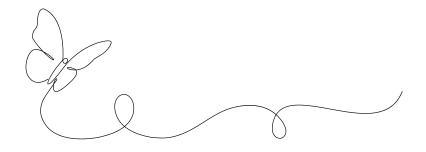
HOPE IN THE HEALING COMPANION JOURNAL



Brianna Barrett

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"I will give you back your health and heal your wounds,' says the Lord." Jeremiah 30:17a NLT

	What do you need to release to the Lord today?
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Who can you ask to join you in prayer today over thi situation?



"Let all that I am praise the Lord; with my whole heart, I will praise his holy name. Let all that I am praise the Lord; may I never forget the good things that he does for me. He heals all my sins and heals all my diseases." Psalm 103:1-3 NLT

Today, let's turn our worries, stresses, and complaints

into gratitude. Let's thank God for the healing so far and the healing to come by writing out a prayer today that thanks Him for His goodness.

Reflecting on your journey. Look at where you started and where you are now. Can you see progress?



"For I know the plans I have for you,' says the Lord.
'They are plans for good and not for disaster, to give
you a future and a hope. In those days when you
pray, I will listen. If you look for me wholeheartedly,
you will find me."

Jeremiah 29:11-14 NLT

Have you experienced something similar, when you were frustrated in the moment but later found out God was protecting you? What happened?





"You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." Psalm 56:8 NLT

What are you holding back from God?

What characteristic of God brings you the mos comfort?	t
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"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock." Isaiah 26:3-4 NLT

What is your pain level today?		

Is your pain emotional, mental, spiritual, physica or relational? I encourage you today to seek out El Olam and turn over your pain to Him.		



"Give all your worries and cares to God, for he cares about you."

1 Peter 5:7 NLT

Which is better for you, drawing out a cross or

visualizing it?		





"Yet what we suffer now is nothing compared to the glory he will reveal to us later." Romans 8:18 NLT

What are you looking forward to?

What are ten things that you are thankful for? (I bet you can name more than ten pretty easily).

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"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Isaiah 41:10-11 NLT

How long have you endured pain?

Are your treatments working? Are you tired and weary from the pain and treatments?

What changes could you discuss with your doctor to make things better for you?		



"If I must boast, I would rather boast about the things that show how weak I am." 2 Corinthians 11:30 NLT

What fear is holding you hostage today?

When do you feel closest to God?



"And so, Lord, where do I put my hope? My only hope is in you." Psalm 39:7 NLT

you?

where n mind:	do you see God working on you? (Change set, physical healing, change of heart, etc



"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:6-7 NLT

What are you worried about today?	
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What truth can you use to combat worry?



"All right then, the Lord himself will give you the sign. Look! The virgin will conceive a child! She will give birth to a son and will call him Immanuel (which means 'God with us')."

Isaiah 7:14 NLT

Where do you feel closest to God?

What is your favorite verse that brings you comfort? I have two that are my go-to passages: Psalm 23 and Psalm 91.				
Psaim 23 and Psaim 91.				



"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you."

Isaiah 43:2 NLT

Do you feel like you are walking on water or being
consumed by the storm?

Have you turned over your concerns to God
today? Look back at Day 6 and repeat the
exercise if there are things you need to
surrender at the foot of the cross.



"Give thanks to the Lord, for he is good! His faithful love endures forever." Psalm 136:1 NLT

Where is your hope today?				

What hard things are you facing? Beside each one, add a praise of thanksgiving.



"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones."

Proverbs 3:5-8 NLT

What causes you more sleepless nights? Is it that you mind won't shut down, you are experiencing pain, or			
something else?			

On those nights you are robbed of sleep, what you do to calm your mind?	dc



"A cheerful heart is good medicine, but a broken spirit saps a person's strength." Proverbs 17:22 NLT

Vhat circumstances have you bogged down today				

What would help you change your perspective today?



"Three different times I begged the Lord to take it away. Each time he said, "My grace is all you need. My power works best in weakness. So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. That's why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong. "

2 Corinthians 2:8-10 NLT

What is your thorn?

Have you asked	God to help you see your a different light?	thorn ir



"But blessed are those who trust in the Lord and have made the Lord their hope and confidence.

They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green and they never stop producing fruit."

Jeremiah 17:7-8 NLT

What is weighing heavily on you today?

What has left you feeling hurt that you need to ask God to heal?



"But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin." 1 John 1:7 NLT

oday is t	here somed like Jesus		love jus

Have you allowed Jesus into your heart? If not, what is holding you back from accepting the love and forgiveness of Jesus?



"For the word of God will never fail." Luke 1:37 NLT

When I'm h reading. Wh	naving a bad ich psalm a		

Who or what has failed you lately? How will you ask God to help you in this matter?



"Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise."

Hebrews 10:23 NLT

What does healing look like for you?

Which	one s	step c	an yo	ou tak oday?	e tow	ard yo	our l	nealing



"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 'So don't worry about tomorrow, for tomorrow will bring its worries. Today's trouble is enough for today."

Matthew 6:33-34 NLT

What are you worrying about today?

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Write a prayer telling God about the things on your mind.



"Abraham never wavered in believing God's
promise. In fact, his faith grew stronger, and in this
he brought glory to God. He was fully convinced
that God is able to do whatever he promises."
Romans 4:20-21 NLT
What are you waiting on God to do?

How long have you been waiting?



"So God has given both his promise and his oath.
These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us."

Hebrews 6:18 NLT

Who or what is your hope found in today?

Which of God's promises brings you comfort?



"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed." Psalm 34:18 NLT

What heartache have you experienced recently?

Have you told God how you are feeling and what is causing your struggles?



What brings you the most joy in life?



"What's more, I am with you, and I will protect you wherever you go. One day I will bring you back to this land. I will not leave you until I have finished giving you everything I have promised you."

Genesis 28:15 NLT

Where are you doubting God today?

Have you turned your doubt over to God, asking Him to help you believe?



"So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

Colossians 2:6-7 NIV

Where are you placing your faith today?

What action can	you take to turn your struggle over to God?



"So be strong and courageous, all you who put your hope in the Lord!" Psalm 31:24 NLT

What verse brings you comfort? Write it out here.

What verse brings you hope? Write it out here.



"For his anger lasts only a moment but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning." Psalm 30:5 NLT

	tion tak	

/hat joy	has your illnes	ss or situati	on brought you



"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect meeting together, as soon people do, but encourage one another, especially now that the day of his return is drawing near." Hebrews 10:24-25 NLT

Where are you placing your hope today?

Where do you see God working in your life?



"After preaching the Good News in Derbe and making many disciples, Paul and Barnabas returned to Lystra, Iconium, and Antioch of Pisidia, where they strengthened the believers. They encouraged them to continue in the faith, reminding them that we must suffer many hardships to enter the Kingdom of God."

Acts 14:21-22 NLT

Who encourages you in your hardships? Send them text or letter today thanking them for their encouragement and friendship.		

If no one came to mind, have you asked God to show you someone who will encourage you and support you?



"For every child of God defeats this evil world, and we achieve this victory through our faith." 1 John 5:4 NLT

What is your giant?

What would victory look like for you? Today I encourage you to read 1 John chapter 5 about the victory over suffering and death.



"My thoughts are nothing like your thoughts,' says the LORD. 'And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."

Isaiah 55:8-9 NLT

Have you experienced a time when God cancelled something but it was for your own good? Journal how
that made you feel then, and how looking back your
thoughts have changed.

them a text, email, call them. Let them know that God cares and so do you.



"The father instantly cried out, 'I do believe, but help me overcome my unbelief!" Mark 9:24 NLT

What are you struggling to trust God with today?

Where are you struggling to see God at work in your life? Pray asking Him to help you with your unbelief today.



"Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing."

1 Peter 3:8-9 NIV

How could					
b	urden of d	conceal	ing it fro	om others	?

Have you forgiven the person who hurt you? A God today to help you forgive.		



"Don't be dejected and sad, for the joy of the Lord is your strength." Nehemiah 8:10b NLT

what do you need strength for today?

comfort as you go through this battle?

Have you asked God for strength, peace, and



"Thereafter, Hagar used another name to refer to the Lord, who had spoken to her. She said, 'You are the God who sees me."

Genesis 16:13a NLT

Hagar. Journal through your feelings on the situation
Does knowing that God sees you change how you feel

What names of the Lord bring you comfort? (El Roi, Jehovah, Jehovah Rapha, etc.)



"I have fought the good fight, I have finished the race, and I have remained faithful." 2 Timothy 4:7 NLT

What can you do today to love someone well?

Which action step (read/study the Word, pray, or encourage others) do you struggle with? Which comes easy to you, and why?		
comes easy to you, and wny?		



"And be sure of this: I am with you always, even to the end of the age." Matthew 28:20b NLT

Do you have a verse for comfort to combat loneliness? Try memorizing Matthew 28:20b.



"All praise to God, the Father of our Lord Jesus
Christ. God is our merciful Father and the source of
all comfort. He comforts us in all our troubles so
that we can comfort others. When they are
troubled, we will be able to give them the same
comfort God has given us."

2 Corinthians 1:3-4 NLT

Where do you find comfort?

How can you use your chronic illness for good today?

Who can you bless today?

ABOUT BRIANNA

Brianna is a Carolina girl who loves Jesus and her family. She enjoys watching the sunrise, photography, reading, writing, and paddleboarding. According to her teenage son, she's a master chef in the kitchen, making gluten-free cuisine from around the world.

Her writing and photography have appeared in numerous publications including Faith On Every Corner, Creation Illustrated, and Our Story Magazine, and she is a contributor to The Grit and Grace Project, Candidly Christian, and Broken But Priceless: The Magazine where she writes the column, "From A Homemaker's Heart".

Check out her latest works at <u>www.briannagrams.com</u> and connect with her on <u>Instagram</u> or <u>Facebook</u>.











