 52-Week Program



T Bowyer



Get a Free Look Inside: The Faith Recovery Journal

This is a 130+ FREE digital sampler (9 selected weeks) of my comprehensive Faith Recovery Journal: A 52-Week Program.

What You Will Experience in This Preview

I have strategically curated nine non-sequential weeks to give you a full understanding of the journal's power and progression.

The Foundation (Weeks 1–3): See the structure and format of the daily readings, reflection prompts, and scripture passages designed to ground your work in the earliest stages of grief and recovery.

The Mid-Journey Shift (Weeks 11–13): Witness the evolution of the content as the journal transitions from foundational comfort to deeper, sustained self-inquiry and theological engagement

Sustained Depth (Weeks 40–42): Discover how the journal remains a valuable, substantive resource even ten months into the process, proving its long-term commitment to your healing journey.

Why Download This Free Edition?

Evaluate Before You Invest: Judge the quality, depth, and structure of the journaling prompts before committing to the full 52-week program.

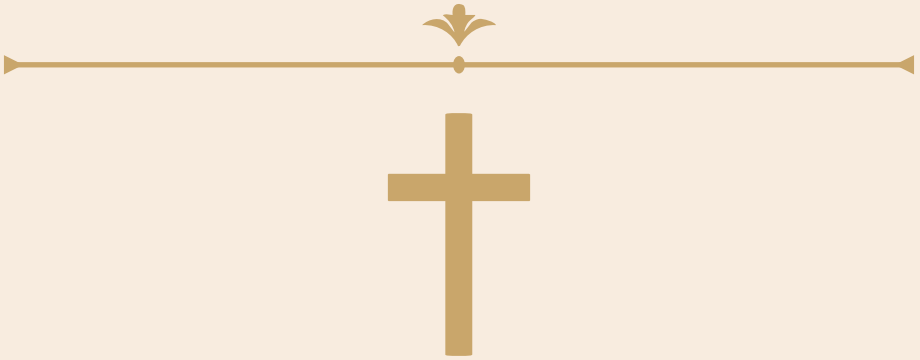
See the Full Arc: Gain insight into the beginning, middle, and near-end stages of recovery to confirm the journal's long-term suitability for your needs.

Find Your Structure: Understand the 4-week/5-week monthly rhythm designed to align your recovery work with the calendar year.

If this Preview Edition brings clarity and peace to your path, I invite you to purchase the full Faith Recovery Journal to unlock the complete year-long program, including the crucial final transformative months (Weeks 43–52).

May the Lord grant you peace and strength on your path to recovery. Amen.





Recovery Journal for Christian Women and Men - Volume 1

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Publisher: T Bowyer Books

Email: info@faithrecoveryjournal.com

Website: <https://faithrecoveryjournal.com>





To my beloved wife, Kike.

Eighteen years ago, Yemi, our beloved son, died aged only eleven. Every day since that dreadful day, I have watched you trudge through the never-ending pain of that loss, and I have ached to lift the burden of the claw around your heart. But no mere mortal can heal a mother's anguish for her lost child.

Yet even through all the grief, you have remained a faithful and matchless wife—always on my side, fully supporting me in times of plenty, and in times of need. You have never wavered.

I created this journal with the prayer and hope that it will be the greatest gift I could ever give you because through it, you will find consolation and great peace. Amen.

With love,

T.



Month: 01 Day: 01 Week: 01

Understanding Despair

Defining Despair



Scripture

The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Ps. 34:18)



Reflection

It is extremely difficult to come face-to-face with despair. Yet, it is important to try. Can you write down your feelings of despair? If not, leave it for now and return to the exercise later.



Insight

True despair is the abandonment of hope. It is abandoning God, even though God has never—and would never—abandon you.





Gratitude

Write down three small things you are grateful for today, even if they feel insignificant. Begin to look to the **small things** for tiny sparks that lighten your gloom.

Prayer

Create a single prayer for yourself and others who are experiencing despair.



Realization

Take a moment to jot down your thoughts and feelings that arise as you reflect on this day, your first intentional step toward healing.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 02 Week: 01

Understanding Despair

Identifying Triggers



Scripture

Cast all your anxiety on him because he cares for you.
(1 Pet. 5:7)



Reflection

What situations, thoughts, or events tend to trigger your feelings of despair?



Insight

The cruelest trick of despair is to convince you it is eternal. But God has said He will comfort you. So, who's lying?





Gratitude

Reflect on a person who has supported you in difficult times and express gratitude to God for sending them to you.

Prayer

Choose your worst trigger and, with sincerity, ask God to help you manage it.



Realization

Document your feelings as you explore your triggers. How have they affected you?

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Month: 01 Day: 03 Week: 01

Understanding Despair

The Impact of Despair



Scripture

So I turned about and gave my heart up to despair over all the toil of my labors under the sun. (Eccl. 2:20)



Reflection

Your feelings of despair may have impacted your daily life or relationships in subtle ways you may not have noticed. Upon reflection, do you notice how despair has changed you?



Insight

Despair finds strength in isolation; it grows ever more powerful when you keep kindness and truth at arm's length.





Gratitude

List one way someone showed you **unexpected** support during difficult times.

Prayer

Think of someone who is going through a difficult time and pray for them. This time, be the unexpected helper you yourself once benefited from.



Realization

Realize how easy it is to overlook the suffering of others and for others to overlook your suffering. Yet, God sees everything.

Faith Recovery Journal
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Month: 01 Day: 04 Week: 01

Understanding Despair

Expressing Emotions



Scripture

A cheerful heart is good medicine, but a crushed spirit dries up the bones. (Prov. 17:22)



Reflection

Cheerfulness is the best medicine for despair. Ask yourself if you strive to be cheerful or if you have allowed yourself to slip into despair.



Insight

Despair thrives in the loneliness of silence, in keeping bitter wounds deep inside like a poisonous dart turned inward.





Gratitude

Try to remember a moment during today when cheerfulness came into your life. What made you smile or even laugh out loud? Be grateful for the small things.

Prayer

On this day, today, set a forever intention to be cheerful. Ask God for His kind assistance to help you succeed in being cheerful at all times. (Yes, be ambitious. Our Father is able.)



Realization

This is a huge realization: it is up to you to choose whether you will be cheerful, bitter, morose, and full of despair. I pray you make the right choice and that you choose the path to healing.

Faith Recovery Journal
Extended Sample.
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Month: 01 Day: 05 Week: 01

Understanding Despair

Seeking Support



Scripture

Two are better than one, because they have a good return for their labor. (Eccl. 4:9)



Reflection

Who in your life can you turn to for support when you feel despair? Even if you have forgotten that you are not alone in this world (God the Father is always with you), remember that charitable people exist, and all you have to do is reach out to them. At the back of this journal, you will find a list of charities in a number of countries.



Insight

Despair imprisons the soul not through pain but through its pretense that from now on, pain is all there will ever be and help from others will be futile.





Gratitude

Write down a time when a stranger supported you in your life and express gratitude for them.

Prayer

Pray for individuals who go out of their way to help others. Ask God to bless them for their charitable work.



Realization

Reflect on how reaching out for help has made—or could have made—a difference in your life.

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Month: 01 Day: 06 Week: 01

Understanding Despair

Recognizing God's Presence



Scripture

Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you; never will I forsake you.'
(Heb. 13:5)



Reflection

How can money worries lead to feelings of despair?



Insight

Despair is a sly, wicked mirror. It shows you only what is broken, hiding the Light of God in the small, better things behind its dark, unsympathetic reflection.





Gratitude

Look to a small thing, the subtle, quiet way in which God works. If for nothing else, be grateful for that one thing.

Prayer

Pray for the openness to grow ever more sensitive to—and appreciative of—the small things, for these are the tiny signposts that will help lead you toward God's presence and feel Him more deeply in your life.



Realization

God has a plan, and it is better to be in step with His plan than not.

Faith Recovery Journal
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Month: 01 Day: 07 Week: 01

Understanding Despair

Moving Forward



Scripture

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. (Jer. 29:11)



Reflection

What small steps have you taken this week to begin moving from despair toward hope?



Insight

The strange paradox of despair is that it denies hardest what you are hardwired to value most: hope.





Gratitude

Write down one victory you experienced this week, no matter how small it may seem. All the little things eventually add up to a big thing!

Prayer

Pray for guidance and strength as you take these steps toward healing.



Realization

Realize that with intent and full purpose, you have put yourself on the path to healing and hope.

Faith Recovery Journal
Extended Sample.
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Month: 01 Day: 01 Week: 02

The Impact of Despair on Life

Despair and Daily Life



Scripture

Come to me, all you who are weary and burdened, and I will give you rest. (Matt. 11:28)



Reflection

Are you given to random moments of despair as you go about your daily activities? If so, are there specific tasks or moments that make you feel particularly miserable?



Insight

What makes despair painful is not usually its intensity but that it constantly rears its ugly head—always interrupting, like an uninvited and unwelcome guest.





Gratitude

Identify one small thing you appreciate about your daily life, even as you face your struggles.

Prayer

Pray to thank God for that one small thing you appreciate in your daily life. Ask Him to help you open your eyes to see and appreciate the many small things with which He has blessed you.



Realization

God has already spoken directly to you through the scripture. "Come to me, all you who are weary and burdened" Guess what? It is time to take him up on His offer.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 02 Week: 02

The Impact of Despair on Life

Despair in Relationships



Scripture

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:32)



Reflection

Have you noticed how despair has impacted your relationships? If not, could it be that you missed its stealthy, unhealthy effects?



Insight

Despair can poison a relationship by turning love into suspicion and trust into doubt. Despair will convince you that isolation is safer than vulnerability.





Gratitude

Write down the name of one person who has supported you and express gratitude for their love and presence.

Prayer

Pray for your relationship with the person you identified above. Ask God to mend any misunderstandings and to bring you closer to that person and all whom you care about.



Realization

Is it possible that you had a hand in bringing about your isolation? If so, then with God's help, you also have the power to bring it to an end.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 03 Week: 02

The Impact of Despair on Life

Grappling with God's Will



Scripture

Father, if you are willing, take this cup from me; yet not my will, but yours be done. (Luke 22:42)



Reflection

How easy is it to reconcile yourself with God's will?



Insight

Despair tries to cloud your connection with God. It tries to blind you to the truth: His plan is still unfolding, even if you can't see it yet.





Gratitude

Be grateful that with the help of your work on this journey, you are finding your way into a closer and happier relationship with God.

Prayer

Pray for emotional healing and for the strength to accept God's will.



Realization

It is easier to change your mind and attitudes than it is to change God's mind.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 04 Week: 02

The Impact of Despair on Life

Despair and Spiritual Health



Scripture

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. (Ps. 28:7)



Reflection

When was the last time you raised your voice in praise of Him? Has despair quietly stilled your songs of praise?



Insight

It is common for despair to create barriers between you and your spiritual practices. You may feel distant from God or question your faith.





Gratitude

Write down a time you have felt God's presence in your life during challenging moments. If you can't, write down gratitude for realizing that you missed God's care, then resolve to look for His presence more attentively from now on.

Prayer

Pray for renewed strength in your spiritual life and for the desire to seek God even when it feels hard.



Realization

Realize that you can reconnect with God during times of despair through prayer, reading scripture, or attending community worship.

Faith Recovery Journal
Extended Sample.
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Month: 01 Day: 05 Week: 02

The Impact of Despair on Life

Despair and Self-Perception



Scripture

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Eph. 2:10)



Reflection

Has despair persuaded you not to do good works? Have you spent your life obsessed with only your own difficulties?



Insight

When you feel abandoned, you also feel unworthy or inadequate, making it difficult to empathize with others.





Gratitude

Write down three positive qualities or talents you possess that you appreciate about yourself. If you cannot, write down one positive quality or talent you now take it upon yourself to develop diligently.

Prayer

Pray for a renewed self-image and for the ability to see yourself through God's eyes.



Realization

It is essential to remember that you are a beloved child of God, worthy of love and

Speak kindly to yourself, and remember that God sees you through a lens of compassion and purpose.

Faith Recovery Journal
Extended Sample
Not for resale.

Month: 01 Day: 06 Week: 02

The Impact of Despair on Life

The Path to Healing



Scripture

*Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here! (2 Cor. 5:17)*



Reflection

The journey through this journal is a golden opportunity to cast off your old self and create a new one. Will you take it?



Insight

Healing is a journey, often requiring patience and perseverance. Small steps—seeking support, practicing self-care, and reaching out to God—will lead to significant changes over time. Trust in God's timing and hold on to the hope that healing is possible.





Gratitude

Identify one step you took this week that contributed to your healing, no matter how small.

Prayer

Pray for guidance and strength as you pursue healing and transformation in your life.



Realization

The journey through this journal is a golden opportunity to cast off your old self and create a new one. It's up to you to take it.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 07 Week: 02

The Impact of Despair on Life

Embracing Community



Scripture

And let us consider how we may spur one another on toward love and good deeds. (Heb. 10:24)



Reflection

Even the strongest believers leaned on others. David had Jonathan, Paul had Timothy. If these stalwarts needed companionship in hardship, why would you be any different?



Insight

Despair tends to cause isolation. Combating despair therefore involves fighting isolation head-on, and urgently.





Gratitude

Write down the name of an individual or group (different from any you wrote before) that provided support during your difficult times.

Prayer

Pray for this individual or group, asking God to strengthen those connections. Pray also for God to provide comforters to those who are also struggling.



Realization

Community is a vital resource during times of despair. Surrounding yourself with supportive friends and family can provide comfort and encouragement. You must not hesitate to reach out to others, as sharing your struggles can create bonds of understanding and healing. Use the resources at the end of this book to help you take that step.

Faith Recovery Journal
Extended Sample
Not for resale.

Month: 01 Day: 01 Week: 03

Biblical Examples of Despair

Job's Trials



Scripture

Though he slay me, yet will I hope in him; I will surely defend my ways to his face. (Job 13:15)



Reflection

Does Job's story resonate with your experiences of despair? What are the similarities and differences between your and his sufferings? Who had it worse, Job or you?



Insight

Do you see Job's suffering as a competition in misery or his faith as a standard for you to attain?





Gratitude

You are still here on the third week of your journey towards hope and healing. Thank God for the small things that have brought you this far.

Prayer

Pray for strength to endure your trials with faith and for the wisdom to find hope amidst despair.



Realization

True faith grows in the face of despair, which is why despair must ultimately lose against God.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 02 Week: 03

Biblical Examples of Despair

David's Lament



Scripture

How long, Lord? Will you forget me forever? How long will you hide your face from me? (Ps. 13:1)



Reflection

Notice how David brought a respectful complaint to God. It would have been hypocrisy to try to hide his true feelings from God.



Insight

Are you quick to forget God when He showers you with blessings, but then quicker yet to ask why He has abandoned you? But who left who?





Gratitude

Remember and write down one way you felt God's presence in your life in a difficult moment. If you cannot, be grateful for the realization that you must resolve to keep a keener eye out for His presence.

Prayer

Pray for the courage and sincerity to express your deepest feelings to God, just as David did.



Realization

Hypocritically singing praises to God when you harbor resentment is dishonest. **Use the small things to truly accept God's will**, and then your praises will be sincere.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 03 Week: 03

Biblical Examples of Despair

Elijah's Despair



Scripture

He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, Lord,' he said. 'Take my life; I am no better than my ancestors.'
(1 Kings 19:4)



Reflection

Despair lies to you by claiming futility is permanent. Yet, Christians have faith that since even death is not permanent, what else can be?



Insight

Taking honest feelings to God is never wrong. After this bitter prayer of exhaustion, God still nurtured Elijah.





Gratitude

Look to a small thing to be grateful for. You can read. You can think. You are able to journal. Many small things make a big thing. Be grateful—deeply grateful—for the small things.

Prayer

Pray for God to nurture you with the power and grace to accept His will.



Realization

It's okay—even natural—to be overwhelmed by worry, grief, or fatigue. Such a time is when you must turn to God and outpour the anguish in your soul.

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Extended Sample.
Not for resale.

Month: 01 Day: 04 Week: 03

Biblical Examples of Despair

Jonah's Flight



Scripture

But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord. (Jonah 1:3)



Reflection

You might chuckle at the subtle mockery of Jonah running away from the Lord, but you don't see that you, too, might be trying to run away from a despair that is within. How can you run away from yourself?



Insight

Running away from problems rarely works well.
Running to God always works well.





Gratitude

Write down one positive outcome that resulted from facing a challenge instead of running away. Be grateful for the insight and resolve to gain more similar positive outcomes.

Prayer

Pray for the courage to confront your fears and for God's guidance in your life's journey.



Realization

God is an ever-present companion you can call upon at any time. Practice communing with God until it becomes second nature and natural.

Faith Recovery Journal
Extended Sample.
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Month: 01 Day: 05 Week: 03

Biblical Examples of Despair

Peter's Denial



Scripture

Jesus answered, 'I tell you, Peter, before the rooster crows today, you will deny three times that you know me.'
(Luke 22:34)



Reflection

Peter's weakness left him feeling unworthy and ashamed, yet he went on to become one of Jesus' most notable disciples.



Insight

Peter's denial of Jesus, despite his earlier promises, reminds us that even the strongest among us can falter. As the well-known saying goes: it isn't the number of times you fall that counts, it's the number of times that you get back on your feet.





Gratitude

Identify and be grateful for one instance when you noticed your weakness. Yes, that is today's gratitude exercise! Be grateful that you noticed your weakness and that you did not hide from it.

Prayer

Pray for healing from feelings of shame and for the strength to forgive yourself. Resolve to do better and submit the past to God, then move on.



Realization

You're not perfect, though you might often pretend to yourself that you are. If you are not using your imperfection as an excuse but as a challenge to improve yourself, truly, you have much to be grateful for.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 01 Day: 06 Week: 03

Biblical Examples of Despair

Mary's Grief



Scripture

So she came running to Simon Peter and the other disciple, the one Jesus loved, and said, 'They have taken the Lord out of the tomb, and we don't know where they have put him!'
(John 20:2)



Reflection

Despair is always about loss. Loss of a loved one. Loss of health. Loss of a relationship. Even the **impending loss of life due to terminal illness**. Loss of wealth. What have you lost?



Insight

Loss is one thing, despair is your reaction to it. You may not be able to recover your loss—but you can choose how you respond to it.





Gratitude

Write down one memory from before the loss that causes your despair and be grateful for that moment.

Prayer

Pray for those who are grieving and for the comfort that only God can provide.



Realization

Notice how, by thinking about the pain others suffer, we often alleviate our feelings of misery. It is likely a part of humanity that God purposefully put there for our benefit.

Faith Recovery Journal
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Month: 01 Day: 07 Week: 03

Biblical Examples of Despair

Jesus in the Garden



Scripture

Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'
(Matt. 26:38)



Reflection

Since even Jesus felt anguish and despair, what right have we not to expect to feel the same?



Insight

In His moment of greatest anguish, Jesus turned to prayer—and sought comfort from His disciples.
Communion with God. Communion with community.





Gratitude

Identify one way you can seek support from your community or church during tough times.

Prayer

Pray for the strength to bear the burden of despair.
Pray to see the small things that will light your way to hope and the recovery of good cheer.



Realization

In your moments of despair, like Jesus, you too should turn to prayer and seek the comfort of community. (Seek like for like. The community of lost loved ones, of the sickly, of the unloved, of infertile women, of the destitute. **Those who have walked in your shoes know best where your feet hurt.**)

Faith Recovery Journal
Extended Sample
Not for resale.

Month: 03 Day: 01 Week: 03

The Importance of Community Support

The Gift of Togetherness



Scripture

Be devoted to one another in love. Honor one another above yourselves. (Rom. 12:10)



Reflection

Something happened to you that threw you into the throes of misery and despair. Did you afterward feel more or less connected to others?



Insight

The nature of despair is to isolate you, even from loved ones, and especially from God.





Gratitude

How has despair isolated you? Think of a person you distanced yourself from, and consider one way to rebuild that connection. Practice gratitude for this opportunity to repair your relationship.

Prayer

Pray for the relationships in your community. Ask God to strengthen those bonds and to help you be a source of support for others.



Realization

God's love is unconditional, but building meaningful relationships in a community requires your effort. Pray for God's help in cultivating love and connections that strengthen these bonds.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 02 Week: 03

The Importance of Community Support

Leaning on Each Other



Scripture

Carry each other's burdens, and in this way you will fulfill the law of Christ. (Gal. 6:2)



Reflection

What does it mean to carry someone else's burden, when Gal. 6:5 says you should carry your own load?



Insight

Carrying each other's burdens means sharing loads. It does not mean commandeering everyone else's and possibly using that to show off and boost your ego.





Gratitude

Thank God for the times others have helped share your burdens with humility and grace, doing so in ways that did not make you feel inferior.

Prayer

Pray for the humility to accept help from others and, in return, to be able to help others without seeking recognition.



Realization

God does not mean for you to live a Christian life in isolation. "Carrying each other's burdens" is a powerful reminder that you are part of the same body of Christ.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 03 Week: 03

The Importance of Community Support

The Power of Listening



Scripture

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. (James 1:19)



Reflection

When people interrupt you as you're speaking, you probably don't like it and you don't feel heard. How do you think others feel when you interrupt them?



Insight

Listening without interruption is a powerful way to show love and support.





Gratitude

Give thanks for those who have listened to you without interruption or judgment. Give thanks that henceforth, you will offer that same kind, non-judgmental ear to others.

Prayer

Pray for the ability to listen to others sincerely and without judgment. Ask God to help you find grace when others share their vulnerabilities with you.



Realization

Sharing others' burdens often means just being a sincere, quiet, non-judgmental listener.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 04 Week: 03

The Importance of Community Support

Celebrating Together



Scripture

Rejoice with those who rejoice; mourn with those who mourn. (Rom. 12:15)



Reflection

How often do you rejoice or mourn for others? Could you improve on those numbers?



Insight

When you struggle to find something in your life to rejoice in, rejoice in others' good news. When you mourn for others' misery, you must perforce turn away from your own mourning. In other words, community takes you out of yourself and your narrow corridors of both joy and sorrow.





Gratitude

Think of someone in your community who has recently had something to celebrate. Close your eyes for a few moments, then put a small smile on your face. Say softly and sincerely in your mind, "Thank you, God, for [name of person]'s joy. Amen."

Prayer

Pray for God's guidance and help to genuinely celebrate others' victories.



Realization

Rejoicing and mourning with others not only strengthens your community, it is a pathway to healing and restoration for you also, which is probably why the Lord mandates it.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 05 Week: 03

The Importance of Community Support

Finding Strength in Solidarity



Scripture

If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. (1 Cor. 12:26)



Reflection

Why is it so universal for people to visit the recently bereaved when no human can bring back the dead? What is it that countless people from innumerable cultures have all discovered about standing with those suffering, even if only in spirit or silent communion?



Insight

Fellowship is a balanced two-way process. Sharing in others' joy and suffering blesses you just as much as it does them.





Gratitude

Think back to a moment in your life when you felt truly connected to others and thank God for the gift of that moment. If you haven't experienced such a connection, be grateful for the hope of it and sincerely pray to God for His help in finding it soon.

Prayer

Pray for God to give you a newfound, robust openness and His guidance to bring genuine connections into your life.



Realization

Our well-being is deeply intertwined with the well-being of others, and long-term isolation can quietly harm us more than we realize. Finding strength in solidarity with others might be a lifelong struggle for you, but by the grace of God, as you seek, so shall you find. Amen.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 06 Week: 03

The Importance of Community Support

Serving One Another



Scripture

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. (1 Pet. 4:10)



Reflection

What gifts or talents do you have that can serve your community? (If you can't think of one you have, what would you like best to have? Pray to God for His assistance in helping you develop that gift, and then work sincerely at acquiring it.)



Insight

Serving our community not only blesses those around us but also deepens our connection to God and His purpose for our lives.





Gratitude

If you noted a gift in "Reflection" above, give thanks to God for it. If you did not, give thanks for the grace and insight into the gift you chose and what it says about you that you have decided to grow spiritually in your community and in your connection to God.

Prayer

Pray for opportunities to serve those around you. Ask God to show you how your gifts can glorify Him and bless your community.



Realization

God is the Unparalleled Master Builder. He never uses a hammer on a screw or puts a square peg in a round hole. You are exactly the person He means you to be. Use your free will to do glad works in His service.

Faith Recovery Journal
Extended Sample.
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Month: 03 Day: 07 Week: 03

The Importance of Community Support

Trusting God Together



Scripture

Trust in the Lord with all your heart and lean not on your own understanding. (Prov. 3:5)



Reflection

How can trusting God together as a community strengthen your faith?



Insight

When a person loses a loved one, receives a catastrophic diagnosis from the doctor, or loses their job and can't maintain a former lifestyle, the first thing to go is often faith in God's love. In any of these situations, a community of believers becomes a beacon of unwavering faith.





Gratitude

If you have experienced the strength of a community that trusts God together, give thanks. If you haven't yet received that blessing, be grateful for the small steps you can take towards building such connections, and sincerely trust that God will guide you.

Prayer

Pray for God to strengthen your community's faith. If you don't yet have one, ask Him to guide you to the right one—and to give you the strength to seek it.



Realization

A (good) Christian community is an essential wellspring of spiritual support. Pray earnestly to God to help you find one if you are currently without one.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 01 Week: 04

From Personal Faith to Shared Strength

The Power of Testimony



Scripture

They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death. (Rev. 12:11)



Reflection

Once upon a time, circumstances may call upon you to testify your faith and overcome "him" (meaning the Enemy: Satan). How prepared are you to recognize such a time and the occasion?



Insight

Through your faith, perseverance, and endurance, your story of calamity and despair could be a powerful testament that defeats the darkness and its minions. Your story is a small thing (in the battle between Good and Evil), but many small things can gather into an unstoppable force.





Gratitude

Think of how a story of perseverance once thrilled and encouraged you. Let that memory fill you with zeal to give unto others as you received. When certain of your determination, give thanks to God for His grace.

Prayer

Pray for the courage to share your story with others. Ask God to guide you in what to share and how to encourage those who are struggling.



Realization

God's gifts can be hard, but if you accept them with forbearance, they will become a source of joy and peace for you.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 02 Week: 04

From Personal Faith to Shared Strength

Embracing God's Strength



Scripture

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



Reflection

God, Who created the universe, is necessarily a source of infinite strength.



Insight

You can defer (relay) your strength and outsource it to God.





Gratitude

Think of a weakness you have. Now do something that may feel counter-intuitive: give sincere thanks for that weakness, because you're about to commit it to God. You're not testing Him—that would be a sin. You're embracing His strength, just as Prov. 3:5 encourages you to do.

Prayer

Pray for God to strengthen your faith and show you how to embrace His strength as you work through your weaknesses.



Realization

Not only can you release your weaknesses to God's strength, but you should.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 03 Week: 04

From Personal Faith to Shared Strength

Embracing God's Guidance



Scripture

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
(Ps. 32:8)



Reflection

Few are privileged to hear God's thunderous voice. He tells us that He speaks in a small, quiet voice. If your mind is perpetually noisy with the bloviations of your ego, how will you hear that gentle whisper?



Insight

It is up to you to listen quietly for God's still voice; it is not up to God to shout.





Gratitude

Sit quietly for a few minutes. Put a small smile on your face and send thoughts of love and gratitude to God. Humans are always asking of God, but this time, you ask for nothing and offer only love and faith. End by saying in your mind sincerely, "Thank you, God, for everything."

Prayer

Ask God to be patient with you if you have unwittingly ignored His guidance. Sincerely promise to mend your ways and to practice more receptivity to His guidance.



Realization

Asking for God's guidance is one thing; quietly, patiently, faithfully, and carefully listening for it is another. Routinely seek His counsel in silence and openness.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 04 Week: 04

From Personal Faith to Shared Strength

The Role of Faith in Overcoming



Scripture

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (Heb. 11:6)



Reflection

Would those who are without faith tend to embrace God's strength and guidance, or not?



Insight

It is not that God punishes the faithless. It is that the faithless turn away from God's protective embrace and put themselves in danger, like a child ignoring a parent's admonition to stay away from fire.





Gratitude

Without faith, you wouldn't have traveled this far into the journey toward renewal. Thank the Good Lord for your faith.

Prayer

Pray to God to increase your faith in Him as you travel life's sometimes stony road.



Realization

Yes! You absolutely can pray to God to strengthen your faith. It is like a spiritual feedback loop, and it is a wonderful gift from God. (See Eph. 2:8-9)

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 05 Week: 04

From Personal Faith to Shared Strength

The Importance of Perseverance



Scripture

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Gal. 6:9)



Reflection

Having embraced and benefited from God's strength and guidance, are such gifts only for you, or ought you give to others as you received; which option do you think scripture advises?



Insight

You "cannot become weary in doing good" if you aren't doing good in the first place.





Gratitude

Recall one moment since you began using this journal when you didn't give up, though you wanted to. Sincerely thank God for your victory.

Prayer

Ask God to renew your strength daily and help you persevere, beginning with the small things, which tend to be more numerous.



Realization

Little by little, small thing by small thing, you build your way towards a great, big thing. May the Good Lord guide and nurture you on your path. Amen.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 06 Week: 04

From Personal Faith to Shared Strength

Supporting Others in Their Journey



Scripture

And do not forget to do good and to share with others, for with such sacrifices God is pleased. (Heb. 13:16)



Reflection

Just yesterday, you saw a scriptural hint that pointed to helping and sharing with others. How does that message resonate with today's scripture?



Insight

Your journey of overcoming challenges equips you to support others on their path.





Gratitude

Be grateful that you now think of others far more often than previously. Praise the Lord!

Prayer

Pray for opportunities—and a willingness!—to help others who are facing challenges. Ask God to lay only the burden on your shoulders that you can accommodate. Be sincere and honest, and do not approach God with ego.



Realization

Giving anonymously is the best way to ensure that your giving is not egotistical; however, it isn't always possible to remain anonymous. Practical giving often means that you must give in person and give of yourself.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 07 Week: 04

From Personal Faith to Shared Strength

Celebrating Overcoming Together



Scripture

Let everything that has breath praise the Lord. Praise the Lord. (Ps. 150:6)



Reflection

Does the verse above suggest you should praise the Lord alone or with others? What does it mean that everything with breath praises God?



Insight

Sharing your victories and giving thanks in a community creates a joyful atmosphere that inspires and uplifts all those present.





Gratitude

Ask someone to join you in a moment of shared celebration. The glorification does not have to be elaborate. "Thank you, Lord, for everything," said with sincerity, is sufficient. If you don't have anyone to celebrate with, reach out to a priest at a local church. (Nowadays, you can do this even by phone, email, or post.) God will guide your path if you ask Him with faith.

Prayer

Pray for a heart that joyfully celebrates God's work in your life and the lives of others. Ask Him to help you recognize and appreciate the blessings along your journey.



Realization

It is wise to take the time to celebrate not just your successes but also the collective victories of your community.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 01 Week: 05

Trusting God in Uncertainty

Recognizing Fear



Scripture

When I am afraid, I put my trust in you. (Ps. 56:3)



Reflection

The scripture is clear, but are you? Do you really trust God?



Insight

The words "I trust you" are much easier to say than to live.





Gratitude

What hard thing can you think of to give thanks for? As an act of ultimate trust in God's hard gift, give thanks for it now. If you cannot give thanks with sincerity, find a smaller hard thing (or be thankful anyway while making a mental note to keep practicing this particular act of thanksgiving until it is sincere).

Prayer

Pray for God to give you strength to face and name your fears honestly and to reveal to you how you truly feel about trusting God.



Realization

You are a complex being whose thoughts and feelings often get jumbled up. To be honest with God, you have to inspect your mind with sincerity and answer this question with complete honesty: "Do I truly trust God?"

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 02 Week: 05

Trusting God in Uncertainty

The Power of Surrender



Scripture

Submit yourselves, then, to God. Resist the devil, and he will flee from you. (James 4:7)



Reflection

What does "submit yourself" to God mean to you?



Insight

Did your answer to the question in Reflection above explicitly (wonderful) or implicitly (good enough) contain **trust** in God?





Gratitude

Close your eyes for a few moments. Put a small smile on your face. When you feel stillness settle upon you, form the sincere intention to trust God more fully, and gently say in your mind, "Thank you, God, for everything. Amen."

Prayer

Pray for strength to surrender to God's will and to put your complete trust in Him.



Realization

Surrendering to God's will means releasing your need to be in control and trusting His wisdom over your own understanding.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 03 Week: 05

Trusting God in Uncertainty

Finding Peace in Prayer



Scripture

Be joyful in hope, patient in affliction, faithful in prayer.
(Rom. 12:12)



Reflection

There are different forms of prayer. Do you know them?



Insight

Prayer takes several different forms: spoken words, silent contemplation, praise, confession, thanksgiving, and supplication (humbly requesting).





Gratitude

Practice silent contemplation as a prayer of gratitude. Sit quietly for some moments, put a smile on your face, and FEEL thankful to God, but don't put those feelings into words. It's perfect communication because God understands your heart perfectly. (If you find yourself using words, don't fret, simply gently refocus on feeling grateful.)

Prayer

Pray to God to open your insight to prayer. This time, however, put the prayer into feelings and avoid using words.



Realization

You have been very close to practicing gratitude in silent contemplation whenever you sat quietly, smiled, and sincerely thanked God in your mind. To go all the way, follow the format in the Gratitude section above.

Faith Recovery Journal
Extended Sample.
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Month: 03 Day: 04 Week: 05

Trusting God in Uncertainty

Seeking Guidance



Scripture

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. (James 1:5)



Reflection

What kind of wisdom would best help you overcome feelings of despair or desperation? Is it worth asking God for wisdom even if you're unsure what kind of wisdom you need?



Insight

Perhaps the first wisdom to ask God to give you is wisdom to know what kind of wisdom you lack, and He can provide it. (This uses a feedback loop, just like before in Month 3, Week 4.)





Gratitude

Remember a small, insightful thought. Give thanks for that moment. If none comes to your mind, give thanks for moments of insight that you have experienced and moments of insight that henceforth you will experience.

Prayer

Pray to God to help you remember to earnestly seek His guidance.



Realization

Earnestly seeking God's guidance doesn't need to be a big thing like a burning bush. His guidance is likely to be in small things that light your way, like breadcrumbs that lead you out of a forest of danger into a pasture of peace.

Faith Recovery Journal
Extended Sample.
Not for resale.

Month: 03 Day: 05 Week: 05

Trusting God in Uncertainty

Replacing Doubt with Faith



Scripture

Immediately the boy's father exclaimed, 'I do believe; help me overcome my unbelief!' (Mark 9:24)



Reflection

What does the verse above suggest about unbelief?



Insight

God's bounty doesn't stop even when those with only a little of it sincerely ask Him to strengthen their faith.





Gratitude

Consider a hard thing that came into your life. Did you feel betrayed by God? (Honesty is the best policy.) However, do you still have faith in God? Give sincere thanks for God's grace in helping you sustain your faith. Amen!

Prayer

Pray for even stronger faith to trust in God's plan.



Realization

As you slowly begin to realize that hard things are gifts from God, your faith in God naturally strengthens, replacing doubt with a wry smile and the beginning of real wisdom. (A little smile is good enough, for now.)

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Month: 03 Day: 06 Week: 05

Trusting God in Uncertainty

Celebrating Small Victories



Scripture

The Lord has done great things for us, and we are filled with joy. (Ps. 126:3)



Reflection

What small things—tiny victories—have you recently experienced that you can celebrate?



Insight

If you let it, recognizing and celebrating the small things will help you shift your focus from despair to gratitude.





Gratitude

Think of a small thing you noticed today that you can celebrate, if not for you, then for another. Give sincere thanks for that small victory (your notice of it, not the thing itself.) **That you now see small things is the victory**, a firm step on the road to healing, hope, and restoration. Congratulations!

Prayer

Pray for wisdom to recognize and celebrate God's handiwork in your life.



Realization

Despair is a burning ember of pain held prisoner in your heart. Let it go! Surrender it to God without fear. He will hold it safe for you until—when you no longer need it—you are ready, willing, and able to let go of it entirely.

Faith Recovery Journal
Extended Sample.
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Month: 03 Day: 07 Week: 05

Trusting God in Uncertainty

Reflecting on God's Faithfulness



Scripture

I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations.
(Ps. 89:1)



Reflection

Think of at least one way God has kept faith with you here and now.



Insight

Remembering and contemplating God's faithfulness will strengthen your trust in Him, replacing doubt with certainty, fear with courage, and despair with hope.





Gratitude

Give thanks for God's faithfulness, which you recognized in the Reflection exercise.

Prayer

Pray for sensitivity to notice and acknowledge God's faithfulness to you daily.



Realization

Noticing how God has "got your back" is a surefire way to strengthen your trust in Him and to have confidence in His plans for you. There is no need for blind faith once you begin to notice the steady stream of small things that He always sends to guide you.

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Reflection and Contemplation - Month 03

Reflections for Day 1

Take a moment to review the past month. How often did you intentionally turn to your journal to seek God's guidance, reflect on His Word, or process emotions in His presence? Celebrate the times you showed up, even if they were infrequent. Think about what has helped you stay connected to your journey of renewal.

Reflections for Day 2

Look back on any insights you gained through journaling. What victories, however small, have encouraged you in your journey toward restoration, reminding you of God's faithfulness? Were there challenges or moments when you felt stuck? Embrace those lessons as stepping stones, not setbacks.

Reflections for Day 3

Think about the months ahead and how you can make journaling a steady part of your life. What simple adjustments could help you stay consistent? Lean on God's strength as you commit to growing in faith and continuing your journey to healing, hope, and redemption.





Contemplation

Month: 10 Day: 01 Week: 01

God's Design for Your Resilience

The Holy Spirit's Help in Weakness



Scripture

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. (Rom. 8:26)



Reflection

"Wordless groans," or, in other words, "speaking directly from your heart." Have you ever thought of praying that way, simply sitting in silence, ruminating on your difficulties, your misery, or whatever else ails you, and letting the Spirit carry your messages to God the Father?



Insight

The Spirit's intercession through "wordless groans" reveals that your deepest prayers don't require eloquent words, but rather, they require an honest heart. When you're too overwhelmed to articulate your needs, the Spirit translates your silence, sighs, and spiritual anguish into perfect prayers that reach the Father's heart.





Gratitude

Affirmation: *I was not created to collapse, I was designed to endure. God has given me His Spirit to strengthen my weakness, His wisdom to anchor my steps, and His Son to show me the way. Thank God for His Spirit, who strengthens you when you are weak.*

Prayer

Pray for great sensitivity to the Spirit's work in your life. Being truly sensitized to His work is more than halfway to recognizing God's immediate presence with you throughout your waking day.



Realization

When you feel too weak to pray, simply sit quietly before God. The Spirit translates your sighs, tears, and silent struggles into perfect prayers. This week, practice "wordless prayer." Spend a few minutes each day just being present with God. Let Him hear your heart without forcing words between you and Him.

Faith Recovery Journal
Extended Sample
Not for resale.

Month: 10 Day: 02 Week: 01

God's Design for Your Resilience

God's Transformative Power



Scripture

You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives. (Genesis 50:20)



Reflection

Though it is unreliable to claim that the Enemy sent your big thing, nevertheless, it is more than likely—in fact, almost certain—that he would have made an effort to exploit your misery for his twisted purposes. True or false?



Insight

If you let it, God's redemptive power ensures that even when the Enemy tries to exploit your pain, with the grace of the Spirit, you can jiu-jitsu your suffering into a beatific faith. Then, what the Enemy wanted you to feel is senseless hurt becomes a purposeful healing, turning your deepest wounds into the very sources of hope and restoration for you and for others!





Gratitude

Affirmation: *I was not created to collapse, I was designed to endure. God has given me His Spirit to strengthen my weakness, His wisdom to anchor my steps, and His Son to show me the way. God can transform even your hardest circumstances into blessings; you need but **sincerely** ask Him. Isn't this a thing of wonder for which to give honest praise and thanks?*

Prayer

Pray for those who God favors because they earnestly seek Him. Let the testimonies they hear—including your own—touch them deeply. Amen.



Realization

When you're speaking to people about your experiences as a member of God's family, don't overthink it. Simply share how God met you in your darkness, then let go of any expectations. Your obedience to testify becomes God's tool for someone else's breakthrough, and that is good enough.

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Month: 10 Day: 03 Week: 01

God's Design for Your Resilience

Finding Strength in God's Wisdom



Scripture

For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.
(1 Cor. 1:25)



Reflection

You've learned about God's strength and how to access it, but knowledge without application remains powerlessness. How are you actively using any spiritual resilience you've gained? Are you still in "learning mode," or are you ready to step into "living mode," where God's strength becomes your daily reality rather than just an intellectual concept?



Insight

During the drawing-in phase of this journey (Inspiration), you met this concept of God's strength, and you internalized it by seeking to understand **how** to take advantage of God's power. Now, it is time to Express that understanding in the world. No longer to acquire resilience, but to **boost** it by using it daily. (Practice makes perfect.)





Gratitude

Affirmation: *I was not created to collapse, I was designed to endure. God has given me His Spirit to strengthen my weakness, His wisdom to anchor my steps, and His Son to show me the way. God has thus far guided and upheld you with perfect wisdom and strength through every step of this journey because here you are! Isn't that worth giving thanks for?*

Prayer

Pray for the humility to rely on God's wisdom rather than your own. Importantly, pray for the ability to recognize the difference!



Realization

Henceforth, when facing decisions, ask yourself, "What would trusting God's wisdom look like here?" before asking, "What makes sense to me?" Practice the phrase "God, I don't understand, but I trust You." His strength is most evident when your logic reaches its limits. Continue to practice "wordless prayer."

Faith Recovery Journal
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Month: 10 Day: 04 Week: 01

God's Design for Your Resilience

The Spirit as Your Guarantor



Scripture

Now the one who has fashioned us for this very purpose is God, who has given us the Spirit as a deposit, guaranteeing what is to come. (2 Cor. 5:5)



Reflection

How has the Spirit equipped and prepared you for your challenges in life? Have you noticed increased resilience since beginning your journey? In particular, how are you **expressing** resilience in the daily hubbub of your life?



Insight

The Spirit is God's down payment on your future transformation; do not relegate Him to a comforting presence, a spiritual comfort blanket. As you express resilience daily, you're experiencing a foretaste of the complete strength and wholeness God has planned for you, and your growing capacity to handle life's challenges is proof of His faithful work within you.





Gratitude

Affirmation: *I was not created to collapse, I was designed to endure. God has given me His Spirit to strengthen my weakness, His wisdom to anchor my steps, and His Son to show me the way. It is right and proper that with today's insight, you thank God for the gift of His Spirit, who empowers and assures you of God's promises.*

Prayer

Today, pray generously for all mankind; add loudly to the chorus of voices that pray for humans to gain a deeper awareness of God's Spirit in their lives, a knowledge that can only result in a better world.



Realization

God's Spirit within you is His "down payment" on your eternal future. When anxiety strikes, remind yourself: "God has invested His Spirit in me. He will complete what He started." Throughout your day, pause to acknowledge the Spirit's presence with simple phrases like "You are with me." Continue to practice "wordless prayer."

Faith Recovery Journal
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Month: 10 Day: 05 Week: 01

God's Design for Your Resilience

Jesus' Resolute Determination



Scripture

As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem. (Luke 9:51)



Reflection

Reflect on Jesus's unwavering determination to fulfill God's purpose, even knowing the challenges ahead. Have you, by God's grace, found similar strength from your journey to face difficult situations with courage? How are you expressing that resilience daily?



Insight

Jesus's "resolute" determination wasn't born from human willpower but from complete surrender to the Father's will. As you grow in your journey to renewal and restoration, you will discover that true courage isn't the absence of fear, it's moving forward despite it. Notice how your daily expressions of resilience mirror Christ's own steadfast obedience.



Gratitude

Affirmation: *I was not created to collapse, I was designed to endure. God has given me His Spirit to strengthen my weakness, His wisdom to anchor my steps, and His Son to show me the way. Jesus's example of resilience is yet another gift from your masterful savior. Give thanks where it is due.*

Prayer

Ask God for ordinary courage to face ordinary challenges in your life and for extraordinary courage to face extraordinary challenges in your life. Ask that faith underpins your every ounce of courage, with gratitude as a steadfast companion of that faith.



Realization

Identify one challenging situation you've been avoiding. Like Jesus heading to Jerusalem, "resolutely set out" toward it this week. Take a concrete step forward, trusting that God will provide strength for each step. Do not put off this practice. This is a vital part of "Expression." Continue to practice "wordless prayer."

Faith Recovery Journal
Extended Sample
Not for resale.

Month: 10 Day: 06 Week: 01

God's Design for Your Resilience

Trusting God's Purpose Over Your Plans



Scripture

Many are the plans in a person's heart, but it is the Lord's purpose that prevails. (Prov. 19:21)



Reflection

When you see that your plans may be frustrated because they clash with God's plan, you are more likely to surrender to God's will and accept the inevitable. But how often do you consider the possibility, and how often do you consult the Spirit for guidance so you can tell the difference?



Insight

The tension between your plans and God's purpose is a spiritual compass, not a design flaw. When you regularly consult the Spirit before making plans, you develop discernment to recognize when frustration signals redirection rather than failure. Surrender becomes easier when you're already walking in step with His guidance.





Prayer

Realization

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Month: 10 Day: 07 Week: 01

God's Design for Your Resilience

Jesus Knows Your Weaknesses



Scripture

He is able to deal gently with those who are ignorant and are going astray, since he himself is subject to weakness.
(Heb. 5:2)



Reflection

You have received your hard gift, your big thing, and you have learned to accept it, though you may still struggle to give sincere thanks for it. Your thoughts must now turn to its significance: What does it mean? What should you infer as the correct interpretation of the perfect gift? After all, **God does not offer suffering as a gift; He offers His holy gift through suffering.**



Insight

Your "hard gift" isn't the suffering itself; that wouldn't make sense because it would be suffering for its own sake. Instead, the gift is what God births through the suffering. The significance isn't in the trial but in how it becomes the vessel through which God delivers His perfect, holy gift to you.





Gratitude

Affirmation: *I was not created to collapse, I was designed to endure. God has given me His Spirit to strengthen my weakness, His wisdom to anchor my steps, and His Son to show me the way.* Today, give your heartfelt thanks for the things that you hold dearest to you. Those are special thanks indeed.

Prayer

Pray for a heart of compassion that you may not only show compassion to others but also, importantly, to yourself. If you have any underlying feelings of guilt, release them **today**. God knows best.



Realization

Jesus understands your struggles because He experienced weakness too. This week, extend the same gentleness to yourself that Christ shows you. When you fail or feel weak, say aloud: "Jesus understands my struggle and loves me in spite of it." Conclude this week's **daily** practice of "wordless prayer." (But, of course, return to it whenever you feel it appropriate.)

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Month: 10 Day: 01 Week: 02

Developing a Resilient Spirit

Focusing on the Eternal



Scripture

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Cor. 4:18)



Reflection

Yes, you have received your hard gift, your big thing, and you have learned to accept it, though you may still struggle to give sincere thanks for it. Your thoughts must now turn to its significance: What does it mean? What should you infer as the correct interpretation of the perfect gift? After all, **God does not offer suffering as a gift; He offers His holy gift through suffering.**



Insight

When you shift your focus from your misery to eternal purpose, the meaning of your hard gift becomes clearer. What feels overwhelming at the moment carries eternal weight that you can't yet fully see. Your struggle to thank God for your big thing is natural—don't worry, God knows it well—yet you're learning to see with spiritual eyes rather than earthly ones. Hallelujah!



Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. Thank God for His eternal promises and for the assurance that life's difficulties are only temporary.

Prayer

Pray for a steadfast heart to trust in God's unseen plans. Pray that your steadfast, trusting heart will find true, deep peace and honest, sincere, faith-based joy. Amen.



Realization

Whatever your suffering, though it comes with the gift, it isn't itself the gift. Instead, God's mercy, presence and purpose through your loss is the gift. This week, when considering your big thing, ask: "What eternal truth has God revealed to me?" Write down at least one way your trial and this journey have drawn you closer to Him. Focus on that, not on the pain itself.

Month: 10 Day: 02 Week: 02

Developing a Resilient Spirit

Perseverance and the Crown of Life



Scripture

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.
(James 1:12)



Reflection

What is the "crown of life"? Does the promise of a "crown of life" feel real or abstract, and how—if at all it does—do you distinguish between merely enduring hardship and truly persevering with faith?



Insight

The "crown of life" means the divine life that grows within you as you persevere with faith. It differs markedly from mere endurance, which is where you just grit your teeth and hope to survive. True perseverance opens your heart and lets God's love flow through your trial. This isn't merely surviving; it's transformation, as promised, into His likeness.



Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. Thank God for the trials that strengthen your spirit and for His promise of eternal life.

Prayer

Pray for endurance to persevere in your faith. This is a simple, but vital prayer. Really mean it.



Realization

Perseverance is active faith that keeps moving forward. It is NOT passive endurance. This week, identify one area where you'd love to change, but it's been hard, and you're close to giving up. Each day, take ONE small step forward in that area daily, remembering that each step builds the spiritual muscle God rewards with eternal life.

Faith Recovery Journal
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Month: 10 Day: 03 Week: 02

Developing a Resilient Spirit

Learning Obedience Through Suffering



Scripture

Although he was a son, he learned obedience through what he suffered. (Heb. 5:8)



Reflection

Even Jesus, God's perfect Son, learned obedience through suffering: His human experience of pain deepened His understanding of what it means to trust and submit to the Father's will. Your suffering isn't meaningless either, it's the classroom where your faith gets tested, refined, and ultimately, made stronger. Trust grows not in comfort but in a crucible of fire.



Insight

If Jesus needed suffering to learn obedience, then **your trials aren't evidence of God's absence but of His refining presence**. Your pain becomes sacred when you recognize it as the same classroom in which the Father perfected the Son's humanity. The crucible that feels like punishment is actually the forge strengthening your trust and faith.





Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. If you have felt God's faithfulness in providing you with strength and guidance, then give thanks accordingly. If not, thank Him for your trust, which you've affirmed continues.

Prayer

Pray for wisdom to recognize God's guidance and the insight to find hope in His faithfulness. Pray especially hard if you haven't felt God's faithfulness. Ask for the Spirit to imbue you with the grace to feel God's comfort at last. Finally, ask God to send you a human guide to walk with you part of the way. Amen.



Realization

Your pain isn't wasted, it's an education. Even Jesus learned obedience through suffering. Let suffering be your teacher, not your enemy, and thereby, transmute hardship into spiritual gold! With God's grace, you absolutely can do it. Don't forget to take another small step to deal with your difficulty! God be with you. Amen.

Faith Recovery Journal
Extended Sample
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Month: 10 Day: 04 Week: 02

Developing a Resilient Spirit

Embracing Trials as Part of Faith



Scripture

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. (1 Pet. 4:12)



Reflection

When your big thing first happened, were you genuinely surprised, or did part of you always know that suffering was inevitable? If the latter, you are different because most people are entirely blindsided because, somehow, they think they are immune to disaster. Has accepting trials as "normal" rather than "strange" now changed your response to them?



Insight

Recognizing trials as normal rather than strange shifts you from being a victim to a participant in God's refining process. When you stop being surprised by suffering, you will automatically focus on what God is accomplishing through it rather than fight its existence. This acceptance transforms your response from reactive despair (even rebellion) to faithful endurance.





Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. Give thanks to God Almighty for His work in refining your life and for the strength He has granted you during the fieriest of your trials. (You know you're strong: you're still here!)

Prayer

Pray for courage to face life's challenges with faith, resilience, increasing trust in God, and, just as importantly, a deep sense of joy in realizing that you've not only survived, you're even growing and prospering spiritually.



Realization

Prevent yourself from being surprised by hardship; expect it as part of following Christ. Do **not** allow trials to become interruptions to your faith; that only suits the Enemy. When you realize that trials **are** the journey, the Enemy has lost, and you've won. It's that simple! Don't forget to take another small step to deal with your difficulty! God be with you. Amen.

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Month: 10 Day: 05 Week: 02

Developing a Resilient Spirit

The Testing of Faith Produces Steadfastness



Scripture

for you know that the testing of your faith produces steadfastness. (James 1:3)



Reflection

When your big thing tests your trust in God, it isn't punishment; it's preparation. The deep-rooted strength you're gaining from knowing God's character and keeping that knowledge constant even in the event of your big thing is what births steadfastness. Now, know and understand your testing always had a divine purpose!



Insight

God doesn't do random testing! Every test is precision-designed and perfectly built for the specific steadfastness you need. The strength you're developing through your big thing isn't only helping you spiritually; it's preparing you for the divine purposes God has ahead. Every moment of testing is investment in your spiritual maturity.





Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. God has given His solemn promise and assurance that even your hardest challenges have a greater purpose. Even if it is only a small comfort, still, He didn't have to say so. Give thanks howsoever you see fit.

Prayer

Pray for peace. A deep, abiding peace. A peace so profound that it permeates every fiber of your being, body and soul. A peace so overflowing that it spills out of you into those you meet, into your community. Pray for such peace, and give thanks to the Lord for He is capable of granting such things.



Realization

Your "big thing" is God's training program for unshakeable faith. Continually remind yourself: "God is helping me to build my steadfast faith." **Today**, write one way your big thing has made you spiritually stronger. Trust that current trials have the same divine purpose. Don't forget to take another small step to deal with your difficulty! God be with you. Amen.

Month: 10 Day: 06 Week: 02

Developing a Resilient Spirit

Strength and Courage in God's Presence



Scripture

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. (Josh. 1:9)



Reflection

When God commands you to "be strong and courageous," you can either see it as He's making an impossible demand or that He is issuing you with an invitation to tap into His strength. Either way, what concrete practices do you actually use to remind yourself of God's presence when discouragement, anger, fear, and loathing threaten to overwhelm you?



Insight

When your emotions feel out of control and about to consume you, that is the exact moment you need to remember God and turn to His presence as your anchor point. The concrete practices you develop to remember His nearness transform His command from impossible demand into accessible reality.





Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. Thank God for His constant presence and for giving you the strength to be courageous in difficult moments.

Prayer

Pray for that particular instinct to turn to God in moments of stress so that you have the boldness to face challenges with faith-driven, God's-presence courage.



Realization

God's command to "be strong and courageous" is more than a suggestion; it's an order He backs up with His presence. Here's the truth: God is with you wherever you go. Allow His presence to make your courage not just possible but inevitable. Don't forget to take another small step to deal with your difficulty! God be with you. Amen.

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Month: 10 Day: 07 Week: 02

Developing a Resilient Spirit

From Suffering to Hope Through Perseverance



Scripture

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance. (Rom. 5:3)



Reflection

In view of your big thing, can you honestly say you "glory" in your sufferings, or would that feel fake, insincere? Despite your answer, what evidence, if any, have you observed in yourself of increased perseverance this far into your journey? If you have seen progress, are you not yet grateful for it?



Insight

"Glorying" in suffering must not mean pretending to feel joy about pain, that would be insincere and deceitful. Instead, it means recognizing the divine alchemy happening within you. When gratitude feels forced, find something else to be grateful for. In the end, the perseverance you're developing is real evidence of God's work, whether you feel grateful for it yet or not.



Gratitude

Affirmation: God is training my spirit through every trial. I will persevere with courage, obey with trust, and fix my eyes on what will last forever. Today, find your own reasons to be grateful to God. **Then, in a new practice, find reasons to be cheerful.**

Prayer

Pray for honesty to be totally sincere before God—it is easy! Yet, it is slightly ridiculous to try to hide the truth from God since He is All-Seeing, All-Knowing. Pray to be able to stand spiritually naked before Him, that He may bring you to full restoration, which so happens to be your ultimate goal in taking this journey!



Realization

When you are spiritually advanced, you will understand that, paradoxically, suffering is where hope and faith begin. **Today**, trace the path: identify how one past trial led to perseverance, which built your character, which produced hope, which led to faith. Always trust this process. Don't forget to take another small step to deal with your difficulty! God be with you. Amen.

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Month: 10 Day: 01 Week: 03

God's Strength as Your Source of Resilience

Finding Comfort and Peace in God's Strength



Scripture

Finally, be strong in the Lord and in his mighty power.
(Eph. 6:10)



Reflection

Reflect on how God's strength can bring you comfort and joy, even in weakness. How can you lean on Him today for guidance and hope?



Insight

God's mighty power could be your daily source of comfort and joy. You don't have to ignore it until you hit a crisis. Even your day-to-day activities in the hullabaloo of life get more manageable when you depend on His strength, and you'll find that what once was weakness becomes the very place where His power shines brightest.





Gratitude

Affirmation: When I am weary or afraid, I will draw strength from God alone. His Word will sustain me, His Spirit will comfort me, and His power will carry me through. God has revealed a path for finding comfort and peace in His quiet strength. Isn't that worthy of giving thanks?

Prayer

Pray for clarity in following God's path, a clarity that leads to faith-based self-confidence and quiet assurance. God knows this would be a firm foundation of your peace. Amen.



Realization

Make accessing God's strength a daily habit. This week, before starting each day, pause and say: "Lord, I choose Your strength over my own today." Journal whether or not you find ordinary tasks become more manageable when you consciously depend on His power from the start—but with total honesty.

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Month: 10 Day: 02 Week: 03

God's Strength as Your Source of Resilience

Seeking God's Strength



Scripture

Look to the Lord and his strength; seek his face always.
(1 Chron. 16:11)



Reflection

You have received your hard gift, your big thing, and you have learned to accept it, though you may still struggle to give sincere thanks for it. Your thoughts must now turn to its significance: What does it mean? What should you infer as the correct interpretation of the perfect gift? After all, God does not offer suffering as a gift; He offers His holy gift through suffering.



Insight

Seeking God's face "always" means pursuing His presence—especially when the pain of your big thing stings worst and feels most meaningless. This is the exact moment when your habit of seeking His strength must flow automatically, instinctively, and naturally so you don't relapse into the maw of depression, anger, despair, or even rebellious thoughts of "Why me?"



Gratitude

Affirmation: When I am weary or afraid, I will draw strength from God alone. His Word will sustain me, His Spirit will comfort me, and His power will carry me through. You're still here, steadfastly and doggedly, in the 10th month of your difficult journey. Truly, God has been with you. There's a thing to give earnest thanks for!

Prayer

Pray for a mind, heart, and soul that consciously and consistently turns to God for strength and for the instinct and desire to develop a deeper reliance on Him.



Realization

This week, when challenges arise, resist your first instinct to handle things alone. Instead, immediately pray: "Lord, I need Your strength for this." Continue to journal whether or not you find ordinary tasks become more manageable when you consciously depend on His power from the start. Do so with total, even brutal honesty.

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Month: 10 Day: 03 Week: 03

God's Strength as Your Source of Resilience

Trusting in God as Your Helper



Scripture

I lift up my eyes to the mountains—where does my help come from? (Ps. 121:1)



Reflection

What practical steps have you taken to measure whether God's help is making an actual difference in your situation? Thinking of the past 24 hours, what specific evidence would you point to that shows His assistance is real rather than wishful thinking?



Insight

Even if you feel that God's help feels invisible, the mere fact you're still seeking Him proves His sustaining grace is already at work. Sometimes, His assistance isn't dramatic intervention but quiet endurance; yet, you're still here, still questioning, still hoping despite everything. Your continued search for evidence is itself evidence of His presence keeping your faith alive.



Gratitude

Affirmation: *When I am weary or afraid, I will draw strength from God alone. His Word will sustain me, His Spirit will comfort me, and His power will carry me through. Again, you're still here, still fighting, still doing the work (well done!), still questioning, still hoping, despite everything. There is much to be grateful for in that!*

Prayer

Pray for keener discernment, for sharper spiritual eyes, the better to see God's handiwork not just in your life, but **in the lives of those around you**. Yes, sometimes, you can be so wrapped up in your affairs that you don't notice the help you're getting. Looking at the lives of others often helps with that odd myopia.



Realization

The Creator of the entire universe (!) is personally invested in helping you. This week, find a moment to look up—literally—and remind yourself: "My help comes from the Lord." Continue to journal whether or not you find ordinary tasks become more manageable when you consciously depend on His power from the start. Do so with total, even brutal honesty.

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Month: 10 Day: 04 Week: 03

God's Strength as Your Source of Resilience

The Comfort of God's Ever-Present Spirit



Scripture

Where can I go from your Spirit? Where can I flee from your presence? (Ps. 139:7)



Reflection

Given that God's Spirit is always with you, how do you practically train yourself to become more aware of His presence throughout your day with specific steps and actual, concrete, practical activities to help you tune into that reality?



Insight

If you haven't any practical ways to remind yourself of God's presence, consult Him. Then, under the Spirit's guidance, search online, ask Christians around you, or check your local library. Or even keep your ears open when you're with strangers because, truly, the Lord moves in mysterious ways. Fear not; the answers **will** come!





Prayer

Realization

Starting now, when you feel anxious, repeat to yourself: "You are here with me, right now." Practice this often: during commutes, before meetings, and in quiet moments. He is always near you. Continue to journal whether you have found ordinary tasks becoming more manageable now you consciously depend on His power. Do so with total, even brutal honesty.

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Month: 10 Day: 05 Week: 03

God's Strength as Your Source of Resilience

God's Power Made Perfect in Your Weakness



Scripture

For the sake of Christ, then, I am content with weaknesses ... for when I am weak, then I am strong. (2 Cor. 12:10)



Reflection

When you reach a breaking point, do you naturally try harder to fix things yourself or recognize it as a potential breakthrough moment for you to lean on God's strength? If the former, as you begin to approach the end of your year-long journey, what benefits can you think of to switch to the latter strategy instinctively?



Insight

Your breaking points can become your breakthrough points if only you'd do the work and surrender to God's will. When you let go of self-reliance and lean on God, that's when His strength proves most available and unassailable.





Gratitude

Affirmation: When I am weary or afraid, I will draw strength from God alone. His Word will sustain me, His Spirit will comfort me, and His power will carry me through. Thank God for guiding you, for His faithfulness in helping you through your challenges, and for His patience with you for your weaknesses.

Prayer

Pray for wisdom to delight in God and to find joy in the assurance of His steadfast guidance.



Realization

Henceforth, whenever you hit a wall, stop and pray: "God, I can't do this, but You can." Let weakness become your doorway to His unshakeable strength. **Surrender opens what self-effort closes!** Continue to journal whether you have found ordinary tasks becoming more manageable now you consciously depend on His power. Do so with total, even brutal honesty.

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Month: 10 Day: 06 Week: 03

God's Strength as Your Source of Resilience

Strength from God's Word in Weariness



Scripture

My soul is weary with sorrow; strengthen me according to your word. (Ps. 119:28)



Reflection

Reading the Bible is one thing, but doing it with systematic intentionality is another. When you're bone-deep weary from your sadness, what specific verses or biblical truths have you found and set aside to give you strength and resilience—not just momentary comfort—and how do you **apply them practically**?



Insight

A weary soul demands something other than casual Bible reading. It requires spiritual toolkit with specific verses as your tools. When grief exhausts you, use verses you've deliberately memorized, which have become automatic responses to strengthen you when needed. God's word will then work immediately and without much, or any, conscious effort.



Prayer

Realization

Scripture is God's strength delivered to your weary soul. Choose a verse that encourages you, write it down, and carry it with you wherever you go. When soul-weariness hits, read it aloud as a prayer. God's Word will be your spiritual energy drink when your soul feels depleted. Continue to journal whether you have found ordinary tasks becoming more manageable now.

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Month: 10 Day: 07 Week: 03

God's Strength as Your Source of Resilience

Courage and Comfort in the Darkest of Times



Scripture

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. (Ps. 23:4)



Reflection

Are you actively walking through the darkest valley, or have you subconsciously set up camp there? Are you holding onto your pain as if it were a burning cup you refuse to set down even though it's burning you?



Insight

Walking implies movement and a destination, but camping implies stasis. If you are not heading through and past your pain, then you're making a home in it for yourself. God means His rod and staff to guide you forward, not to make you comfortable in suffering. Sometimes, the greatest act of faith is loosening your grip on familiar pain and trusting Him to lead you.



Prayer

Realization

God doesn't watch you from a distance stumbling through your darkest valley; he walks right beside you. Remember, you've attested: "You **are** with me," and you're perfectly correct: you'll never walk in darkness alone. Finish journaling whether you found ordinary tasks become more manageable now you consciously depend on His power. Be totally, even brutally honest.

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THANK YOU FOR READING THIS EXTENDED PREVIEW

If these nine weeks brought you even a small measure of comfort, clarity, or hope, I would be deeply grateful if you would leave an honest review on Amazon for the complete Faith Recovery Journal.

Your words will help other grieving brothers and sisters decide whether this year-long program is right for them.

This sample contains extracts from the ~800-page, 2-volume full journal Deluxe Edition. You can find all six volumes in three editions here:

Volume 1 (Months 1-6) - > [Deluxe Edition, Volume 1, at Amazon.com](#)

Volume 2 (Months 7-12) - > [Deluxe Edition, Volume 2, at Amazon.com](#)

(Scroll down the page to see other editions.)

Direct link to all editions on my website:

[Get the journal direct from my website.](#) (Usually, it will be more cost effective for UK residents.)

Thank you, and may the Lord continue to hold you close.

— T Bowyer

FAITH RECOVERY JOURNAL PREVIEW EDITION

A 132-page extended sample

9 weeks include:

Weeks 1, 2, 3: journal structure and format

Weeks 11, 12, 13: from foundational work onward

Weeks 40, 41, 42: reintegrating with a normal life

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