



PURPOSE IN PAIN

Reflections

*Gentle words for the journey — to keep, to return to, or
to share with someone who needs them.*



FINDING PURPOSE THROUGH PAIN

CHAPTER I

Faith & comfort

Where grief and faith meet — and the promise that you are not forgotten.

This month, may your pain not waste you, but shape you into...

Strength, peace, and deeper trust in God's timing.

You are held. You are seen. You are becoming.

Bring healing where hearts are hurting.

Bring unity where pain has created distance.

Bring hope into the spaces that feel heavy.

May love remain present even in sorrow, and may Your grace carry them.

Amen 🙏

Some days the weight feels heavier than words can explain.

Some days your heart feels tired from carrying so much pain, but even there, God is near.

Near to the tears.

Near to the grief.

Near to the silent battles no one else sees.

You are not abandoned in your brokenness.

The Lord is holding you gently through it all.

Today, let's encourage one another.

What's one quote or scripture that has carried you through difficult moments?

Drop it in the comment section, you never know who may need to read it today.

A scripture.

A quote.

A simple reminder that gave you strength when your heart felt heavy.

Words to anchor your soul today.

When you are navigating the heavy waves of healing, your internal dialogue matters.

Sometimes, we need to borrow a few gentle words until we can find our own again.

These affirmation cards were designed to be a soft place for your mind to land. Whether you are in a season of needing deep patience, rooted strength, or simply the grace to exist as you are, there is a message here for you.

Which card speaks to your heart right now?

You are strengthened, and you are held!

Remember, God is with you and for you. 

Your pain doesn't need a specific "reason" to be valid.

We often tell ourselves that unless it's a major life tragedy, we shouldn't be "this sad." But grief doesn't check for a death certificate before it moves in.

Whatever it may be, your heart is allowed to ache.

This is disenfranchised grief, the kind the world doesn't always bring flowers for, but the kind that requires just as much grace and healing.

If you are feeling the weight of a "quiet" loss today, know that we see you. Your mourning is not an overreaction; it is a reflection of what that person, role, or dream meant to you.

Which of these "hidden" losses have you experienced? Let's validate each other in the comment section 📌

There are parts of grief that many people don't see.

What people often don't understand is that grief doesn't follow a schedule.

It doesn't disappear after a few weeks.

It doesn't always look like sadness.

Sometimes grief looks like exhaustion.

Sometimes it looks like silence.

Sometimes it looks like trying to be okay when you're not.

And one of the hardest parts is feeling like the world expects you to move on, while your heart is still learning how to cope.

Grief is not something you "get over."

It's something you learn to carry.

That journey deserves patience, compassion, and grace.

Unlearn the pressure.

Give yourself grace.

There are so many expectations around grief and most of them are wrong.

If you've ever felt like you're grieving the "wrong way," this is your reminder: you're not.

You're human.

Healing is not a straight path.

It's not "better today, perfect tomorrow."

It's messy.

It's unpredictable.

It's human.

You can feel strong one day and completely overwhelmed the next.

And that doesn't mean you're failing.

It means you're healing.

Take your time.

Give yourself grace.

You're allowed to grow at your own pace.

This is a reminder that even when things don't change overni...

Ght, hope is still present.

Healing is still happening.

God is still working.

So if today feels ordinary or even heavy,

hold on to this truth:

Resurrection didn't erase the scars,

it gave them meaning.

You're allowed to still be healing.

Scripture: "Blessed be the God... who comforts us in all our troubles..." ~ 2 Corinthians 1:3-4

Good Friday reminds us that even Jesus sat in pain.

Betrayed.

Broken.

Wounded.

There was no rushing the process.

No skipping to the ending.

Just suffering and silence.

And maybe that's where you are too.

In the quiet.

In the questions.

In the weight of it all.

But this day reminds us of something powerful:

God is not absent in pain.

He is present in it.

So if today feels heavy, you don't have to fix it.

You don't have to force joy.

Just sit.

Just breathe.

Just be held.

Scripture: "My God, my God, why have you forsaken me?" ~
Matthew 27:46

Healing & hope

*Healing is not forgetting. It is learning to carry love forward,
gently.*

Healing is not a sign of weakness.

It takes courage to face pain, process it, and keep moving forward. That is strength too.

To feel is to heal.

Acknowledging the weight of grief is the first step toward finding peace.

Take these reminders with you today as you honour your own timing and navigate the journey ahead.

Healing does not always look emotional or expressive.

Sometimes it looks like resting.

Sometimes it looks like surviving quietly.

These affirmations are for the days your heart feels distant, tired, or overwhelmed.

A grieving heart learns to live with both love and loss at t...

He same time.

It learns how to keep beating even after being broken.

How to carry memories without falling apart every moment.

How to slowly make space for healing again.

And though grief may leave scars on the heart,

it also reveals how deeply we loved.

So if your heart feels weary today, be gentle with it.

Healing takes time and your heart is trying its best.

Not every healing journey looks inspiring.

Some days it looks like silence.

Like resting.

Like trying not to fall apart.

And honestly?

That still counts.

So before you pressure yourself to do more, achieve more, or pretend more, ask yourself this:

“What would gentleness look like for me this week?”

Feeling numb does not make your healing any less real.

Be patient with yourself.

Your heart is still processing, still surviving, still healing.

You are worthy of care, compassion, and rest too.

If you have a child between the ages of 4-17 who is grieving...

The loss of a parent, you can support their healing journey by nominating them for a care package from @lettersofhope_org

Sometimes, small acts of care can remind a grieving child that they are seen, loved, and not alone.

This is one meaningful way to show up for them during a difficult season.

Visit the link in bio @lettersofhope_org to nominate a child and learn more.

May this week bring you peace for your mind, strength for yo...

Ur heart, and small moments of hope along the way.

Remind us that we do not have to carry everything alone.

May this week bring gentle moments of healing, unexpected comfort, and the reassurance that brighter days still exist.

Hold every grieving and tired heart close today.

Amen.

Sometimes the bravest thing you can do at the start of a new...

Week is simply decide to try again.

Resilience isn't always a giant leap; most days, it's just the quiet strength it takes to keep your heart open when it wants to close.

We often walk through life carrying invisible weights, the w...

That is, the expectations of others, the regrets we replay at night, and the grief we feel we haven't "earned" the right to show. These burdens don't just tire our minds; they weigh down our souls.

Healing begins the moment you decide that you no longer have to carry it all alone.

Laying it down doesn't mean the memories disappear; it means you are choosing to walk forward with lighter shoulders and a bit more peace.

Take a deep breath and look inward:

What is one thing you've been holding onto that is no longer serving your healing?

The healing may not be complete.

The journey may still feel heavy.

But you are still here.

Still trying.

Still healing.

That matters.

We walk with people through grief, offering support...

Healing, and hope as they navigate life after loss, because even in pain, healing is possible.

Go gently this weekend.

You deserve softness too.

You don't have to fill every moment.

You don't have to have everything figured out.

Sometimes, healing looks like resting.

Like quiet moments.

Like choosing softness over pressure.

It's not always the big moments that break you Sometimes...

It's the song that comes on unexpectedly.

The date that quietly passes.

The memory that shows up uninvited.

Grief doesn't always announce itself loudly, sometimes, it lives in the smallest details.

And when it hits, it hits deep.

If this is you, be gentle with yourself today.

Our Hope and Healing in Loss course begins in just a few days.

If you're trying to make sense of your emotions,

learn how to navigate this season,

and find purpose even in the pain, this is for you.

Check the next slide for more details or send us a DM.

Grief is one of the most misunderstood experiences.

People mean well but they don't always understand what it really feels like.

Join us for our 5-week online course, 'Hope and Healing in Loss,' where we'll explore the path to healing, balance, and finding hope after loss.



Register at bit.ly/PurposeinPain or click the link in bio.

What felt like the end, was only the beginning.

Hope is alive.

Joy will return.

Light will break through again.

Happy Easter  

Let this month bring moments of peace, unexpected light...

And strength where it's needed most.

And for every weary heart, let there be reassurance that better days are still ahead.

You might not be crying.

You might not feel anything at all.

And that can be confusing.

Numbness doesn't mean you didn't love them.

It doesn't mean you're "healing wrong."

Sometimes, it's your heart's way of saying:

"This is too much... let me breathe."

If this is you, take it slow.

Feel what you can, when you can.

You're still healing.

You are not alone

However you came to be here, you are welcome. No one should walk this road alone.

If you are stuck in that quiet space, please stop forcing yo...

Urself to feel what isn't there. Your brain is simply a circuit breaker; when the pain gets too hot to handle, it trips the switch to protect you from burning out. Numbness isn't a lack of love. It's survival.

Be gentle with the quiet. The feelings will return when your soul is strong enough to carry them again. Until then, just breathe.

Children grieve too.

Deeply.

And while the world expects children to “bounce back,” many are quietly learning how to live without someone they deeply loved.

So be patient with grieving children.

Listen gently.

Reassure them often.

Remind them they are safe, loved, and not alone.

A child carrying grief needs more than answers; they need comfort, presence, and compassion.

Not everything needs your urgency today.

Not every weight is yours to carry in one sitting.

Not every problem is asking to be solved right now.

Just breathe.

Sometimes we move on so quickly that we forget to pause and...

Acknowledge how far we've come.

The truth is, there are seasons we never thought we would survive, moments filled with pain, uncertainty, heartbreak, and grief.

And yet, here you are.

Still standing.

Still breathing.

Still becoming.

That alone is something to be proud of.

So today, take a moment to reflect:

What's one season of your life you're proud you survived?

Your story matters, and your survival is worth honouring.

Mental exhaustion is quiet.

It doesn't always look like a breakdown, sometimes it looks like silence, withdrawal, or feeling "off."

You're not lazy.

You're not unproductive.

You're tired in a way sleep alone can't fix.

Give yourself permission to slow down.

To rest.

To not have it all together.

You've been carrying more than people can see.

Men grieve too

For the fathers, brothers and sons who were told to carry it quietly.

Many men grew up believing that vulnerability was a flaw.

It isn't.

Grief is a heavy burden, but you were never meant to carry it in silence. Healing is an act of courage, not a sign of weakness.

Sometimes the strongest thing a man can do is acknowledge th...

At he is hurting.

These affirmations are a reminder that healing, vulnerability, and strength can exist together.

Father's Day can bring a mix of emotions.

If today feels heavy, know that there is room for your grief too.

Take the day gently. Honour your feelings and remember, you do not have to pretend to be okay.

For many, Father's Day brings memories, gratitude, and celebration.

For others, it brings longing for a conversation they can no longer have.

If you could say one thing to your dad today, what would it be?

Share it in the comment section. Your words may resonate with someone else carrying a similar loss.

Grief does not make you any less of a man, it simply means y...

ou have loved deeply and lost something meaningful.

Permission to be human.

We often carry the weight of the world, thinking that silence and stoicism are the only ways to show strength, but true strength isn't about how much you can hold without breaking, it's about the courage to acknowledge when you need support.

It is time to redefine what it means to be a man.

It means:

- Allowing yourself to be vulnerable instead of hiding your pain.
- Understanding that your value is inherent, not tied to your productivity or performance.
- Giving yourself grace to navigate grief and life's challenges at your own pace.
- Listening to your inner voice and honouring your emotions as essential tools for growth.
- Trusting that small, steady steps are enough to get you where you need to be.

You don't have to conquer everything today.

You just have to show up for yourself.

Grief is often seen, but not always acknowledged, in fathers.

This letter is for the men carrying loss quietly, showing up daily while their hearts are hurting.

If you know a grieving father, share this with him today.

Not all grief is visible.

Many men grieve quietly, which can make it difficult to know how to help.

Here are a few ways to support them.

Many men were taught to be strong, not vulnerable.

To keep going. To stay busy. To hold it together.

So when grief comes, talking about it can feel uncomfortable, unfamiliar, or even wrong.

Instead, some men carry their pain in silence, not because they do not feel deeply, but because they were never taught how to express it.

Grief does not become smaller when it is hidden.

Every person deserves the space to grieve, to be heard, and to heal.

Men included.

Many men carry grief quietly.

They show up. They keep going. They stay strong for everyone else.

This week, let's remember the men who are hurting in silence and hold them in our prayers.

Grief is not a sign of weakness, but a testament to the dept...

Of our capacity to love. For men, the journey of healing often feels solitary, but acknowledging your emotions is a brave act of self-honour. You don't have to navigate this path in silence.

These affirmations are a reminder that your pain is valid, your voice matters, and you are worthy of support.

Society tells men to "be strong" when they're grieving.

To stay quiet, to hold it together, to keep moving but strength isn't the absence of emotion.

It's time to change the narrative around men's grief and emotions.

What is one thing men should be allowed to feel without judgment?

Let's talk about it in the comment section 📌

Not everyone processes loss in the same way.

For many men, grief often manifests as behavioral changes rather than overt emotional expression.

Recognizing these subtle signs (from isolation to overworking) is the first step in offering real support.

Which of these have you noticed before?

Beneath the strength people see, there may be a heart trying...

To make sense of loss.

Not every tear is visible.

Not every broken heart cries out loud.

Just because a man doesn't talk about his grief doesn't mean he isn't hurting.

Men grieve too, and they deserve space to heal too.

You don't serve a distant God.

You serve a Saviour who understands pain.

Jesus knew what it meant to grieve.

He wept.

He was rejected.

He was betrayed.

He suffered.

So when your heart feels heavy
when the pain feels too much to carry
you're not alone in it.

He understands.

Not from a distance but from experience.

He meets you in your grief.

He sits with you in the silence.

He stays when it hurts.

Scripture: "He was despised and rejected by mankind, a man of suffering, and familiar with pain..."

~ Isaiah 53:3

Honouring memories

The people we love are never truly gone. We keep them close by speaking their names.

Most grieving people will not remember every word you said...

But they will remember who stayed.

Who checked in.

Who sat with them when life felt heavy.

Being a good friend to someone grieving is not about fixing their pain. It's about reminding them they do not have to carry it alone.

A simple "I'm here."

A thoughtful message.

A quiet presence.

Those small acts of love matter more than you know.

This is your reminder to check in on your grieving friend today.

Grief is not a task to finish, but a journey to honour.

These cards are a gentle place to land when the world feels too loud and the heart feels too heavy.

Save for when you need them or share with someone who needs it.

A comforting collection for the heart 💖 Supportive cards cr...

Created to honour, validate, and gently guide you through the nonlinear journey of grief.

CHAPTER VI

Grief & you

Grief is love with nowhere to go. There is no timetable, and nothing about you is too much.

Being vulnerable does not make you weak.

Sometimes, it is one of the strongest things you can do.

Take that reminder into the new week.

If you're in that place right now, please be gentle with yourself.

You are not weak for struggling. You are human.

You might have a beautiful week, a peaceful month, or even a...

Quiet year, and then, seemingly out of nowhere, a wave hits.

Please hear this: Having a "bad day" three years in is not a relapse. It is not a failure. It is not a sign that you haven't done the work.

Grief is circular. It revisits us in different seasons, at different depths. A moment of sadness doesn't erase your progress; it simply proves that your love remains, and your journey is continuing to unfold.

Your journey doesn't reset when you hurt. It deepens.

When a child loses a parent, their world doesn't just change...

It reshapes entirely.

As adults, our instinct is often to "fix" it or shield them from the truth, but what they truly need is a steady anchor in the storm.

Supporting a grieving child isn't about having all the answers; it's about creating a safe space for their "puddle jumping", that unique way they move between deep sadness and normal play.

Children Grieve in Puddles To an adult, a child's grief can...

Look confusing. One minute they are crying for the parent they lost, and the next, they are asking for a snack or wanting to play tag.

This is often called "Puddle Jumping."

Unlike adults, who may stay submerged in the "ocean" of grief for long periods, children often jump in and out of their feelings.

Their brains naturally protect them from being overwhelmed by the weight of loss all at once.

Sometimes, joy doesn't return all at once.

It comes quietly, in a deep breath, in a small smile, in a moment of peace you didn't expect.

After grief, joy may not look the way it used to.

It may feel softer, slower, and more fragile.

But that doesn't make it any less real.

“Grief is love with nowhere to go. You’re not too much — you’re just full of memory.”

These reflections are gathered from Purpose in Pain. If you would like gentle, faith-rooted support of your own — one-to-one or in a small group, online — you are warmly welcome at purposeinpain.co.uk or on Instagram [@purposeinpain20](https://www.instagram.com/purposeinpain20).

Purpose in Pain offers faith-rooted grief support. It is not a crisis or emergency service. If you or someone else is in immediate danger, please contact your local emergency services.