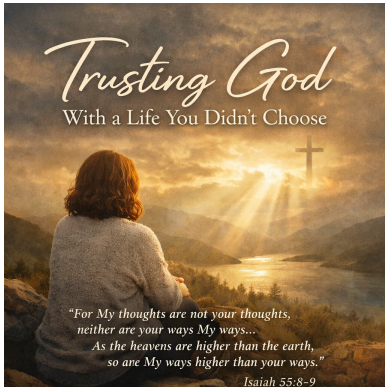


Trusting God with a Life You Didn't Choose

Episode Companion Guide



“For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” — Isaiah 55:8–9 (ESV)

For the days when trusting God feels impossible — you don’t have to understand to stay connected.

A Note From Janet

Friend,

I didn’t choose this life. I didn’t choose the phone call, or the funeral, or the empty chair at every holiday table since. And if I’m honest, there have been days I looked at the life I was living and thought, “Lord, this is not what I signed up for.”

And yet — here we are. Not because we chose it, but because God is still in it.

Here’s what I’ve learned, sweet mom: trusting God was never about understanding Him. If trust required full comprehension, none of us would make it past the first hard question. Trust is what we do in the not-knowing. It’s staying connected when the connection doesn’t make sense. It’s whispering, “I don’t get it, Lord, but I’m still Yours” — and meaning it on the days you can, and borrowing the words on the days you can’t.

This episode — and this guide — is for the days when trust feels hard. Not the mountaintop days. The ordinary, heavy, middle-of-the-week days when faith feels like holding onto a rope you can’t see.

You don’t have to understand to stay connected. You just have to stay. He’s holding the other end.

Write messy. Skip what isn’t for today. Come back whenever trust feels shaky again. There is nothing to fix here and no grade at the end.

— 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 What's Loud Today

Trust doesn't always feel like trust. Some days it feels like questions, and some days it feels like sheer stubbornness. Take a moment to notice what's loud in your heart today — naming it honestly is the first step toward trusting through it.

- My own words for what I feel:
- What makes trust hardest today is...

The Life I Didn't Choose

Let's be honest about it — naming what you didn't choose isn't complaining. It's telling the truth. God already knows what's in your heart, and He can handle the truth. Saying it out loud doesn't make you faithless; it makes you honest.

- The part of this life I would never have chosen...
- What I pictured instead...

What Trust Isn't (and What It Is)

Trusting God doesn't mean you understand Him. It doesn't mean you're okay with what happened. It doesn't mean the grief is gone. Trust is simpler — and harder — than all of that: it's staying. Staying in the Word when it confuses you. Staying in prayer when it feels one-sided. Staying His when nothing makes sense.

Trust can look like this:

- Telling God “I don't understand” instead of going silent

- Reading one verse, even when your heart isn't in it
- Praying "help me trust" instead of pretending you already do
- Letting another believer carry faith for you today
- Showing up — to church, to the Word, to Him — shaky and all
 - Trusting God while I'm grieving looks like...

Anchors

Questions can shake everything loose. Anchors are the truths that hold steady even when His ways don't make sense. You don't have to feel them to name them — write what you know, and let your heart catch up later.

- Things I know are true even when I don't understand:

If the page above feels blank, borrow these starters:

- God is...
- Even in this, I have seen Him...

Staying When You Don't Understand

You don't have to understand to stay connected. That's the whole message of this episode, and it's worth writing down until your heart believes it.

- Something I'm choosing to trust God with, even without understanding...
- One way I'll stay connected this week...

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.

Isaiah 55:8–9 (ESV)

"For my thoughts are not your thoughts, neither are your ways my ways, declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

God doesn't apologize for being bigger than our understanding. He just invites us to trust the size of Him.

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

Scriptures to Look Up & Hold On To (continued)

Proverbs 3:5–6 (ESV)

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

Notice the order: trust first, understanding not required. The straight paths come after the trusting, not before.

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

Scriptures to Look Up & Hold On To (continued)

Psalms 62:8 (ESV)

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

At all times — including the times trust feels impossible. Pouring out your heart is how you stay connected.

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

Scriptures to Look Up & Hold On To (continued)

Romans 8:28 (ESV)

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.”

This doesn’t say all things are good. It says God works them toward good — even the things we would never have chosen.

- 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.

Job 38 — God's answer from the whirlwind

Psalm 13 — "How long, O LORD?"

Isaiah 41:10 — "Fear not, for I am with you"

John 14:1 — "Let not your hearts be troubled"

- What did you notice as you read?

A Prayer for the Hard Days

From the episode: a repeatable prayer for the days when trust feels hard. Pray it word for word on the days you have no words of your own. That's not weakness — that's wisdom.

Lord, I don't understand this life, and I'm not going to pretend I do. But I am Yours, and You are mine, and I'm not letting go. When trust feels hard, hold me steady. When Your ways don't make sense, remind me that Your thoughts are higher than mine — and Your love is deeper than my grief. I choose to stay connected to You today: in this breath, this hour, and this day. In Jesus' name, amen.

- One thing I'm placing in His hands today:

A Letter to Your Child

Some things are easier to say on paper than out loud. Write to your child like they're just in the next room — messy, honest, unfinished is fine.

- Write a letter to your child: tell them what you wish you could tell them today.

A Letter to God

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

- Write a letter to God: tell Him about the life you didn't choose and what trust feels like right now.

Share This With Another Mom

If you know a grieving mom who is struggling to trust God with the life she didn't choose, 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. You don't have to understand to stay connected — and you are not walking alone.