

Pressing Forward When Life Pushes Back

Weekly Take-Home Guides

These short guides are designed to help you keep practicing what you heard on Sunday, even when life gets busy (and it will). Choose one or two steps each week — this is about progress, not perfection.

Week 2 — When You're Hurting and Feel Alone

Scripture: Psalm 34:17–22

This Week's Focus

You do not have to hide your pain to be close to God.

Try This

- **Be honest with God.** Say out loud what hurts — no editing, no pretending.
- **Tell one safe person.** Share how you're really doing with someone you trust.
- **Write a short prayer.** Keep it in your phone or wallet and return to it this week.
- **Practice gentle care.** Do one kind thing for yourself each day (rest, walk, music, quiet).

Reflection Question

What pain have I been carrying quietly that I might need to bring into the light?

A Simple Daily Prayer

God, life is pushing back and I'm tired. Give me strength for today, hope for tomorrow, and courage to keep going. Amen.
