

HELD: How God Carried Me from Loss to Life

“I lost so much, but never lost the One who held me together.”

Use the acronym **H.E.L.D.** to reflect on how God is holding you in your current season.

H – Hurting but Honest

What losses or struggles are you being honest with God about right now?

E – Emptied but Embraced

Where do you feel empty, and how has God embraced you there?

L – Launched by Loss

What unexpected gifts or growth has come from your season of loss?

D – Delivered for a Deeper Purpose

How might God be calling you to use your story to help others?

Scripture Reflection: Psalm 34:18, Lamentations 2:19, Isaiah 41:10, 2 Corinthians 1:4, Romans 8:28, and Isaiah 66:13

Remember:

You don't have to have it all together—because you are HELD.