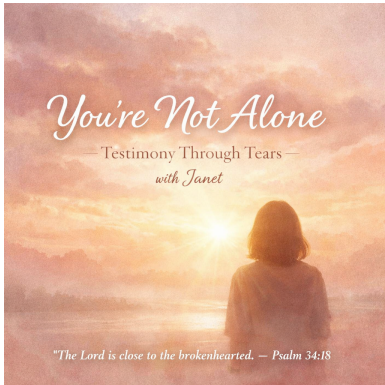




You Are Not Alone

Episode Companion Guide

“God settles the solitary in a home...” — Psalm 68:6 (ESV)

For the lonely days — when no one around you seems to understand.

A Note From Janet

Friend, can I sit with you for a minute?

If you're holding this guide, you probably know a particular kind of loneliness — the kind that moves in after losing a child to suicide. Friends who don't know what to say, so they say nothing at all. Invitations that quietly stop coming. Smiling at church while feeling invisible in a crowded room. Nodding along to conversations you can't feel part of anymore.

I know that loneliness. I've sat in it.

So hear this before you write a single word in these pages: you are not as alone as you feel. God has not moved — He is still right here with you, and He will never leave you. And there are moms who truly understand this road, waiting to welcome you with open arms. (Fair warning: we cry easily and laugh at the strangest moments. You'll fit right in.)

This guide is a gentle place to name the loneliness honestly, hold onto some promises, and take one small step toward connection. No rush. No homework. No grade. Just you, your honest heart, and a God who settles the solitary in a home.

I'm really 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.

Name the Loneliness

Loneliness wears a lot of different faces, and naming yours takes away some of its power. Take a moment to notice what you're really feeling — the ache has a shape, and giving it a name is the first honest step.

- My own words for what I feel:
- The word that aches the most today is...

Who Gets It?

Not everyone knows how to sit with this kind of grief — and that's okay. But somewhere in your life there may be someone who listens without lecturing, who doesn't panic at your tears, who can simply stay.

- One person who has sat with me without trying to fix it:
- What a safe person looks like to me (how they act, what they say — or don't say):
- One person I'd like to let in, just a little more:

Words you can borrow:

"You don't have to say the perfect thing. I just need you to stay." — "I'm not looking for answers today — just company."

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.

Psalm 68:6 (ESV)

"God settles the solitary in a home; he leads out the prisoners to prosperity, but the rebellious dwell in a parched land."

Read that first line again, slowly: He settles the solitary in a home.

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

Hebrews 13:5 (ESV)

“...for he has said, ‘I will never leave you nor forsake you.’”

A promise spoken straight to you — in your lonely kitchen, on your hardest night.

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

Psalms 139:1–2 (ESV)

“O LORD, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar.”

Known. Noticed. Seen — completely.

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

Deuteronomy 31:6 (ESV)

“Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.”

Spoken to people walking into the unknown — and to you.

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

Write to the Mom Who Feels Alone

Here’s something I’ve learned: sometimes the fastest way to feel less alone is to reach toward someone else who feels alone. Picture a mom reading this guide tonight, crying in her kitchen, convinced no one understands. Write her a few lines — the words you wish someone had said to you.

- Dear friend, I want you to know...
- One thing I’d tell her about God in the lonely nights:

One Small Reach

Connection doesn’t have to be big to be real. One small reach today — that’s all. Here are some gentle ideas:

- Text one person, just to say hello.
- Sit in the private group for five minutes and read one post.

- Tell one safe person one honest sentence about how you're doing.
- Step outside and notice one beautiful thing God made.
- My one small reach today will be:

A Time I Felt Seen

Loneliness lies. It tells us no one sees, no one cares, nothing matters. Let's argue back with the truth — small moments count.

- A time I felt seen, held, or remembered this week (even a tiny one):
- Who was there, and what did they do?
- One way God showed up for me lately:
- Something I'm grateful for today, even through tears:

A Letter to Your Child

Some things are easier to say on paper than out loud. Tell them about the loneliness — who you miss telling things to, and what you wish they knew about your days now.

- Write a letter to your child: tell them about the loneliness — who you miss telling things to, and what you wish they knew about your days now.

A Letter to God

He sees you — even here, even now. Tell Him about feeling unseen, about where the loneliness is loudest, and ask Him to remind you that you are fully known and fully loved.

- Write a letter to God: tell Him about feeling unseen — where the loneliness is loudest — and ask Him to remind you that you are fully known and fully loved.

A Prayer to Borrow

Lord, You see me — even here, even now. When I feel invisible to everyone else, remind me that I am fully known and fully loved by You. Give me courage to let one safe person in, and bring the lonely-hearted moms across my path so we can walk this road together. Thank You for never leaving me. In Jesus' name, amen.

Come Sit With Us

You don't have to walk this alone. Near to the Brokenhearted is our private community of Christian moms who have lost a child to suicide — women who will not flinch at your story. Come

sit with us:

facebook.com/groups/4000757720181393

Share This With Another Mom

If you know a grieving mom who feels invisible in her grief, 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 loneliness, even in the silence, even in the tears — you are not walking alone.