

PRAYER

THE ART OF ENDING A CHAPTER WELL

Bringing Closure in Your Life with God's Help

Many of us struggle with the discomfort and pain of loss, and we don't know how to properly lament and prayerfully let go. As a result, we can get disoriented and stuck in fear or muddled in resentment.

The pain of losing someone, of failing at a dream or experiencing discouraging setbacks can fester and bleed into new relationships, opportunities and seasons.

This is why we need to invite God into the process of closure.

Closing a chapter with God heals the wounds of loss or grief, not by erasing it, but by honoring the place, person or pain and moving forward with hope and freedom.

This resource is designed for those *ready to move forward*.

Going through this page can take anywhere from 25 minutes to an hour, so give yourself unhurried space to prepare, process and pray.

At the end, you will have experienced a Psalm-like prayer. A framework to see God in our process so that we can take an honest look at the pain, orient ourselves around His truths, and experience the joy that comes with prayerfully closing a chapter in our lives.

ACKNOWLEDGE THE PAIN

First, we need to pinpoint and name the pain.

What season, relationship or chapter do you wish to close with God? What hurt do you need to bring into His presence?

In the space below, prayerfully and honestly write it out as a story. Include the context, the background, the hope, the pain. What went wrong? Who hurt you and why did it hurt? What are your regrets or disappointments?

WRITE YOUR STORY HERE:



When you're done writing, pray this over yourself:

"Lord, I bring my pain into the warmth of your presence."



BAPTIZE THE PAIN

Next, review your story, but this time, invite the Holy Spirit to show you how God was present and faithful. Invite yourself to see your pain in light of God's bigger story.

You can ask yourself the following questions:

- Where was God?
- What was He doing?
- What was He forming in you?
- What did you find out about Him?

Before you begin, pray this prayer:

*"Holy spirit, I invite you back into the story. I ask for your perspective.
Help me to see you and who you've always been in this season of my life."*

CHOOSE 2-3 TRUTHS ABOUT GOD AS THEY RELATE TO THIS PART OF YOUR STORY: GOD, YOU WERE/ARE...

Faithful	Generous	Good
Righteous	Powerful	Worthy
True	Holy	Redemptive
Just	Forgiving	
Loving	Merciful	

As you invite God back into this chapter in your life, now write it down, highlighting God's faithfulness.

CHOOSE 1-2 PHRASES TO DESCRIBE WHAT HE WAS DOING, OR WRITE IT OUT IN YOUR OWN WORDS:

God, You were faithful.	God, You carried me.
God, You were there.	God, You never left my side.
God, You saw me.	God, You were guiding me.
God, You wept.	God, You were present.
God, You were in control.	God, You were constant.

RE-WRITE YOUR STORY HERE:

As you recall where God was and who He is in light of the chapter you are closing, you can begin to move forward in healing and hope. You can receive His peace even if the circumstances remain the same.

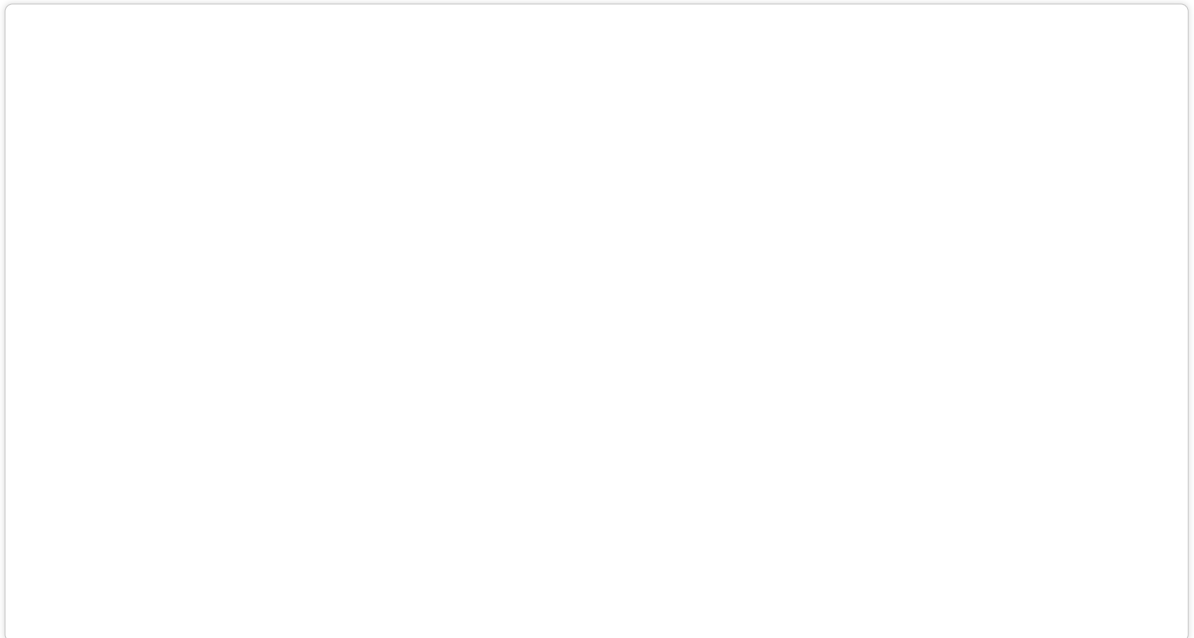
1 | PRAISE

Give thanks to God for who He was and is in light of His presence during that chapter.

LORD, THANK YOU...



THIS SEASON WAS A BLESSING BECAUSE I LEARNED, I EXPERIENCED, I KNOW...



CLOSURE FOR THE PAIN

2 | PROMISE

Now, write out a promise for the next season as you remember His goodness. What will you do now because of who He is?

I PROMISE...

3 | PETITION

Finally, write out a prayer for the next season. Asking God for His help, guidance or continued presence in light of your praise and promise.

I ASK...

As you close this chapter with God, read the prayer and benediction below over yourself. Invite the Holy Spirit to help you commit to giving and leaving this chapter in God's hands and to step into the next with faith and prayer.

PRAYER

Lord, in every trial and pain, every moment of loneliness or despair, I know that You were there with me through it all. Though I may never know all the answers, I can trust that You are making me whole. You are my portion and my peace. I lay down my past and my pain at Your feet, knowing You care and You bind my wounds. You are turning all the ashes in my life into beauty. And I entrust my future into Your good and capable hands, trusting that You are with me through it all.

Amen.

BENEDICTION

*The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.*

—

PSALM 121: 7-8

WE ACKNOWLEDGE THE PAIN TO BRING IT INTO HIS PRESENCE.

WE BAPTIZE THE PAIN TO RECEIVE HIS PERSPECTIVE.

WE HAVE CLOSURE FOR THE PAIN BY RECEIVING HIS PEACE.