



A FREE GIFT FOR YOU

HEALING STARTER GUIDE

5 Faith-Centered Steps Toward Healing After Loss

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WELCOME

A Letter to You,

You are holding this guide because something in your life has shifted — and perhaps it feels like the ground beneath you has given way.

Maybe you've experienced the death of someone you love. A marriage that ended. A dream that didn't come true. A pregnancy lost. A version of yourself you no longer recognize.

Whatever brought you here, I want you to know: you are not alone, and you are not forgotten.

This guide is not a quick fix. It is not a checklist. It is an invitation — to pause, to breathe, and to take one gentle step at a time toward healing.

God sees you in this season. And healing, though it takes time, is possible.

I am honored to walk alongside you.

With love and faith,



Sanita Mitchell

Founder, Joi Breakforth®

Certified Grief Recovery Specialist®



STEP ONE

Acknowledge the Loss

The first step toward healing is honesty.

□ Teaching

Grief begins the moment we are willing to name what we have lost. So many of us have been taught to 'be strong,' to 'keep moving,' or to 'trust God' in ways that bypass the very real pain we carry. But healing cannot begin in denial. It begins in truth. Acknowledging your loss is not a sign of weakness — it is an act of courage and the first step toward freedom.

□ Reflection

What loss are you carrying right now that you haven't fully allowed yourself to name?

□ Scripture

□ He heals the brokenhearted and binds up their wounds. — Psalm 147:3

□ My Reflection

Write freely here...

Give Yourself Permission to Feel

Your feelings are not a lack of faith — they are part of being human.

□ Teaching

Many women of faith have been told — directly or indirectly — that grief is a sign of weak faith. That if you truly trusted God, you wouldn't be so sad. But Jesus wept (John 11:35). David cried out in the Psalms. Grief is not the absence of faith; it is the evidence of love. You are allowed to feel what you feel. Suppressing your emotions doesn't make them disappear — it buries them alive. Give yourself permission to grieve, to cry, to be angry, to be confused. God can hold all of it.

□ Reflection

What emotions have you been pushing down or hiding?
What would it feel like to let yourself truly feel them?

□ Scripture

📖 Jesus wept. — John 11:35 | The Lord is close to the brokenhearted and saves those who are crushed in spirit. — Psalm 34:18

□ My Reflection

Write freely here...





STEP THREE

Identify One Healthy Support

You were never meant to heal alone.

□ Teaching

Grief can be profoundly isolating. It can feel like no one truly understands what you are going through — and sometimes, that is true. Not everyone is equipped to hold your grief. But there is someone. A trusted friend. A counselor. A grief support group. A pastor or spiritual director. A certified grief recovery specialist. You don't need a crowd. You need one safe person who can sit with you in the pain without trying to fix it or rush you through it. Healing happens in relationship — with God and with others.

□ Reflection

Who is one person in your life who feels safe enough to share your grief with? If no one comes to mind, what is one step you could take to find that support?

□ Scripture

- Two are better than one... If either of them falls down, one can help the other up. — Ecclesiastes 4:9-10

□ My Reflection

Write freely here...

STEP FOUR

Take One Small Step

You don't have to see the whole staircase. Just take the first step.

□ Teaching

Healing is not a destination you arrive at all at once. It is a series of small, intentional steps taken in the direction of wholeness. When grief is heavy, even the smallest action can feel monumental — and that's okay. Your one small step might be: getting out of bed and going outside. Calling a friend. Drinking a glass of water. Writing in a journal. Attending a support group. Scheduling a consultation. Whatever it is, it counts. Every step forward — no matter how small — is an act of faith.

□ Reflection

What is one small, gentle step you can take this week toward your healing? Write it down and commit to it.

□ Scripture

- For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. — Jeremiah 29:11

□ My Reflection

Write freely here...



Hold On to Hope

Hope is not wishful thinking — it is a decision to believe that God is not finished yet.

□ Teaching

There will be days when hope feels impossible. When the grief is so heavy that you cannot imagine feeling whole again. On those days, you don't have to manufacture hope — you just have to hold on. Hold on to the promises of God. Hold on to the testimony of others who have walked through darkness and found light again. Hold on to the truth that your story is not over. Healing is not linear. There will be setbacks. There will be hard days. But there will also be mornings when the light breaks through — and you will be glad you stayed.

□ Reflection

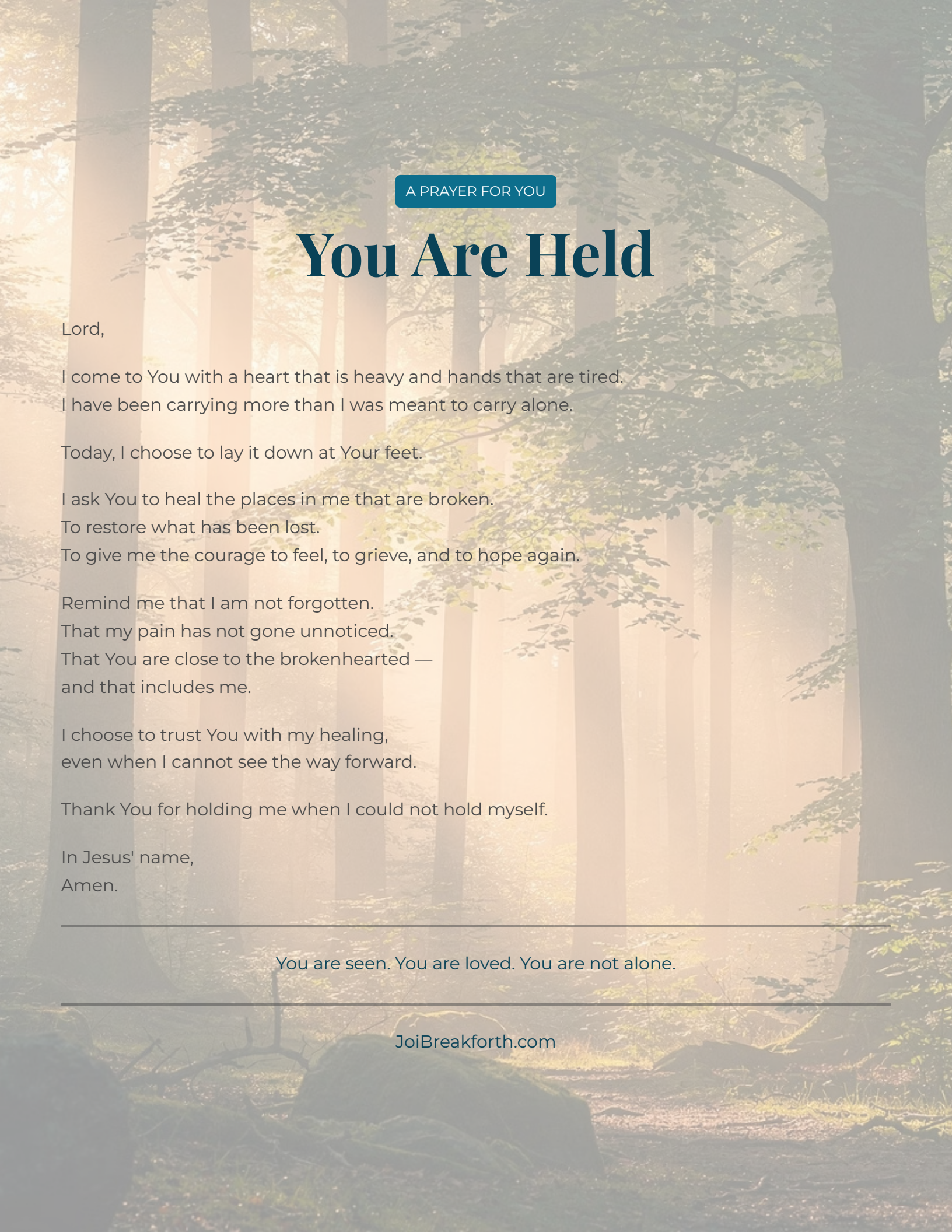
What is one promise from God or one truth you can hold onto when hope feels distant? Write it somewhere you will see it every day.

□ Scripture

- But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. — Isaiah 40:31

□ My Reflection

Write freely here...



A PRAYER FOR YOU

You Are Held

Lord,

I come to You with a heart that is heavy and hands that are tired.
I have been carrying more than I was meant to carry alone.

Today, I choose to lay it down at Your feet.

I ask You to heal the places in me that are broken.
To restore what has been lost.
To give me the courage to feel, to grieve, and to hope again.

Remind me that I am not forgotten.
That my pain has not gone unnoticed.
That You are close to the brokenhearted —
and that includes me.

I choose to trust You with my healing,
even when I cannot see the way forward.

Thank You for holding me when I could not hold myself.

In Jesus' name,
Amen.

You are seen. You are loved. You are not alone.

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YOUR NEXT STEP

You Don't Have to Walk This Alone

If this guide has stirred something in your heart, I want to invite you to go deeper. Healing is a journey, and there are resources designed to support you every step of the way.



Living Beyond Loss Webinar

A powerful, faith-centered experience designed to help you understand grief, process your pain, and begin moving toward healing. Join women from around the world in this transformative online event.



Grief Recovery Method® Program

The Grief Recovery Method® is an evidence-based grief recovery program. Work one-on-one or in a small group setting with a certified specialist to complete your grief and reclaim your life.



Complimentary Grief Recovery Consultation

Not sure where to start? Schedule a free, no-pressure consultation to talk about where you are and explore what support might look like for you. You deserve to be heard.



JoiBreakforth.com

Visit our website to explore all resources, upcoming events, free content, and ways to connect with the Joi Breakforth® community.

You took the first step by downloading this guide. That matters. I am cheering for you.

— Sanita Mitchell
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DISCLAIMER

A Note of Care

This guide is intended for educational, devotional, and personal reflection purposes only.

It is not a substitute for counseling, therapy, mental health treatment, medical care, or crisis intervention.

If you are experiencing a mental health crisis, please seek immediate professional support or contact emergency services.

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