

RESTORED BY
GOD'S GRACE MINISTRIES

WHEN YOUR HEART FEELS HEAVY

Psalm 34:18 (KJV)

*"The LORD is nigh unto them
that are of a broken heart."*

When your heart feels heavy,
may these pages remind you that
God's presence remains near,
even in the midst of
difficult seasons.

God's Grace Still Restores.

RESTORED BY
GOD'S GRACE MINISTRIES

Welcome

If you are holding these pages because your heart feels heavy, welcome. You do not have to arrive here with perfect words, strong faith, or a smile on your face.

You do not have to explain every tear, every disappointment, every unanswered prayer, or every burden you have been carrying. You are welcome here exactly as you are.

This packet was created to be a quiet place to pause, breathe, reflect, and spend time in God's presence. Through reflection pages, prayer prompts, and quiet moments, my prayer is that you will be reminded that you are not alone.

Psalm 34:18 tells us:

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

When life feels overwhelming, God's presence remains near.
When your heart feels weary, His grace remains sufficient.
When you cannot see the road ahead, He still walks beside you.

As you move through these pages, give yourself permission to slow down. There is no rush here.
One step at a time.
One peaceful moment at a time.

May you find comfort, hope, and gentle reminders of God's faithful love.

You are welcome here.
You are safe here.
You are seen here.
You are heard here.
You are not alone.

God's Grace Still Restores.

Reflection 1
When the Weight Feels Too Much

"The LORD is nigh unto them that are of a broken heart."
— Psalm 34:18 (KJV)

There are seasons when the weight we carry feels difficult to explain. The responsibilities. The grief. The uncertainty. The disappointments. The quiet struggles no one else sees.

Sometimes the burden becomes so familiar that we stop noticing how tired we truly are.

If that is where you find yourself today, know that you do not have to carry that weight alone.

God is not asking you to pretend you are stronger than you are. He is not asking you to hide your weariness. He is not disappointed by your tears, your questions, or your need for rest.

Psalm 34:18 reminds us:

"The LORD is nigh unto them that are of a broken heart."
Not after the pain is gone. Not after everything is resolved. Now. Right here in the middle of it. God draws near to hurting hearts.

Reflection Prompt

What burden feels especially heavy today, and what would it look like to place that burden in God's hands, even for a moment?

Closing Thought

You do not have to carry every burden by yourself.

RESTORED BY
GOD'S GRACE MINISTRIES



Reflection 2
God's Presence Is Near

"The LORD is nigh unto them that are of a broken heart."

— Psalm 34:18 (KJV)

When everything feels heavy, it can be easy to believe that we are walking through the dark alone. But God's Word gently reminds us that is not true.

God does not wait until we are "strong enough" to draw near to Him.
He is not distant or unaware.
He is nigh — near, close, present, and available.

He knows the depth of our pain.
He sees the tears we try to hide.
He hears the prayers we whisper in the quiet.

When your heart feels burdened, lean into this truth:
God is nearer than you think.
He is with you in the moment.
He is with you in the struggle.
He is with you, even when you cannot feel Him.

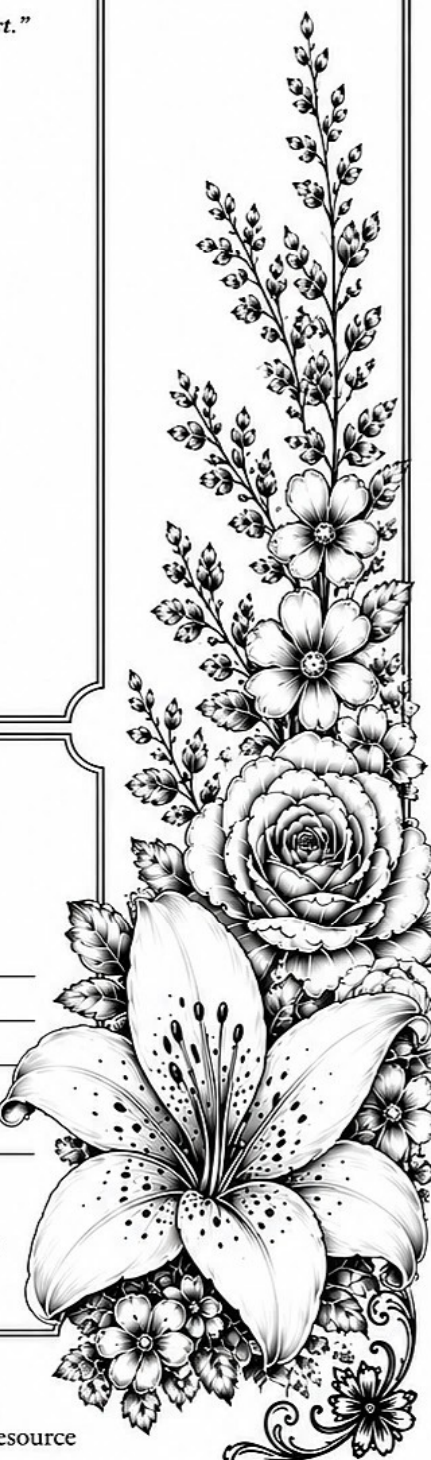
His nearness is not based on your circumstances.
It is based on His love.

Reflection Prompt

How does it encourage you to know that God's presence remains near, even when you cannot feel it?

Closing Thought

His presence is your peace in the midst of the weight.



RESTORED BY
GOD'S GRACE MINISTRIES

Reflection 3

Held When You Feel Fragile

*"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)

There are days when our hearts feel tender.
Days when even small things feel heavy.
Days when we wonder how much strength we have left.
If today is one of those days, be gentle with yourself.

Fragile does not mean forgotten.
Fragile does not mean weak.
Fragile does not mean abandoned.

Sometimes a tender heart is simply evidence that you have
been carrying more than most people realize.
God understands that.
He sees the parts of your story that remain unspoken.
He sees the courage it takes to keep going.
And He continues to hold you with compassion and grace.

You may not feel strong today.
You may not have answers today.
But you are still held.
You are still loved.
You are still seen.
And God's care for you has not changed.

Reflection Prompt

What would it look like to receive God's compassion
today instead of placing more pressure on yourself?

Closing Thought

*Even when you feel fragile,
you are safely held in God's care.*

RESTORED BY
GOD'S GRACE MINISTRIES

Gratitude

Even in heavy seasons, small reminders of God's faithfulness still remain.

Today, I am grateful for:

Affirmations

Read slowly. Keep the ones your heart needs today.

- God is near to me, even when I feel overwhelmed.
- I do not have to carry every burden alone.
- My feelings matter, and God cares about them.
- I am loved, seen, and heard by God.
- Healing is still possible.
- God's grace is sufficient for today.

An affirmation I need to remember:

Release

Some burdens were never meant to be carried alone.

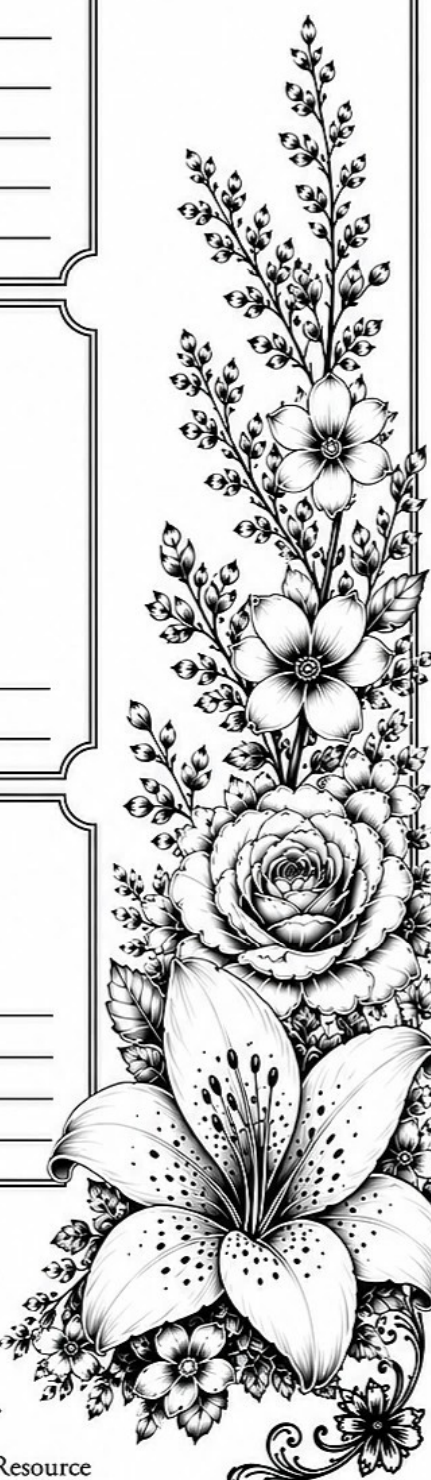
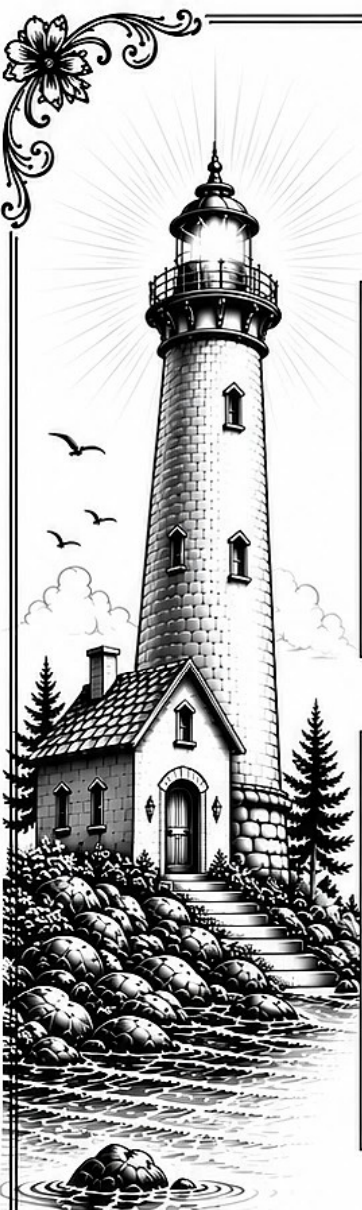
Use this space to prayerfully release a worry, fear, disappointment, grief, or concern into God's hands.

Today, I am releasing:

Closing Reflection

*Lord, help me receive Your peace, trust Your presence,
and rest in Your care one step at a time.*

God's Grace Still Restores.



GOD IS NEAR

"The LORD is nigh unto them that are of a broken heart."

— Psalm 34:18 (KJV) —

As you search for each word, pause and remember that God remains near,
even when your heart feels heavy.

H	O	D	C	G	G	G	A	F	N	U	P	O	K	F
V	G	N	C	M	W	L	L	E	P	O	H	S	C	Q
V	O	Q	V	R	F	W	C	A	H	E	H	G	I	L
L	A	G	H	N	K	A	L	V	G	E	A	T	O	O
W	X	X	D	X	R	R	I	U	L	Y	A	C	T	B
U	G	Y	K	G	R	C	F	T	N	I	W	R	E	V
Y	H	B	J	D	B	E	E	J	H	S	O	E	T	Z
N	L	Q	C	Z	R	R	Y	T	J	F	C	S	O	P
F	H	S	A	R	O	A	G	A	M	G	U	Z	G	K
T	C	S	M	T	K	N	N	O	R	R	Q	L	Z	U
M	V	S	S	M	E	R	C	Y	T	P	K	M	O	J
Q	N	E	A	R	N	L	G	E	R	U	J	R	D	X
P	R	L	T	M	W	F	V	B	C	P	V	B	M	E
S	X	S	E	F	Q	C	X	M	R	G	Q	M	Y	L
W	S	N	F	N	S	I	H	Y	X	S	L	T	Q	A

WORD BANK

- BROKEN
- HEART
- NEAR
- COMFORT
- GRACE
- MERCY
- PEACE
- REFUGE
- SHELTER
- FAITHFUL
- HOPE
- STRENGTH
- PRAYER
- TRUST
- RESTORE

Pause, Pray & Release

Which word is speaking to your heart today?

Lord, I place this in Your hands today:

Restored by God's Grace Ministries

THE PROMISE OF PSALM 34:18

Scripture Focus

“and saveth such as be of a contrite spirit.”

— Psalm 34:18 (KJV)

*As you search for each word, let your heart rest in this promise:
God is near, and His grace still meets you here.*

U	Y	T	T	B	K	J	R	H	S	M	S	Z	A
N	O	R	U	X	S	E	T	X	P	J	R	B	W
J	V	A	E	K	W	W	B	Y	L	Z	A	U	F
Z	I	H	X	M	H	X	W	W	O	P	Q	Y	K
T	S	E	Z	Y	N	D	H	B	V	R	L	Q	S
M	L	E	Z	O	H	O	F	R	E	Y	E	L	P
A	Q	I	Z	P	T	B	I	N	D	L	L	H	I
M	R	V	X	C	E	R	E	S	T	K	O	T	R
C	E	M	E	J	V	W	C	R	S	W	V	B	I
S	D	Z	O	Q	A	G	N	I	L	A	E	E	T
Y	E	P	D	L	S	I	E	L	F	G	E	Z	D
J	H	A	B	I	G	D	S	Y	O	F	M	O	U
Q	Z	K	E	H	F	K	E	T	I	R	T	O	C
W	V	M	V	C	O	U	R	A	G	E	D	V	C
S	O	I	Z	I	T	R	P	F	E	T	E	H	W

WORD BANK

- LORD
 - NIGH
 - CONTRITE
 - SPIRIT
 - SAVETH
- PRESENCE
 - COMPASSION
 - HEALING
 - RENEWAL
 - COURAGE
- BELOVED
 - REST
 - FAITH
 - HELP
 - LOVE

Pause, Pray & Release

What part of this promise do you most need to receive today?

Lord, I place this in Your hands today:

RESTORED BY
GOD'S GRACE MINISTRIES

The Light Remains

*Even in heavy seasons,
God's light still shines.*

RESTORED BY
GOD'S GRACE MINISTRIES

HOPE

FOR THE

Journey

Breathe

Rest

Hope

Rest for the Weary Heart

Pause here, breathe deeply, and let
your heart rest in God's gentle care.

RESTORED BY
GOD'S GRACE MINISTRIES

He Holds You Close

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) ♡

When your heart feels fragile,
God still holds you close.

Take a quiet moment to color, breathe, pray,
and remember that you are never alone.

RESTORED BY
GOD'S GRACE MINISTRIES

GENTLE SUPPORT & *Emergency Resources*

*"Cast all your anxiety on Him
because He cares for you."*

— 1 Peter 5:7, NIV —

You do not have to walk through this alone.
Help is available. Support is real. Hope is here.
Please reach out to someone you trust.
Your life matters. You are deeply loved.

YOU DO NOT HAVE TO CARRY IT ALL ALONE.

If you are in need of support, help is available.

EMOTIONAL SUPPORT

988 Suicide & Crisis Lifeline
Call or Text 988

NATIONAL DOMESTIC VIOLENCE HOTLINE
1-800-799-7233 • Text "START" to 88788

NATIONAL HUMAN TRAFFICKING HOTLINE
1-888-373-7888 • Text "HELP" to 233733

LOCAL RESOURCES

To connect with your local community
help Dial 211.

*You are important. Your life matters.
Help is here, and hope is real.*

SCAN FOR ADDITIONAL
ENCOURAGEMENT PACKETS



More resources.
More hope. More grace.

WHO CAN I TALK TO?

- ♡ A trusted friend or family member
- ♡ Your pastor, spiritual leader, or mentor
- ♡ A counselor or therapist
- ♡ A support group in your community

*Reaching out is a sign of strength, not weakness.
You were never meant to do life alone.*

YOU ARE IMPORTANT.
YOU ARE NOT ALONE.
GOD IS WITH YOU.

He sees you.
He hears you.
He will carry you.

You Matter. You Are Loved. You Are Not Alone.

God's Grace Is With You Every Step of the Way.