

## **WHEN YOU ARE HANGING ON BY A THREAD**

### **Day 1 – Acknowledge and Process Emotions**

**Scripture: “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18**

**When your world falls apart, it’s tempting to hide your feelings—either because you fear they’ll overwhelm you or because you think “strong Christians” shouldn’t feel this way. But Scripture tells a different story. The Psalms are filled with raw, unfiltered cries of grief, fear, and frustration. The prophets lamented. Jesus Himself, knowing He would soon raise Lazarus, still stood outside the tomb and wept.**

**Grief, anger, fear, and confusion are not signs of weak faith—they are a human response to real pain. God does not shame you for your emotions; He invites you to bring them into His presence. Pretending you’re fine doesn’t heal your heart—it only pushes the pain deeper.**

**Think of your emotions like pressure in a bottle. If you keep tightening the cap, eventually it will explode. But when you allow yourself to feel, to speak, and even to cry, you release the pressure and give God room to begin His healing work.**

**When you let the truth of your heart rise to the surface, you open the door for God’s comfort to enter. He’s not asking you to clean yourself up before coming to Him. He’s asking you to come exactly as you are, broken pieces and all.**

## Things to Think About and Try

1. **Name what you're feeling.** Write down your emotions as clearly as you can—sadness, fear, anger, disappointment, loneliness. Naming them takes away some of their power.
2. **Give yourself permission to feel.** You don't need to "get over it" by a certain timeline. Healing takes as long as it takes.
3. **Find a safe outlet.** Share your thoughts with a trusted friend, pastor, or counselor who will listen without judgment.
4. **Release your emotions to God.** Pray out loud, write a letter to Him, or even sit in silence letting Him hold your unspoken pain.
5. **Pay attention to physical signs of stress.** Tension in your neck, headaches, or fatigue can be signals that emotions are bottled up.
6. Try Journaling or talking to someone you trust.
7. **Don't be afraid to cry. Tears are not a weakness; they're a God-designed release valve for your heart.**

### Prayer:

**Lord, I feel shattered. My heart is heavy, and I don't even know how to begin putting the pieces back together. But You promise to be close to the brokenhearted. I open my heart to You today—every emotion, every tear. Please hold me in Your presence and begin the healing work only You can do. In Jesus Name We Pray, AMEN**