

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.

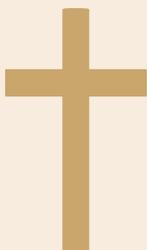
See the Full Arc: Gain insight into the beginning, middle, and near-end stages of recovery to confirm the journal's long-term suitability for your needs.

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.



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?



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.



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.



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.



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.



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.



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.



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.



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.



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.



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.



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.



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?



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?



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.



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.



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.



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.



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.



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.



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.



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.



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 perform turn away from your own mourning. In other words, community takes you out of yourself and your narrow corridors of both joy and sorrow.



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.



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.
Not for resale.

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.



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.



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.



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.



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.



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.



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?



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).



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.



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.



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.



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.



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.

Faith Recovery Journal
Extended Sample
Not for resale.

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 powerless. 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
Extended Sample
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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.



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
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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.





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's perfect purpose and plans for you are always for your good. Always! Knowing that now, can you not give sincere thanks for even your big thing?



Prayer

Pray for trust in God's plan, especially for your big thing. It is critical that you now see your big thing for what it truly is: a part of God's perfect plan for you. Amen.



Realization

Practice the prayer: "Lord, I prefer my plan, but I trust Your purpose." When your plans get disrupted this week, pause and ask, "How might God be redirecting me for good?" Write down one way you'll hold your plans more loosely and trust God's timing more fully. This is a crucial week whose exercises are **vital**. Continue to practice "wordless prayer."

Faith Recovery
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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.)

Faith Recovery 101
Extended Sample
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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.

Faith Recovery Journal
Extended Sample
Not for resale.

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
Extended Sample
Not for resale.

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.



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.

Faith Recovery Journal
Extended Sample
Not for resale.

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.

Faith Recovery Journal
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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.



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.

Faith Recovery Journal
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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.

Faith Recovery Journal
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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.



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!



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.



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.



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.



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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