

RESTORED BY
GOD'S GRACE MINISTRIES

A New
Morning of Mercy

LAMENTATIONS 3:22-23

*"His compassions fail not;
they are new every morning."*



A gentle invitation to begin again
without shame, pressure, or pretending.

You have permission to come as you are,
move slowly, and let your heart breathe
without rushing the process.

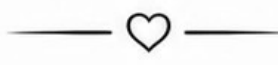
*Receive fresh mercy.
Take the next gentle step.
Let grace lead the way.*

Mercy meets you this morning.

God's Grace Still Restores.




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A New Morning of Mercy

LAMENTATIONS 3:22–23

*“The steadfast love of the Lord never ceases;
His mercies never come to an end;
they are new every morning;
great is Your faithfulness.”*





WELCOME, BELOVED!

Welcome to this week's encouragement packet.
May it be a gentle reminder that each day
begins with God's unfailing mercy and
His faithful presence.


How to Use This Packet

- ♡ Set aside quiet time with the Lord.
- ♡ Read the Bible study and reflect on His Word.
- ♡ Complete the daily pages at your own pace.
- ♡ Use the lined pages for prayer, journaling, or His leading.
- ♡ Carry God's truth with you throughout the week.

*You are deeply loved. You are never alone.
His mercies are new every morning.*



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Reflection 1
MERCY MEETS THE MORNING



*It is of the LORD'S mercies that we are not consumed,
because his compassions fail not.
They are new every morning: great is thy faithfulness.
— Lamentations 3:22–23 (KJV)*

Some mornings begin quietly. Before the day fully unfolds, your heart may already feel tired, tender, or unsure. You may be carrying yesterday's weight while trying to find the strength to face today.

Lamentations 3:22–23 reminds us that God's mercy does not run out during difficult seasons. His compassion is not exhausted by your weariness, your questions, or your need to begin again slowly.

Even if yesterday felt heavy, grace meets you here. Not with pressure. Not with shame. But with faithful mercy that welcomes you as you are.

You do not have to force yourself into a perfect beginning. You are allowed to take the next gentle step, breathe deeply, and trust that God's mercies are already waiting for you this morning.




REFLECTION PROMPT



Where in your heart do you need fresh mercy today,
and what would it look like to receive this morning
as a gentle new beginning with God?

CLOSING THOUGHT
Mercy meets you this morning.



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Reflection 2
GRACE FOR THIS DAY

*Through the LORD'S mercies we are not consumed,
because his compassions fail not.
They are new every morning: great is thy faithfulness.
— Lamentations 3:22–23 (KJV)*

Some mornings begin softly, while others begin with a tired heart, lingering grief, or the weight of yesterday still resting on your soul.

Yet even here, God meets you with mercy that has not run out.

You do not have to force strength you do not have. You do not have to pretend you are farther along than you are. This day can begin gently — one breath, one prayer, one small step at a time.

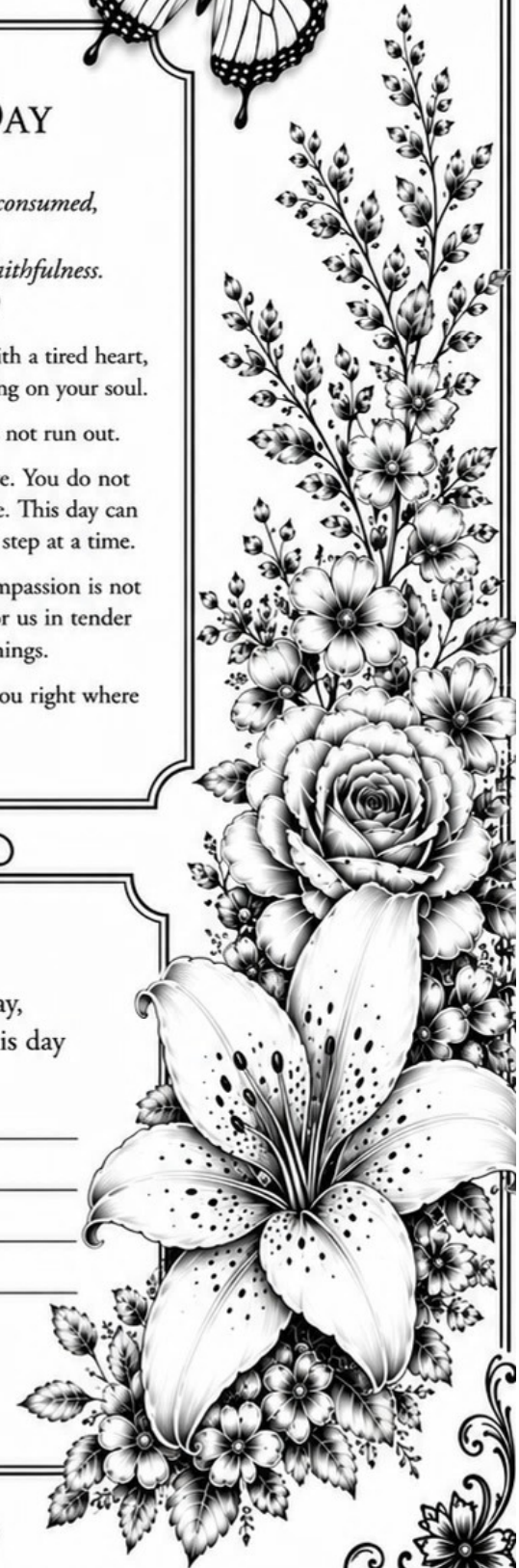
Lamentations 3:22–23 reminds us that God's compassion is not exhausted by our weakness. His mercy reaches for us in tender beginnings, unfinished places, and ordinary mornings.

Let grace be enough for this day. Let God meet you right where you are.

REFLECTION PROMPT

Where do you need fresh mercy today,
and what would it look like to receive this day
as a gentle gift from God?

CLOSING THOUGHT
Grace will meet you in this day.



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REFLECTION 3
A Gentle Beginning

*"His compassions fail not. They are new every morning:
great is thy faithfulness."*

— Lamentations 3:22–23 (KJV)

Some mornings begin softly. Others begin with heaviness, tired hearts, and the quiet ache of trying again.

Wherever this morning finds you, God's mercy is already here.

You do not have to begin this day pretending to be stronger than you feel. You do not have to hide your tenderness, your weariness, or your need for God's help.

Lamentations 3:22–23 reminds us that the Lord's compassions do not fail and His mercies are new every morning. That means today is not held together by your strength alone. It is held by the faithful love of God.

If yesterday was heavy, grace is still available today. If your heart feels fragile, mercy still meets you here. This can be a gentle beginning—one step, one prayer, one quiet breath at a time.

REFLECTION PROMPT

*What would it look like to receive God's mercy
for this day without pressure, shame, or hurry?*

CLOSING THOUGHT

*Mercy meets you this morning,
and grace will help you take the
next gentle step.*

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Gratitude

Scripture Focus: Lamentations 3:22-23

Name the mercies, comfort, or quiet blessings you have noticed today. Even the smallest signs of God's care matter.

Affirmations

Write two gentle truths to carry into this new morning by grace.

Release

What are you ready to place into God's hands this morning? Release worry, pressure, shame, or yesterday's heaviness here.

Mercy meets you this morning.



New Mercies

Bible-Based Word Search

Lamentations 3:22-23

"His compassions fail not; they are new every morning."

A quiet moment to breathe, refocus, and remember that God's mercy is fresh for this day.



Honoring Tasha
♡

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

Word Bank

Mercy
Begin
Clean
Hope
Lead

Morning
Fresh
Renew
Trust
Light

Grace
Heart
Peace
Prayer
Restore

Reflection Question

What fresh mercy from God do you need to receive today?

_____♡_____

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Bible-Based Word Search 2

The Promise of Renewal

Lamentations 3:22-23

"His compassions fail not; they are new every morning."

Let this quiet moment remind you that God's mercy can gently renew your heart today.

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

Word Bank

New	Faith	Path
Gentle	Surrender	Joy
Courage	Promise	Strength
Healing	Beloved	Today
Breathe	Forward	Grace

Reflection Question

Where do you need God's mercy to help you begin again?

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Mercy
Meets the
Morning

His compassions fail not;
they are new every morning.

— Lamentations 3:22–23

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BEGIN
Again
BY
GRACE

His compassions
fail not; they are
new every morning.
— Lamentations 3:22–23

A Gentle Beginning

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Grace for This Day

Be Still

Breathe

Renew

*His compassions fail not;
they are new every morning.*

Lamentations 3:22-23

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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.