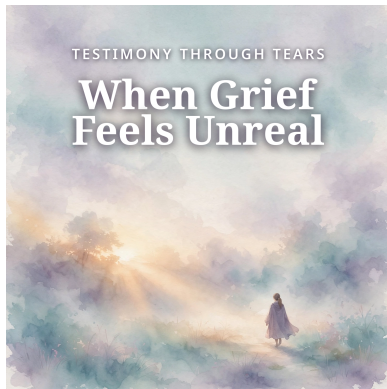


TESTIMONY THROUGH TEARS



When Grief Feels Unreal

Episode Companion Guide

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

*A gentle space for the numb days — when grief doesn’t feel
real yet.*

A Note From Janet

Friend, I want to be honest with you: in the days after Samantha died, nothing felt real. I moved through those days like I was watching someone else’s life — making phone calls I don’t remember making, answering questions I don’t remember hearing, feeling like I was floating a few inches outside my own body.

If that sounds familiar, sweet mom, you are not losing your mind, and you are not failing at faith. The numbness, the fog, the sense that this can’t actually be happening — that is your heart protecting itself while the shock wears off. God is not disappointed in you for feeling unreal. He is right there in the fog with you, holding the parts of you that can’t hold themselves right now.

This guide is a soft place to land on the numb days. Write a little or write nothing at all. Skip what isn’t for today. Come back on a clearer day. Either way, you are so loved — and you don’t have to feel it to be held by it.

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 You're Really Feeling

Grief's fog has its own vocabulary. Take a moment to notice what you're really feeling — even if the honest answer is “I don't feel much of anything right now.” The numbness is not a failure of faith; it's your heart's way of surviving the shock.

- My own words for what I feel:
- The feeling that's loudest today is...

Come Back to This Moment

When everything feels far away, it can help to gently notice what's right here. No pressure, no perfect answers — just see what you notice.

- 5 things I can see:
- 4 things I can hear:
- 3 things I can touch, or feel against my skin:

You are here. This moment is real — and so is the God who is in it with you.

What Feels Most Unreal Today

There's no wrong answer here. Sometimes naming the unreality loosens its grip just a little. Let yourself be honest about which parts still feel like a dream — God already knows, and He's not shocked by any of it.

- The moment that feels most like a dream...
- What I keep expecting to be different when I wake up...
- If I could say one honest thing about today, it would be...

Care for the Body Carrying This Grief

These don't fix the fog — they're small acts of care for a body that has endured trauma and loss. Here are a few ideas:

- Drink a glass of water.
- Eat something simple — even a few bites count.
- Step outside for two minutes and feel the air.

- Put both feet flat on the floor and take one slow breath.
- Rest without guilt — even ten quiet minutes count.
- Tell one person the truth: “Today is a fog day.”
 - One small kindness I’ll do for my body today:

One True Thing

When everything feels unreal, it helps to hold one thing that is solid. It doesn’t have to be big or profound. Write one true thing — about God, about love, about what remains.

If you need a start: “God is still here.” “I am still loved.” “My child’s life mattered.”

On the foggiest day, this is still true.

- One true thing I’m holding 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 notice what stands out to you.

Psalm 46:10 (ESV)

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

- 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:

Lamentations 3:22–23 (ESV)

“The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.”

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

Matthew 11:28 (ESV)

“Come to me, all who labor and are heavy laden, and I will give you rest.”

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

A Letter to Your Child

Some things are easier to say on paper than out loud. Tell them about these foggy, far-away days — what still feels unreal, and what you miss most right now.

- Write a letter to your child: tell them about what still feels unreal — what you wish you could tell them about these foggy, far-away days, and what you miss most right now.

A Letter to God

He is right there in the fog with you. Tell Him about the numbness — what you can’t feel, what you’re afraid to feel — and ask Him to stay close.

- Write a letter to God: tell Him about the numbness — what you can’t feel, what you’re afraid to feel — and ask Him to stay close in the fog.