



TESTIMONY THROUGH TEARS

Is It Okay to Be Angry at God?

Episode Companion Guide

*“Pour out your heart before him;
God is a refuge for us.”*

— Psalm 62:8 (ESV)

A gentle space to write down your emotions,
look up Scripture, and bring your honest heart to God.

A Note From Janet

Friend, I want to be honest with you the way I was in this episode: anger at God was not part of my own story after Samantha died. But I have sat with so many moms for whom it *is* the story — and I love you too much to skip this conversation.

This guide is a place to put the feelings into words and the Scriptures into your hands. There is nothing to fix here and no grade at the end. Write messy. Skip what isn't for today. Come back whenever you need to. God already knows what is in your heart — you don't have to hide it from Him.

How to use this guide

- **Listen first, or don't.** You can work through this alongside the episode or entirely on your own.
- **Look up each Scripture** in your own Bible and copy the verse in your own handwriting if you like — there's room for that.
- **Go at your pace.** One page today and one page next month is perfectly fine.
- **There's no wrong way** to fill these pages. Honest is better than pretty.

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Name What You're Really Feeling

Grief can hold emotions that seem to contradict one another — and that doesn't mean you're doing grief wrong. **Circle every word that feels true today.** Then add your own at the bottom.

Angry	Heartbroken	Numb	Guilty
Afraid	Exhausted	Confused	Lonely
Ashamed	Hopeless	Jealous	Overwhelmed
Bitter	Sad	Restless	Tender

My own words for what I feel:

The feeling that's loudest today is...

Scriptures to Look Up & Hold On To

Look up each passage in your own Bible. Read it slowly — out loud if you can. Then write what you notice. Underlining the question that sounds like your own counts, too.

Psalm 13:1 (ESV)

“How long, O LORD? Will you forget me forever? How long will you hide your face from me?”

What stands out to me in these words:

My honest response to God:

Psalm 22:1 (ESV)

“My God, my God, why have you forsaken me?”

Jesus Himself spoke these words from the cross.

What stands out to me in these words:

My honest response to God:

Habakkuk 1:2–3 (ESV)

“O LORD, how long shall I cry for help, and you will not hear? Or cry to you ‘Violence!’ and you will not save? Why do you make me see iniquity, and why do you idly look at wrong?”

What stands out to me in these words:

My honest response to God:

Psalms 62:8 (ESV)

“Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.”

Pouring out your heart is not the same as presenting a cleaned-up heart.

What stands out to me in these words:

My honest response to God:

John 11:21, 35 (ESV)

“Lord, if you had been here, my brother would not have died.”

“Jesus wept.”

He knew resurrection was coming, and still He wept.

What stands out to me in these words:

My honest response to God:

Ephesians 4:26 (ESV)

“Be angry and do not sin.”

Anger itself and the choices we make from anger are not the same thing.

What stands out to me in these words:

My honest response to God:

Psalm 34:18 (ESV)

“The LORD is near to the brokenhearted and saves the crushed in spirit.”

What stands out to me in these words:

My honest response to God:

Keep looking up

When you're ready, these psalms of lament are waiting for you. Check them off as you read — even one verse counts.

- ☐ Psalm 42 — “Why are you cast down, O my soul?”
- ☐ Psalm 77 — crying out in the night watches
- ☐ Psalm 88 — the prayer that ends in darkness, and God kept it in His Word anyway

Pray the Prayer You Actually Have

You don't need church language. Finish any of these sentences — or write your own prayer underneath. You don't have to fix it or end it with a sentence you don't mean.

God, I am angry because...

I prayed, and this still happened...

What I don't understand is...

I need You to hold me even while...

Write What Feels Unsayable

Take this page and write a letter to God that no one else has to see. Don't correct your grammar. Don't censor your questions. If writing brings more distress than relief, you can stop — this is an invitation, not an assignment.

God, what I need You to know today is...

God, what I cannot understand is...

God, I am still here.

Tell One Safe Person the Truth

Not everyone knows how to sit with this kind of grief. Think of someone who won't lecture, panic, or rush to defend God — someone who can simply listen and stay.

One person I feel safe with:

What I need most from them right now:

Words you can borrow: "I don't need an explanation today. I need someone to hear me." — "Please don't try to fix this. Just stay with me for a few minutes."

What I want to say to them:

Care for the Body Carrying This Grief

These don't solve spiritual pain — they're small acts of care for a body that has endured trauma and loss. Check what you'll try today.

- ☐ Drink a glass of water.
- ☐ Eat something simple.
- ☐ Step outside for two minutes.
- ☐ Put both feet on the floor and take one slow breath.
- ☐ Rest without guilt — even ten quiet minutes count.

One small kindness I'll do for my body today:

Leave Room for What You Don't Know Yet

You don't have to decide today what your relationship with God will look like for the rest of your life. A testimony through tears is still a testimony *with* tears in it.

Something I'm willing to leave unanswered for now:

A prayer to borrow

Lord, You know the questions I say aloud and the ones I'm afraid to speak. Meet me in truth, and don't let shame drive me into hiding. When I cannot hold onto You, hold onto me. Be near to me now — for this breath, this hour, and this day. In Jesus' name, amen.

If you can, leave the door to God open just a crack — not because what happened is acceptable, but because the God who received David's "How long?" can receive yours.

You Are Not Alone

If your grief has become so heavy that you're thinking about hurting yourself or you don't feel safe, please reach out **right now**:

Call or text 988

U.S. Suicide & Crisis Lifeline — free, confidential, 24/7

Call 911

If there is immediate danger or an attempt is in progress

Outside the U.S.: contact your local emergency number or crisis service.

Share this with another mom

If you know a grieving mom who needs permission to be honest with God, share the episode with her. You don't have to explain it — you can simply say, "I thought of you, and I am here."

Testimony Through Tears — a podcast and ministry for Christian moms walking through the loss of a child to suicide. Honest grief, enduring faith, and hope that doesn't ask us to pretend.

Even in the questions, even in the anger, even in the tears — you are not walking alone.