

Holding On

The First 30 Days

For the mom who just lost her child

Testimony Through Tears

A Letter from Janet

Mom, I am so sorry you are here.

If you are reading this, your world has just broken in two. I want you to know: you are not alone.

I lost my daughter Samantha. I know what those first days feel like — the fog, the ache, the way the world keeps moving while yours has stopped. I will not pretend to have all the answers. But I will walk with you through these first 30 days, one small piece at a time.

You do not have to read this all at once. You do not have to do any of it perfectly. Just hold on.

Your sister in Christ,

Janet

Right Now — The First Hours and Days

You are in shock. That is normal.

Your mind may feel foggy. Your body may feel heavy or numb. That is your heart protecting you.

You do not have to make big decisions today.

Let people help. If someone asks, “What can I do?” — hand them this list: bring food, answer the phone, sit with you, handle one task.

Eat something small. Drink water. Rest when you can. These tiny things matter.

You do not have to be strong. You do not have to hold it together for anyone.

“The LORD is near to the brokenhearted and saves the crushed in spirit.” — Psalm 34:18 (ESV)

The First Week — The Fog

The fog may stay. Some moments will feel unreal. That is normal.

Grief lives in the body: a tight chest, exhaustion, broken sleep, no appetite — or the opposite. Be gentle with yourself.

The calls and meals may slow down. That is not because people stopped caring. It is okay to ask for what you need.

You may feel guilty. Guilt is a common companion of this grief, but guilt is not the truth. For now, hold this: you loved your child, and that love is real.

It is okay to cry. It is okay not to cry. Both are grief.

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3 (ESV)

The First Month — The Waves

Grief comes in waves. A song, a smell, an empty chair — and suddenly the wave is there again.

Waves are not proof you are failing. They are proof you loved deeply.

Other people's timelines do not apply to you. There is no “should be past this by now.”

On the hardest days, shrink the day down: this hour. This breath. This one next thing.

You do not have to have the words for prayer. Tears are prayers too. “Lord, help” is enough.

“When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.” — Isaiah 43:2 (ESV)

Scriptures to Hold

One for each day. Read one, or read them all. Come back as often as you need.

Day 1

“The LORD is near to the brokenhearted and saves the crushed in spirit.” — Psalm 34:18 (ESV)

Day 2

“God is our refuge and strength, a very present help in trouble.” — Psalm 46:1 (ESV)

Day 3

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3 (ESV)

Day 4

“Blessed are those who mourn, for they shall be comforted.” — Matthew 5:4 (ESV)

Day 5

“From the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I.” — Psalm 61:2 (ESV)

Day 6

“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” — John 14:27 (ESV)

Day 7

“When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.” — Isaiah 43:2 (ESV)

Day 8

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” — Psalm 23:4 (ESV)

Day 9

“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.” — 2 Corinthians 1:3–4 (ESV)

Day 10

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” — Romans 8:38–39 (ESV)

Day 11

“The LORD is my shepherd; I shall not want.” — Psalm 23:1 (ESV)

Day 12

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” — Revelation 21:4 (ESV)

Day 13

“The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” — Lamentations 3:22–23 (ESV)

Day 14

“Come to me, all who labor and are heavy laden, and I will give you rest.” — Matthew 11:28 (ESV)

Day 15

“The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?” — Psalm 27:1 (ESV)

Day 16

“And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.” — Colossians 3:15 (ESV)

Day 17

“For God gave us a spirit not of fear but of power and love and self-control.” — 2 Timothy 1:7 (ESV)

Day 18

“Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!” — Psalm 27:14 (ESV)

Day 19

“Casting all your anxieties on him, because he cares for you.” — 1 Peter 5:7 (ESV)

Day 20

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” — Psalm 73:26 (ESV)

Day 21

“I can do all things through him who strengthens me.” — Philippians 4:13 (ESV)

Day 22

“The LORD will keep you from all evil; he will keep your life.” — Psalm 121:7 (ESV)

Day 23

“Be still, and know that I am God.” — Psalm 46:10 (ESV)

Day 24

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.” — Colossians 3:16 (ESV)

Day 25

“And he awoke and rebuked the wind and said to the sea, ‘Peace! Be still!’ And the wind ceased, and there was a great calm.” — Mark 4:39 (ESV)

Day 26

“Rejoice in hope, be patient in tribulation, be constant in prayer.” — Romans 12:12 (ESV)

Day 27

“The LORD is good to those who wait for him, to the soul who seeks him.” — Lamentations 3:25 (ESV)

Day 28

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” — Philippians 4:7 (ESV)

Day 29

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.” — Psalm 91:1 (ESV)

Day 30

“But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” — Isaiah 40:31 (ESV)

Closing

You are still a mom. That has not ended. Your love has not ended.

You do not have to walk this alone. When you are ready, there is a community of moms who understand. No pressure. No timeline.

Just hold on, mom. One hour at a time. He is holding you.

Your sister in Christ,

Janet

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