

SPIRITUAL JOURNALING

MY HOPE

In the aftermath of loss, hope can be hard to find. Yet every rainbow begins with rain, and every sunrise brings a ray of hope for a better tomorrow. Is hope possible in the aftermath of losing a loved one? If so, where do we find it?

BEFORE MY LOVED ONE'S DEATH, MY DEFINITION OF HOPE WAS: _____

NOW MY DEFINITION OF HOPE IS: _____

THESE ARE THE THINGS I NOW HOPE FOR MYSELF: _____

THESE ARE THE THINGS I NOW HOPE FOR MY FAMILY: _____
