"We have peace with God through our Lord Jesus Christ."
— Romans 5:1 (CEB)

Even when life feels heavy, God meets me with _____.
Romans 5:1-2, Philippians 4:6-7

Suffering does not mean God is absent; it can become a place where

_____ .
Romans 5:3-4

God strengthens me by pouring _____ into my heart

_____.
Romans 5:5

God's love meets me not when I am strong, but when I am

_____.
Romans 5:6-8

Reflection Questions:

- Where do I feel most discouraged or alone right now ?
- What helps me remember that God is present when life feels heavy ?
- Who might God be inviting me to walk alongside, or to let walk with me ?

Challenge
Reach out to one person this week to offer or receive encouragement. Send a message, make a call, share a meal, or pray with someone.

Daily Prayer
Faithful God, when I feel overwhelmed or alone, remind me that You are near. Pour Your love into my heart through the Holy Spirit and strengthen me with hope that does not shame or disappoint. Give me courage to reach out for companionship and to offer support to others. Help me walk this journey with You and with the people You place in my life. Amen.