Help! I Lost Someone I Love

How to use this journal:

- Read through ***Help! I Lost Someone I Love*** by R.J. Lago.
- As you read through each chapter, write down at least three **key truths** that impact you. Space for notes is provided below.
- Thoughtfully work through the **Questions for Reflection**[1] after you read each chapter. Space for journaling your answers is provided.

Introduction/ Chapter 1 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 1 ***Questions for Reflection:***	• Why is relying on the promises of God so vital during dark seasons of life? • Have you tried filling your life with pleasures, comforts, or sin? Name the top three means of escape you have turned to in order to find relief from your pain. • Which promise from Psalm 23 do you find difficult to believe right now because it just doesn't *feel* true? Why?

[1] The *Questions for Reflection* are taken from *Help! I Lost Someone I Love* by R.J. Lago, (Shepherd Press, 2025).

© 2025 by LifeLine for Teens. All rights reserved.

Chapter 2 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 2 ***Questions for Reflection:***	• How have you handled nagging thoughts of doubt about God's goodness? • What do your current responses to loss reveal about what you truly believe about God? • While you may feel alone or "stuck" in the valley, what comforting truth about God mentioned in this chapter do you need to begin personally applying? What step can you take this week to begin implementing this truth? • How does knowing Jesus has personally been in—and out—of death increase your confidence in His care for you?
Chapter 3 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____

© 2025 by LifeLine for Teens. All rights reserved.

Chapter 3 ***Questions for Reflection:***	• When considering the Shepherd King, which description of His care stood out to you? Why? • Which of the gifts God has provided for you—comfort from Christ, God's Word, or God's people—do you need to thank Him for and begin faithfully using? • Who are some godly voices in your life that you can invite to walk with you through this valley?
Chapter 4 ***Impacting Truths:***	1. _____ _____ _____ 2. _____ _____ _____ 3. _____ _____ _____
Chapter 4 ***Questions for Reflection:***	• What one step do you think God wants you to take toward Him right now? • Has your grief turned into hopeless mourning? How can the practice of biblical lament help? • Make a list of anxious or despairing thoughts that threaten to overwhelm you. How can filling your mind with the Word of God help you stay focused on what is true during dark season?

© 2025 by LifeLine for Teens. All rights reserved.