



**MODULE ONE:**  
**SUFFERING**





## NEVER ALONE PROGRAM

# JOURNAL



**1.** Reflect on some of the suffering that you have experienced, either personally or what you have seen in others. Write down this story as your first entry.





# NEVER ALONE PROGRAM JOURNAL



**2.** Think about your own father. As a child, did you experience his love? Consider the same with your mother and other adults who took care of you. How does your experience with your earthly parents affect your experience with your Heavenly Father?





# NEVER ALONE PROGRAM JOURNAL



**3.** What do you want to remember about God when you are suffering?

Write “God” in the middle of the journal page. Surround the word “God” with words or drawings that summarize the characteristics of God that you want to remember when you are suffering.

Consider sharing what you’ve written or drawn with someone that you trust.





# SCRIPTURE REFERENCES

## Romans 8:35-39 (ESV)

Who shall separate us from the love of Christ? Shall tribulation or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, “For your sake we are being killed all day long; we are regarded as sheep to be slaughtered.”

No, in all these things we are more than conquerors through him who loved us. 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.

## Isaiah 53:3-4 (ESV)

He was despised and rejected by men, a man of sorrows and acquainted with grief, and as one from whom men hide their faces he was despised, and we esteemed him not. Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.

## Psalms 34:18 (ESV)

The Lord is near to the brokenhearted and saves the crushed in spirit.

## Matthew 9:35-36 (ESV)

And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like a sheep without a shepherd.





# SCRIPTURE REFERENCES

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## Psalm 107: 28–31 (ESV)

Then they cried to the LORD in their trouble, and he delivered them from their distress. He made the storm be still, and the waves of the sea were hushed. Then they were glad that the waters were quiet, and he brought them to their desired haven. Let them thank the LORD for his steadfast love, for his wondrous works to the children of man!

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## Psalm 77:2–3, 11–12 (ESV)

In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. When I remember God, I moan; when I meditate, my spirit faints.

I will remember the deeds of the LORD; yes, I will remember your wonders of old. I will ponder all your work, and meditate on your mighty deeds.

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## John 8:31–32 (ESV)

So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.”





**MODULE TWO:**  
**BEING HEARD**





## NEVER ALONE PROGRAM

# JOURNAL



**1.** What kinds of events could cause Heart wounds?  
Have you known anyone who has suffered in this way?  
Have you been wounded in this way?







# NEVER ALONE PROGRAM JOURNAL



**2.** Reflect on the stories of David, Peter, and Paul, and consider how the wounds you have suffered in your life may be used for the furthering of God's Kingdom.





# NEVER ALONE PROGRAM JOURNAL



**3.** We become good listeners by practicing. Even as we practice, we can help each other heal. Think about a conversation between yourself and someone that you trust. What are some helpful things you can do as a listener to support your friend?





# SCRIPTURE REFERENCES

## 1 Samuel 22:1-21 (ESV)

22 David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. 2 And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul,[a] gathered to him. And he became commander over them. And there were with him about four hundred men.

3 And David went from there to Mizpeh of Moab. And he said to the king of Moab, "Please let my father and my mother stay[b] with you, till I know what God will do for me." 4 And he left them with the king of Moab, and they stayed with him all the time that David was in the stronghold. 5 Then the prophet Gad said to David, "Do not remain in the stronghold; depart, and go into the land of Judah." So David departed and went into the forest of Hereth.

6 Now Saul heard that David was discovered, and the men who were with him. Saul was sitting at Gibeah under the tamarisk tree on the height with his spear in his hand, and all his servants were standing about him. 7 And Saul said to his servants who stood about him, "Hear now, people of Benjamin; will the son of Jesse give every one of you fields and vineyards, will he make you all commanders of thousands and commanders of hundreds, 8 that all of you have conspired against me? No one discloses to me when my son makes a covenant with the son of Jesse. None of you is sorry for me or discloses to me that my son has stirred up my servant against me, to lie in wait, as at this day." 9 Then answered Doeg the Edomite, who stood by the servants of Saul, "I saw the son of Jesse coming to Nob, to Ahimelech the son of Ahitub, 10 and he inquired of the Lord for him and gave him provisions and gave him the sword of Goliath the Philistine."

11 Then the king sent to summon Ahimelech the priest, the son of Ahitub, and all his father's house, the priests who were at Nob, and all of them came to the king. 12 And Saul said, "Hear now, son of Ahitub." And he answered, "Here I am, my lord." 13 And Saul said to him, "Why have you conspired against me, you and the son of Jesse, in that you have given him bread and a sword and have inquired of God for him, so that he has risen against me, to lie in wait, as at this day?" 14 Then Ahimelech answered the king, "And who among all your servants is so faithful as David, who is the king's son-in-law, and captain over[c] your bodyguard, and honored in your house? 15 Is today the first time that I have inquired of God for him? No! Let not the king impute anything to his servant or to all the house of my father, for your servant has known nothing of all this, much or little." 16 And the king said, "You shall surely die, Ahimelech, you and all your father's house." 17 And the king said to the guard who stood about him, "Turn and kill the priests of the Lord, because their hand also is with David, and they knew that he fled and did not disclose it to me." But the servants of the king would not put out their hand to strike the priests of the Lord. 18 Then the king said to Doeg, "You turn and strike the priests." And Doeg the Edomite turned and struck down the priests, and he killed on that day eighty-five persons who wore the linen ephod. 19 And Nob, the city of the priests, he put to the sword; both man and woman, child and infant, ox, donkey and sheep, he put to the sword.

20 But one of the sons of Ahimelech the son of Ahitub, named Abiathar, escaped and fled after David. 21 And Abiathar told David that Saul had killed the priests of the Lord.





# SCRIPTURE REFERENCES

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## Psalm 109:22 (ESV)

For I am poor and needy, and my heart is wounded within me.

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## Matthew 26:34–35 (ESV)

34 Jesus said to him, “Truly, I tell you, this very night, before the rooster crows, you will deny me three times.” 35 Peter said to him, “Even if I must die with you, I will not deny you!” And all the disciples said the same.

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## Matthew 26:69–75 (ESV)

9 Now Peter was sitting outside in the courtyard. And a servant girl came up to him and said, “You also were with Jesus the Galilean.” 70 But he denied it before them all, saying, “I do not know what you mean.” 71 And when he went out to the entrance, another servant girl saw him, and she said to the bystanders, “This man was with Jesus of Nazareth.” 72 And again he denied it with an oath: “I do not know the man.” 73 After a little while the bystanders came up and said to Peter, “Certainly you too are one of them, for your accent betrays you.” 74 Then he began to invoke a curse on himself and to swear, “I do not know the man.” And immediately the rooster crowed. 75 And Peter remembered the saying of Jesus, “Before the rooster crows, you will deny me three times.” And he went out and wept bitterly.

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## Acts 8:1–3 (ESV)

And Saul approved of his execution. And there arose on that day a great persecution against the church in Jerusalem, and they were all scattered throughout the regions of Judea and Samaria, except the apostles. 2 Devout men buried Stephen and made great lamentation over him. 3 But Saul was ravaging the church, and entering house after house, he dragged off men and women and committed them to prison.





# SCRIPTURE REFERENCES

## 1 Timothy 1:13–16 (ESV)

13 though formerly I was a blasphemer, persecutor, and insolent opponent. But I received mercy because I had acted ignorantly in unbelief, 14 and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. 15 The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. 16 But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life.

## 2 Samuel 23:1 (ESV)

Now these are the last words of David:  
The oracle of David, the son of Jesse,  
the oracle of the man who was raised on high,  
the anointed of the God of Jacob,  
the sweet psalmist of Israel:

## John 21:15–19 (ESV)

15 When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” 16 He said to him a second time, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” 17 He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. 18 Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.” 19 (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.”





# SCRIPTURE REFERENCES

Acts 9:13-16 (ESV)



13 But Ananias answered, “Lord, I have heard from many about this man, how much evil he has done to your saints at Jerusalem. 14 And here he has authority from the chief priests to bind all who call on your name.” 15 But the Lord said to him, “Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel. 16 For I will show him how much he must suffer for the sake of my name.”





**MODULE THREE:**  
**GRIEVING**





# NEVER ALONE PROGRAM JOURNAL



**1** . Consider some of the kinds of losses Captain Nelson and his family experienced, write some of those losses down. Now consider some of your own losses. Maybe you don't have a physical disability like Captain Nelson, but what have you lost? Did any of these losses change how you viewed yourself? Did they change how you viewed God?







## NEVER ALONE PROGRAM

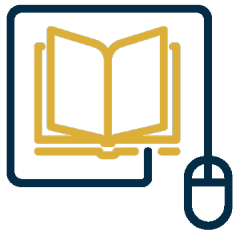
# JOURNAL



**2.** Sometimes the grief journey is delayed. Sometimes it is necessary to set aside losses to maintain focus. We just keep going because of the mission, our unit responsibilities, or because we are not safe to talk about the issue. When we are safe and able to reflect on this, we will need to take the grief journey.

Write about your own grief journey. What was your grief journey like? Did you loop back or get stuck along the way? Did you try to take the false bridge? Did you have to delay the journey?





## NEVER ALONE PROGRAM

# JOURNAL



**3.** What loss that you have experienced feels the most significant to you right now?

At this moment, what stage of grief do you think you are in? What is one thing you would like to do to face this stage? Reflect on the hope that is found in Christ. All sorrow will be removed in the new heaven and earth and all will be made right.





# SCRIPTURE REFERENCES

Matthew 27:46 (ESV)

My God, my God, why did you abandon me?

Psalms 42:3-5 (ESV)

My tears have been my food day and night,  
while they say to me all the day long, "Where is your God?"

4 These things I remember, as I pour out my soul: how I would go with the throng and  
lead them in procession to the house of God with glad shouts and songs of praise, a  
multitude keeping festival.

5 Why are you cast down, O my soul, and why are you in turmoil within me?  
Hope in God; for I shall again praise him, my salvation.

Job 2:11 (ESV)

11 Now when Job's three friends heard of all this evil that had come upon him, they  
came each from his own place, Eliphaz the Temanite, Bildad the Shuhite, and Zophar  
the Naamathite. They made an appointment together to come to show him sympathy  
and comfort him.

Job 4:3-6 (ESV)

Behold, you have instructed many,  
and you have strengthened the weak hands.

4 Your words have upheld him who was stumbling,  
and you have made firm the feeble knees.

5 But now it has come to you, and you are impatient;  
it touches you, and you are dismayed.

6 Is not your fear of God[a] your confidence,  
and the integrity of your ways your hope?





# SCRIPTURE REFERENCES

## Job 4:7-8 (ESV)

Remember: who that was innocent ever perished? Or where were the upright cut off? As I have seen, those who plow iniquity and sow trouble reap the same.

## Job 8:6-8 (ESV)

If you are pure and upright, surely then he will rouse himself for you and restore your rightful habitation. And though your beginning was small, your latter days will be very great.  
For inquire, please, of bygone ages, and consider what the fathers have searched out.

## I Thessalonians 4:13 (ESV)

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.

## Revelation 21:4 (ESV)

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.

## Nehemiah 1: 3-4 (ESV)

And they said to me, "The remnant there in the province who had survived the exile is in great trouble and shame. The wall of Jerusalem is broken down, and its gates are destroyed by fire."

As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.





**MODULE FOUR:**  
**BRINGING PAIN  
TO THE CROSS**





# NEVER ALONE PROGRAM JOURNAL



**1.** Think about the pain you are carrying today. What is hurting you now? Are you carrying this burden alone?





## NEVER ALONE PROGRAM

# JOURNAL



**2.** Take some time to create a lament to God. Your lament could be a song, poem, prayer, or any creative way you wish to express your feelings to God. It does not have to include all parts of a lament, but it should have a reason for grief or suffering.





# NEVER ALONE PROGRAM JOURNAL



**3.** What do you expect to happen by bringing your pain to the cross?

Imagine the burden you have been carrying lifted. What would that feel like to no longer carry it alone?







# SCRIPTURE REFERENCES

## Psalm 13 (ESV)

How long, O LORD? Will you forget me forever?  
How long will you hide your face from me?  
2 How long must I take counsel in my soul  
and have sorrow in my heart all the day?  
How long shall my enemy be exalted over me?  
3 Consider and answer me, O LORD my God;  
light up my eyes, lest I sleep the sleep of death,  
4 lest my enemy say, "I have prevailed over him,"  
lest my foes rejoice because I am shaken.  
5 But I have trusted in your steadfast love;  
my heart shall rejoice in your salvation.  
6 I will sing to the Lord,  
because he has dealt bountifully with me.

## Revelation 21:1-5 (ESV)

Then I saw a new heaven and a new earth. The first heaven and the first earth disappeared, and the sea vanished. And I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared and ready, like a bride dressed to meet her husband. I heard a loud voice speaking from the throne: "Now God's home is with people! He will live with them, and they shall be his people. God himself will be with them, and he will be their God. He will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain. The old things have disappeared." Then the one who sits on the throne said, "And now I make all things new!" He also said to me, "Write this, because these words are true and can be trusted."





# SCRIPTURE REFERENCES



## Isaiah 61:1-4 (ESV)

The Sovereign LORD has filled me with his Spirit. He has chosen me and sent me to bring good news to the poor, to heal the broken-hearted, to announce release to captives and freedom to those in prison. He has sent me to proclaim that the time has come when the LORD will save his people and defeat their enemies. He has sent me to comfort all who mourn, to give to those who mourn in Zion joy and gladness instead of grief, a song of praise instead of sorrow. They will be like trees that the LORD himself has planted.





**MODULE FIVE:**  
**FORGIVING**





# NEVER ALONE PROGRAM JOURNAL



**1.** Reflect on Mateo's story. Have you felt the type of rejection and pain that Mateo experienced? What was your initial reaction and response?





## NEVER ALONE PROGRAM

# JOURNAL



**2.** What does forgiveness mean to you? What has helped you to forgive others in the past? What may hinder you from forgiving someone now?

Are there any people you need to forgive? Name them and ask God to help you forgive them. Close your hands tightly and imagine holding all the hurt from these people in your hands. Then open your hands as a sign that you are releasing their hold on you. You forgive them with God's help.





# NEVER ALONE PROGRAM JOURNAL



**3.** Write some words of praise and thanksgiving to God, rehearsing what He has done for you. Thank Him for His forgiveness. Allow your emotions time to catch up with what you know.

Is there anyone you have wronged? Can you seek forgiveness from them? Write their name and then make a plan to approach them.





# SCRIPTURE REFERENCES

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## Ephesians 4:26-27 (ESV)

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

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## Hebrews 12:14-15 (ESV)

Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled.

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## Hebrews 4:32 (ESV)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.





**MODULE SIX:**  
**COMING HOME**







# NEVER ALONE PROGRAM JOURNAL



**1.** How would you define coming home? Have you known someone who transitioned well? What did you notice about their transition? Why do you think it went well? How about someone who had a difficult time transitioning? Why do you think it was difficult?





## NEVER ALONE PROGRAM

# JOURNAL



**2.** What stage(s) of coming home do you identify with the most and why? Where have you experienced difficulty in coming home? Where have you experienced success? How has this journey impacted the individuals in your family?





## NEVER ALONE PROGRAM

# JOURNAL



**3.** What have you learned in this lesson that helps you adjust your expectations for coming home? Where in your family life can you use some of these strategies for communication? Who will you use them with? How can you ask, seek, and knock to ease the challenges of transitions?





# SCRIPTURE REFERENCES



Matthew 7:7 (ESV)

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.





**MODULE SEVEN:**  
**REBUILDING  
AND RESILIENCE**





# NEVER ALONE PROGRAM JOURNAL



**1.** Is there a time in your life where you've grown stronger because of a trial you've faced? Describe it. What did you learn from that experience?





# NEVER ALONE PROGRAM JOURNAL



**2.** One of the necessary parts of healing is the awareness of our growth and new wisdom. Even new connections with God. You have been through the fire and have come out stronger. Reflect on your growth by asking yourself the following questions:

Has your understanding of suffering and trauma changed? If so, how? Do you view the idea of recovery differently? How has your understanding of God changed through your trial and recovery?





## NEVER ALONE PROGRAM

# JOURNAL



**3.** What is your biggest take-away from completing this program? How will this change your life in the next month? Or year?







# SCRIPTURE REFERENCES

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## Isaiah 40:11 (ESV)



He will tend his flock like a shepherd;  
he will gather the lambs in his arms;  
he will carry them in his bosom,  
and gently lead those that are with young.

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## Psalms 119:50, 92 (ESV)



This is my comfort in my affliction,  
that your promise gives me life.  
If your law had not been my delight,  
I would have perished in my affliction.

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## 2 Corinthians 1:3-5 (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. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

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## James 1:2-3 (ESV)



Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness.





# SCRIPTURE REFERENCES

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## 2 Corinthians 1:3-5 (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. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.

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## Genesis 50:18-20 (ESV)

18 His brothers also came and fell down before him and said, "Behold, we are your servants." 19 But Joseph said to them, "Do not fear, for am I in the place of God? 20 As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

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## 1 Peter 1:6-7 (ESV)

6 In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, 7 so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.

