



Carrying Their Story Forward

Episode Companion Guide

“And they have conquered him by the blood of the Lamb and by the word of their testimony...” — Revelation 12:11 (ESV)

Honoring their story — and letting it become part of yours.

A Note From Janet

Friend,

Samantha had this laugh — the kind that started somewhere down in her belly and took over the whole room. She was goofy in the way that makes strangers feel like family, always doing something ridiculous just to hear somebody giggle. When she left us, one of my first fears was that the world would forget that laugh — that she would become only the sad part of our story.

But here’s what I’ve learned since: telling her story didn’t keep me stuck. It set me free. Somewhere between the first shaky time I said her name out loud and the day this ministry was born, her story became my testimony. Not the polished kind. The through-tears kind.

Your child’s story didn’t end, sweet mom. It goes on — in your memories, in the way you love, in every mom you comfort simply because you’ve been there. Carrying their story forward is holy work. And I believe with my whole heart that God wastes nothing. Not even this pain.

This guide is a place to remember them out loud. Write the funny stories. Write the hard ones. Say their name as many times as you want to. There is no wrong way to fill these pages — honest is better than pretty.

I’m so glad you’re here.

— Janet

How to use this guide

- **Look up each Scripture** in your own Bible and copy the verse in your own handwriting if you like — your journal is the perfect place for that.
- **Go at your pace** — answer the questions as you feel ready. There is no timeline for when you answer; come back later if needed. Use them as morning devotionals if you would like.
- **Complete each prompt in your journal**, so you can look back later and see how God has been working.

Scripture quotations in this guide are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway.

Their Story Matters

Before anything else, let's remember them — not the way they left, but the way they lived. Take your time here. These pages are just for remembering.

- My favorite memory of ____ is...
- What always made them laugh...

Their Story Matters (continued)

- What I want the world to know about them...
- A small, everyday detail I miss...

My Testimony Through Tears

Your child's story and your story are woven together now. These sentence starters are just to get the pen moving — finish them however feels true.

- Losing ____ taught me...
- I want other moms to know...
- God met me when...
- Their story changed me because...

Words for This Season

Grief has its own vocabulary, and it changes by the season. Take a moment to notice which words feel true today — the ones that fit this season of carrying their story.

- My own words for this season:
- The word I'm holding onto most today is...

Ways to Honor Them

Honoring them doesn't have to be big or public. Small, ordinary remembrances count just as much. Here are a few ideas — or add your own.

- Say their name out loud today
- Share a favorite story about them with someone
- Do something they loved
- Visit a special place, or light a candle
- Cook their favorite meal
- Play their favorite song
- Support another grieving mom
- Give or serve in their memory
- Write them a letter (there's a page for that coming up!)
 - My own idea:

A Letter to Them

Write to them like they're just in the next room. No one has to see this but you — and Him.

Dear ___,

- What I want you to know is...
- Thank you for...
- Until I see you again,

A Letter to God

He already knows what's in your heart — but there's something healing about saying it to His face. Be honest with Him; He can hold it all.

- What carrying their story feels like right now — the weight and the honor of it...
- What I want to thank Him for about my child...
- What I need His help to carry...

Scriptures to Look Up & Hold On To

Look up each passage in your own Bible. Read it slowly — out loud if you can. Then notice what stands out to you.

Revelation 12:11 (ESV)

“And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.”

Your testimony — spoken through tears — is part of how darkness is overcome.

- What stands out to me in these words:
- My honest response to God:

Scriptures to Look Up & Hold On To (continued)

2 Corinthians 1:3–4 (ESV)

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.”

The comfort you’ve received was never meant to stop with you.

- What stands out to me in these words:
- My honest response to God:

Scriptures to Look Up & Hold On To (continued)

Psalms 30:5 (ESV)

“For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.”

Night seasons are real — and they are not the end of the story.

- What stands out to me in these words:
- My honest response to God:

Keep looking up

When you're ready, these passages are waiting for you. Choose one to read slowly today — even one verse counts.

Romans 8:28 — "...all things work together for good..."

Psalm 147:3 — "He heals the brokenhearted..."

2 Corinthians 4:17–18 — "...an eternal weight of glory..."

Revelation 21:4 — "He will wipe away every tear..."

- What did you notice as you read?

Carry It Forward

A prayer to borrow

Lord, thank You for entrusting ____ to me, even for a little while. Help me carry their story well — with honesty, with tenderness, and with hope. When I speak their name, let love be louder than grief. And if my story can comfort even one mom, make me brave enough to tell it. In Jesus' name, amen.

Her story could be the very thing another mom needs.

One day — maybe today, maybe years from now — your testimony through tears might be exactly what a grieving mom needs to hear. You don't have to be "healed" to be helpful. You just have to be willing. When you're ready, tell it.

- One small way I could share their story:

Share This With Another Mom

If you know a grieving mom who needs to know her child's story still matters, share this 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.

Their story matters. Your story matters. And you are not walking alone.