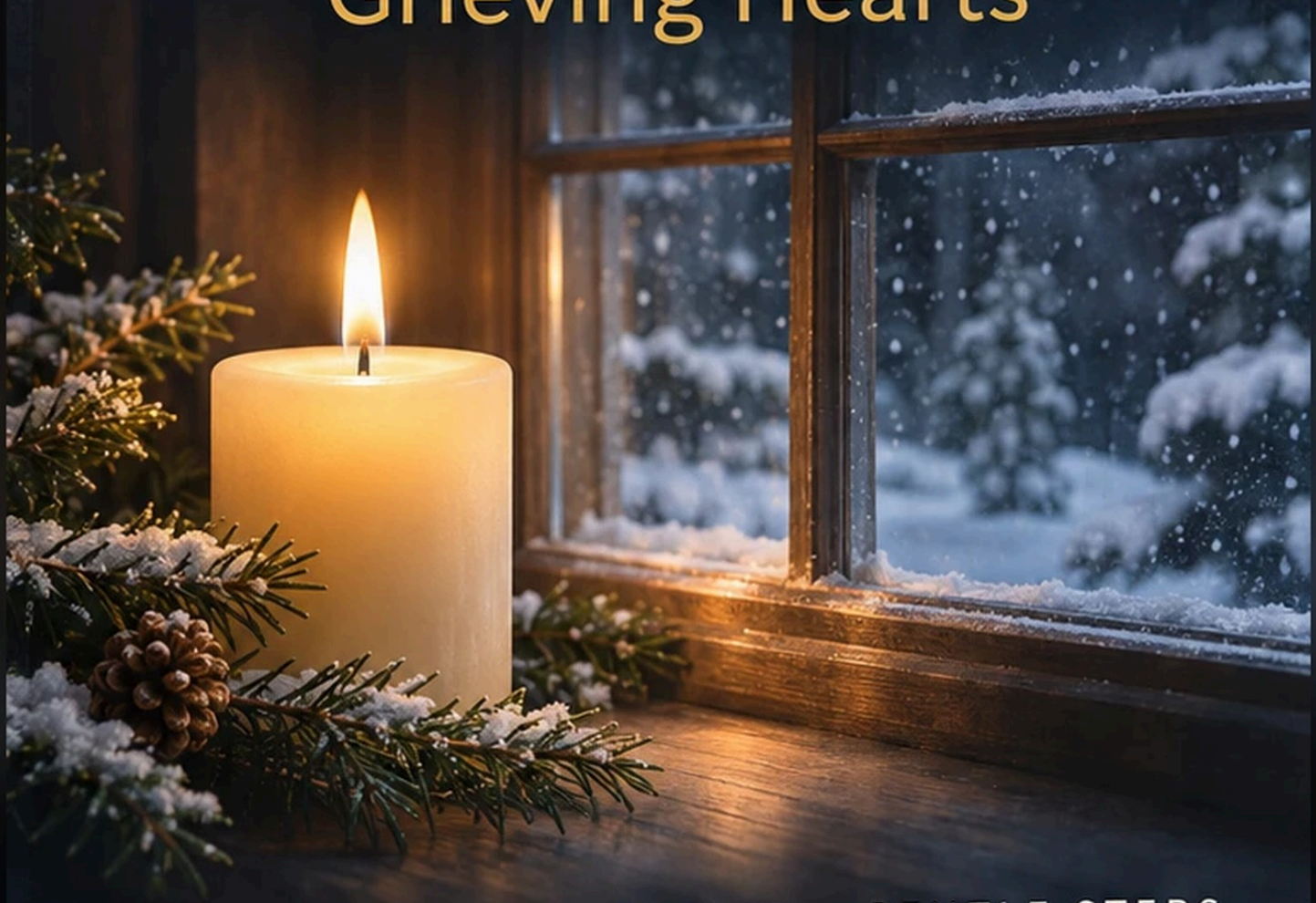
DECEMBER 1–25

25 Days of Peace

A Christmas Devotional for Grieving Hearts



DAILY SCRIPTURE • PRAYER • GENTLE STEPS

DAY 1 · DECEMBER 1

You Are Not Alone in This

> *"The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."*

PSALM 34:18 · KJV

REFLECTION

The first thing God says to a hurting heart is not "be strong." It is "I am near." You may not feel Him today, and that is okay. Nearness is not always a feeling. It is a promise. Begin this month by letting yourself be exactly as broken as you are.

PRAYER

Lord, I am tired and sad. I do not have the right words. Please come close and stay close. Amen.

TODAY'S GENTLE STEP

Sit for one minute in silence and breathe slowly. Say, "God, I am here."

MY THOUGHTS





For Christmas Eve or any evening

A candle for the one you miss

A small ritual you can do alone or with family. It takes about five minutes.

1. **Choose a candle** and place it where you can see it, near a photo if you have one.
2. **Light it and say their name** out loud. Let the quiet be there for a moment.
3. **Share one memory** that makes you smile, even if it also makes you cry.
4. **Pray in your own words:** *"God, thank you for the gift of ____. Hold them close, and hold me close too."*
5. **Let the candle burn** through the evening as a quiet sign of love that does not end.

If your family grieves in different ways

One person may want to talk and another may not. Invite, never pressure. A candle on the table can say what words cannot.

Safety note

Never leave a burning candle unattended. A battery candle works just as beautifully.