

I GIVE MYSELF PERMISSION TO GRIEVE

Today, I give myself permission to grieve.

I give myself permission to honor what has changed.

To miss what I've lost—whether people understand it or not.

To be kind to myself through the ache.

I will not compare my grief to anyone else's.

I will not minimize what happened.

I will not rush what needs time.

I will take the time I need to breathe, cry, pray, and heal—at my own pace.

And as I move through this season,

I am trusting God to be near—to collect my tears, to strengthen me and to remind me that He holds me through this season.

I am learning how to grieve and hope at the same time. Today, and every day, I allow myself to do both.