



jingle
More
and JOY

faithfullyfollowingministries.org

Jingle & More Joy Journal

developed for the Faithfully Following Ministries
online community

We've developed this journal for our 2025 Jingle and More Joy Advent Group as a study tool and additional journal space to accompany the book, Jingle and Joy, Praying Beneath the Tree, by Jodie Barrett.

Our prayer is that you will draw near to Jesus during the Advent Season as you read His word and pray for others and yourself.

*Original Artwork by artist, Beth Bierbauer, included within;
not be used outside of this journal without permission.*



Week 1

December 1-7

Daily: Read the scriptures and devotionals in *Jingle and Joy* and pray for others using your book, a journal, or the printable journal pages within this printable.

More:

Monday: Read, A Glimpse Into My Grief Journey, in this printable. Pray as the Lord leads for those who are grieving. Read Psalm 84.

Tuesday: Read the Scriptures & Prayer with the heading "Strength" in this printable (page 27-28).

Wednesday: Color the "Prayer Tree" page and add names of those you are praying for this Christmas season.

Friday: Light a candle and spend time reading Luke 2.

(Adjust the days to fit your schedule)



A Glimpse Into My Greif Journey *finding help & healing from the Lord*

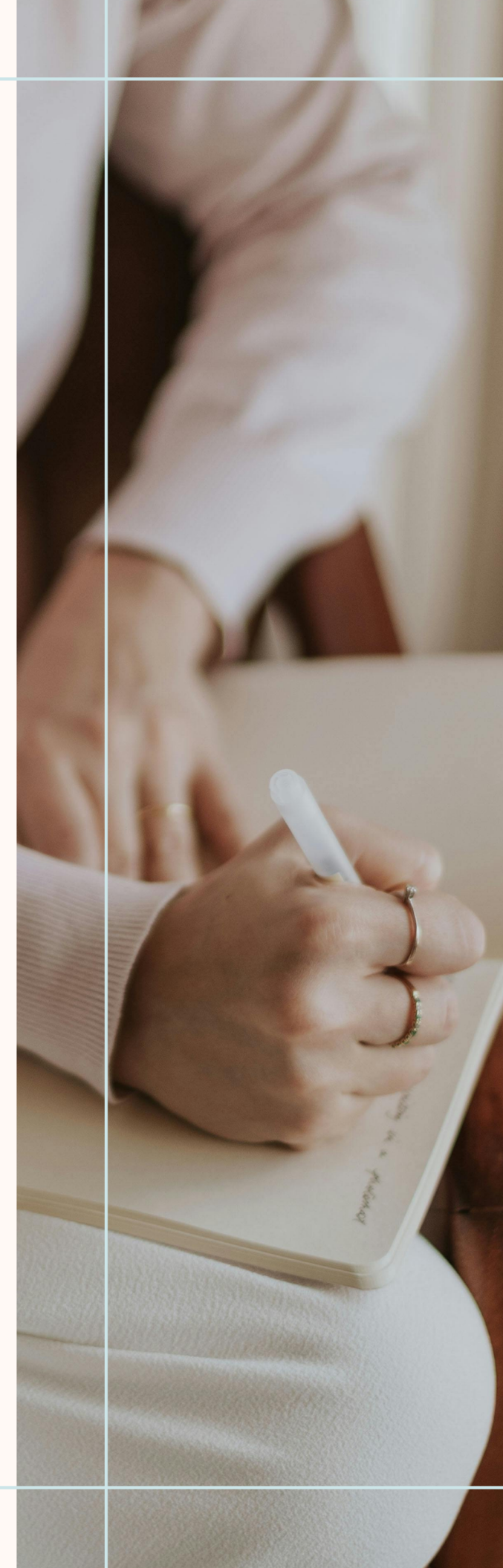


Two days after we laid our son to rest, I opened my journal. My heart hurt like never before. I trusted God to meet me in my brokenness and heal me as only our Creator can. The words of Isaiah 38:5 were the first words written atop the page dated November 2, 2018: “I heard your prayer; I have seen your tears.”

My tears were many and scripture was the balm to deep hurt I faced every morning and every night. I’ve never been more grateful that the Lord’s Word is active and alive as I was then. Even when I couldn’t open my Bible, the Spirit flooded my mind with his precious truths. With his help, my heartache was not my focus, Jesus was. His hope-filled words brought me strength, gave me hope and great comfort-- gifts from above for the pain of below.

There, in our deepest valley, joy is present, because Jesus is present.

I’m seven years into my grief journey and up to now I’ve only shared small parts of my prayer journals with others. You are the first I am trusting with more, because God has asked me to extend the same comfort I have received to others walking through grief during the holidays (2 Corinthians 1:4). The best way I know to do



this is to walk alongside you in his Word prayerfully, trusting God to do a mighty work in the hurting hearts of His children as only He can.

Sister, I'm so glad you are here. My first prayer is that this will be a safe place, a helpful place, and yes, a joyful place. Romans 12:15 says, "Rejoice with those who rejoice; mourn with those who mourn." May we live this verse together and find His help as we share the mix of pain and joy that exists on this side of heaven.

As many of you may have experienced, there is a "before and after" that comes with loss. My prayer journaling had a significant shift after my son, Ryan, died. While I didn't think about a new way to journal, God led me to a helpful way as I surrendered my hurting heart to Him. I believe He will do the same for you.

When our hearts are open to receive help from the Lord, He is generous and will provide what we need.

The next few pages are a small representation of my prayer journaling during the early days of my grief journey. I designed these to show how I recorded the things that gave my heart comfort and joy as I sat quietly with God. This doesn't have to be replicated but can be adapted to meet your needs. In fact, you may never journal at all, but I encourage you to spend time with God and allow Him to speak to your heart. As you do, my prayers are with you.

Jodie B

Father, You alone are God, our Creator and Sustainer. I lift my sisters to you and trust that you can heal deep hurt and heartache unlike anything this world has to offer us. Pour out your lovingkindness, peace, strength, comfort and joy into each heart. Soothe the sorrows we carry, guide us through your Word, and hold us close. We trust joy to come in the morning (Psalm 30:5). In Jesus name, Amen.



11-02-2018

I've journaled since I was a teenager + find dates help me reflect back + praise God for His faithful hand over my life in every season. 11-2-2018 was the first written prayer/journal entry of my grief journey.

Scripture: Isaiah 38:5/Psalm 86:1

"I heard your prayer;
I have seen your tears."

"Bend down, O Lord, and hear
my prayer; answer me, for I
am devoted to you. Save me,
for I serve you and trust you.
You are my God."

Almost every day began with
scripture and then I followed with
a list of things I wanted to
remember. Fear of forgetting was
very real in my heart at this time.

The Psalms were a place of help
and often became my daily
prayers. Praying scripture back
to God helped me greatly when I
couldn't form my own words.

Things I want to remember:

- Ryan & I watched the Cubs (in different locations) play & win the World Series. The game was so long I went to bed cheering for Ryan's favorite team to win- they did!

Quotes:

"Our heart condition can be
transformed by being in the
word and molding our
attitudes around the truth."
Jodie B

Often, I included quotes that
encouraged my heart. At times,
these were words I had written
previously and more often,
words others shared that gave
me comfort.

Things I am grateful for:

- Friends & family
- God's Word
- God's love
- God's protection
- God's strength

I knew the remembering to be grateful would help my heart heal. I kept my focus on blessings from above and was intentional to remember the character of God.

More Scripture:

Greater is the One living inside of me, than he who is living in the world.

1 John 4:4

"I will praise you, oh Lord, with my whole heart."

Psalm 9:1

Things I am praying for:

- Protection from Satan
- My daughter's heart
- My husband's heart
- Every lineman to have peace (my son was a lineman & was killed restoring power by an impaired driver)

During the early days of my grief journey words often failed to form. Other times they flowed more freely. My daily journal entries did not always include a written prayer. Often I sat quietly with tears and trusted that God sees us and "the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words." (Romans 8:26 ESV) Give yourself grace as you grieve and trust God with healing your broken heart.



11-06-2018

Scripture: Psalm 123:1/Psalm 84:5-6

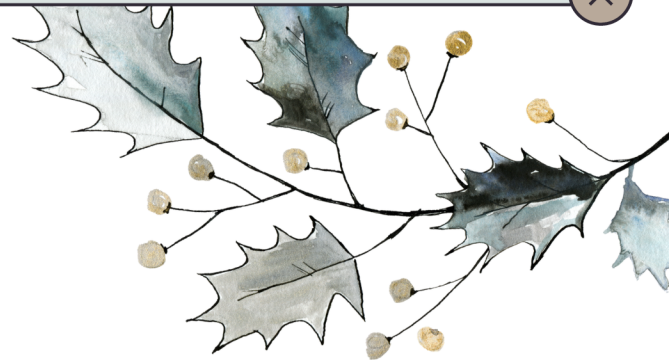
"I lift my eyes to you, O God,
enthroned in heaven."

"What joy for those whose
strength comes from the LORD,
who have set their minds on a
pilgrimage...when they walk
through the valley of weeping it
will become a place of
refreshing springs..."

*"death is only a doorway into
eternal life" NLT Study Bible*

*"Better is one day in your courts
than thousands elsewhere."*

Psalm 84:10



Things I want to remember:

- My son is not dead, he is alive in Christ. He's alive in my heart and he is alive in heaven. We will meet again. Death has no hold on him or me.

Quotes:

*Strength will rise as we
wait upon the Lord ~
Everlasting God Lyrics*

*Music ministered to my
heart as I read God's Word
and prayed. As songs came
to mind I would pen the words
in my journal.*

I am grateful :

- *God understands my hurt, my anger, my fear, my lack of understanding.*
 - *that I have Thomas.*
 - *for my friends who lift me in prayer.*
 - *the power of God's Word.*
-

Lord, It's been a hard morning. God doesn't feel good right now; I must cling to Jesus. I am sorry I doubt your goodness in my heartache. Help me cling to the truth and defeat any lies that creep into my heart. Lord, clothe my heart with blessing and help me see your goodness and remember your faithfulness. "Praise the Lord, praise God our Savior! For each day he carries us in his arms."(Psalm 68:19)

Amen





Add the names of those you are praying over

Original Artwork by artist, Beth Bierbauer



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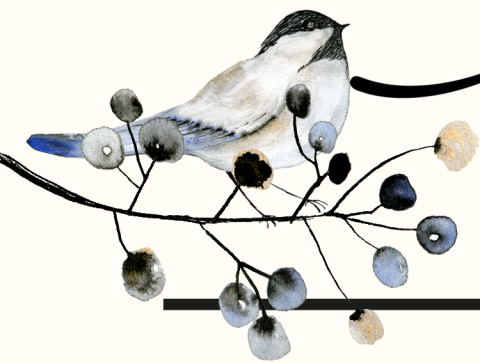
Date:

My Prayer for others:

Scripture Meditation

I'm praising God for...





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DECEMBER
2025

Date:

My Prayer for others:

Scripture Meditation

I'm praising God for...



Week 2

December 8-14

Daily: Read the scriptures and devotionals in *Jingle and Joy* and pray for others using your book, a journal, or the printable journal pages within this printable.

More:

Monday: Read, Make Room for the Babe devotional, in Jingle and Joy.

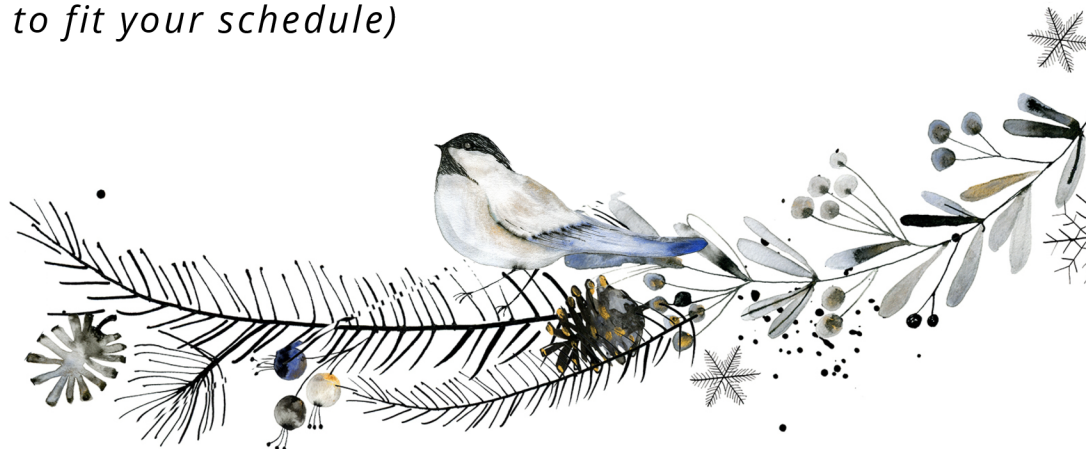
Tuesday: Read Gift Exchange, opening your heart in prayer to receive good gifts from above, within this printable.

Wednesday: Read the Scriptures & Prayer with the heading "Comfort" in this printable (page 29-30).

Thursday: Color the "Tree and Gifts" while thanking God for His Presence in your life.

Friday: Light a candle and spend time reading Luke 2.

(Adjust the days to fit your schedule)



Gift Exchange


opening your heart in prayer to receive good gifts from above



In my book *Jingle and Joy, Praying Beneath the Tree*, I encourage others to “give less from the store and more from the heart.” In a world that is focused on giving presents to others at Christmastime we often forget to be present with one another and with God. Prayer can be a gift to others, and it is an effective and powerful way for us to stay closely connected to God during the hectic holiday season. As we pray with open hearts we position ourselves to receive God’s help and healing.

Holidays often intensify our emotions and feelings of anxiety, loneliness, grief, inadequacy, and hopelessness grow. Our feelings are real and we don’t have to dismiss them or apply temporary fixes to “cope” during Christmas. Real help awaits God’s children.

In *Jingle & Joy*, I focus on praying for others as instructed in 1 Timothy 2:1. In addition to praying for others we can also pray for ourselves. Throughout scripture, God invites us to come and bring our burdens to him. As we are intentional to spend time in prayer with The Eternal One, we open our hearts to receive good gifts from above for the temporary troubles of below.



"The Eternal One is always listening. His Word assures us of this many times. But how often have you longed for someone to hear your voice, but found your words fell on deaf ears? There are no gaps of time between when God hears us. He invites us to come and disclose everything to Him and He promises to listen as we pray."

25 Days of Praise, Jodie Barrett

The word "everything" in the above quote creates a little lump in my throat. How can I share all my hurts and heartaches with God? How can I not? I learned through my grief journey that the safest place I can fully share everything, including my anger and lack of understanding, is to God in prayer. He is our Safe Place. Furthermore, I've found that God's blessings were the gifts our broken hearts need to receive in order to heal. His strength, comfort, peace, and joy will meet us in our time of sorrow. While we may not be comfortable in our circumstances, we can be deeply comforted by God.

We can all approach God confidently in prayer with our most desperate pleas. Psalm 13 is a perfect example. David feels forgotten and is struggling to the point of deep anguish and sorrow. As he laments to God, requesting a swift answer, he closes proclaiming, "I will rejoice because you have rescued me. I will sing to the LORD because he is good to me." This heart posture ... one of trust even before the answers come, teaches us to remember that the character of God is unchanging and he will graciously meet our honest prayers with help.

God is faithful to see us, hear us, and help us as we surrender everything to Him in prayer.

The following page contains a simple process and prayer we can offer God daily as we identify our feelings. As you pray, I am praying with and for you,

Jodie B

JINGLE AND MORE JOY

GIFT EXCHANGE

Receiving God's blessings as a gift to your heart



IDENTIFY:

Honestly evaluate and identify your feelings.

PRAY:

Prayerfully ask God to help you with your feelings.

WAIT:

Patiently wait for God's response and watch for His goodness.

THE LORD IS GOOD TO THOSE WHO WAIT FOR HIM,
TO THE SOUL WHO SEEKS HIM.

LAMENTATIONS 3:25 ESV

GOD IS OUR REFUGE AND STRENGTH, A VERY PRESENT HELP IN TROUBLE.

PSALM 46:1 ESV

ANXIOUS

LONELY

ANGRY BITTER

HOPELESS HELPLESS

SAD BROKENHEARTED

WEAK UNCERTAIN

PEACE

LOVE PRESENCE

PATIENCE FORGIVENESS

HOPE HELP

JOY COMFORT

STRENGTH WISDOM



LORD,

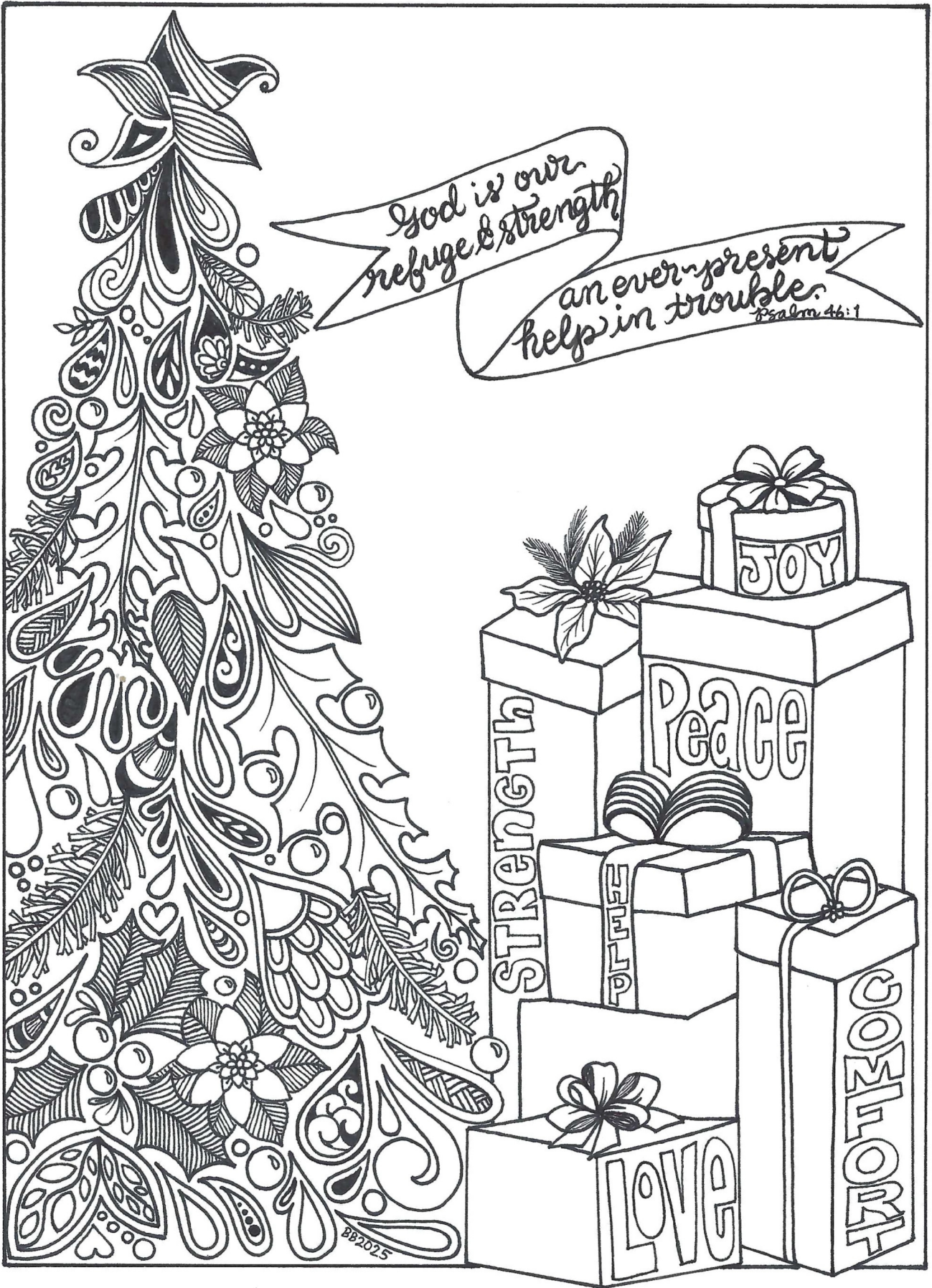
I COME AS I AM. I'VE SEARCHED MY HEART

AND I FEEL HELP ME TO RELEASE

MY FEELINGS IN EXCHANGE FOR THE

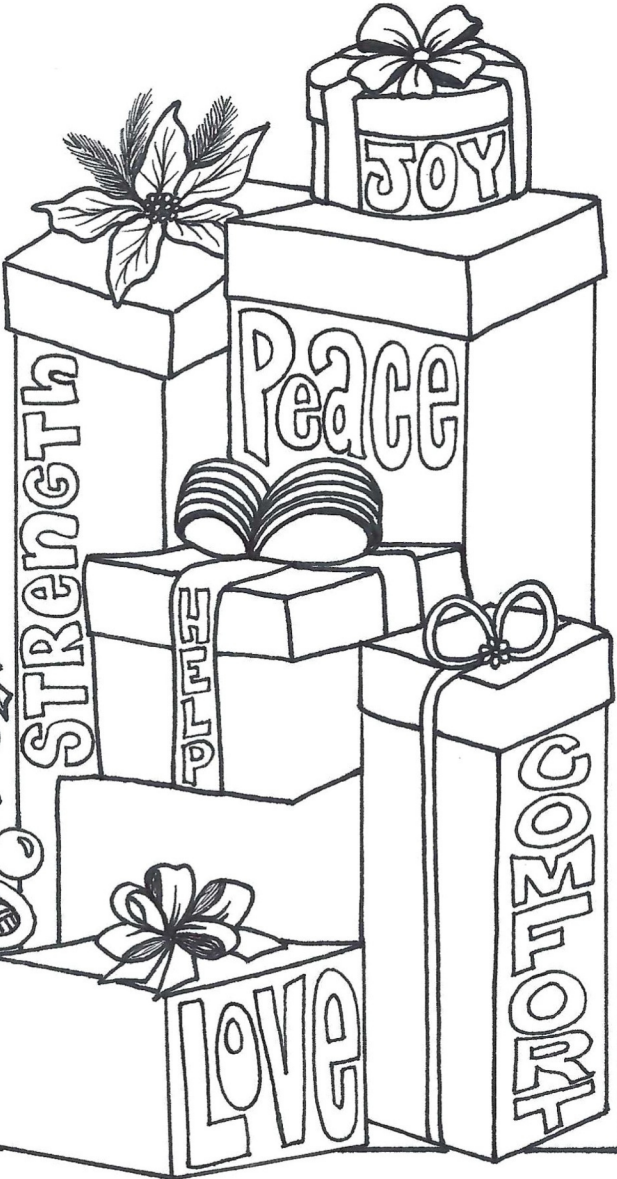
GIFT OF YOUR

Amen

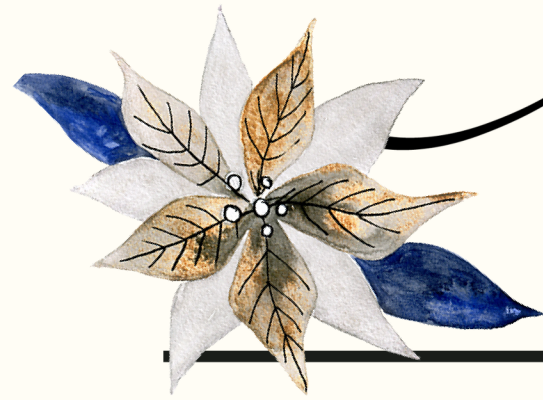


God is our
refuge & strength

an ever-present
help in trouble.
Psalm 46:1



BB2025



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DECEMBER
2025

Date:

My Prayer for others:

Scripture Meditation

I'm praising God for...





jingle and JOY

DECEMBER
2025

Date:

My Prayer for others:

Scripture Meditation

I'm praising God for...



Week 3

December 15-21

Daily: *Read the scriptures and devotionals in Jingle and Joy and pray for others using your book, a journal, or the printable journal pages within this printable.*

More:

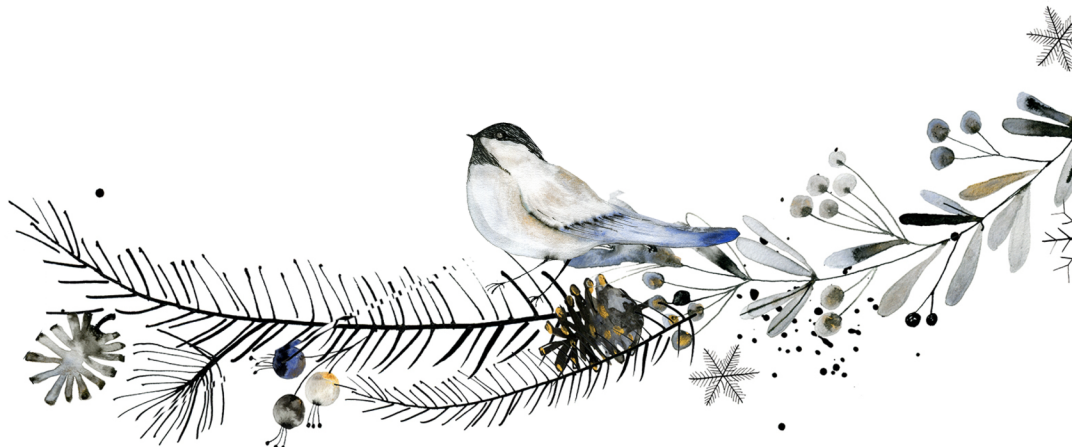
Monday: Read Exchange Presents for Presence devotional, in Jingle and Joy.

Tuesday: Read the Scriptures & Prayer with the heading "Peace" in this printable (page 31-32).

Wednesday: Read, God is Good. God is Great, in this printable. Then read Psalm 150 and offer God your praise.

Friday: Light a candle and spend time reading Luke 2.

(Adjust the days to fit your schedule)



God is Good. God is Great.

His goodness never changes.



When my children were little we taught them to “say grace.”
God is good. God is great.

These words were as familiar as my little one’s faces and I knew them to be true. But then my son was killed and my world was shaken.

God is good. God is great.

When I asked my daughter if there were any songs that came to mind for her brother’s services she said, “all I can think of is, I will Praise You in the Storm.” I’m so thankful for her wisdom in that moment. We were miles above the ground in a small plane traveling home from the hospital where our son, her brother, took his final breaths. Rain was falling in the night sky and tears were slipping from our eyes but God was holding our Ryan. She was right. We will praise Him in the storm. While our world was changing, our God was the same.

God is good. God is great.

Being a ministry leader, bible study teacher, and speaker, I had spent countless hours sharing the goodness of God. Was He still good? Yes. My heart was crushed with grief, but my God was and is and forever will be, good and great. I admit, everything felt less than right and led me to whisper these words in my Pastor's ear one Sunday morning, "this doesn't feel like love." I didn't want to say them, but I needed to get them out loud and begin to sort through them. No, my circumstances did not feel like love and the depth of my pain ran deep and hurt heavy, but I knew my Father loved me. Saying those words aloud helped me face them and gave me an opportunity to share them with my Pastor, but more importantly, with my Creator.

When our feelings are overwhelming us, We can trust God to help us.
Our good and great God is able to remind us of His love
even in times of despair.

I took all my tangled emotions to God in prayer. I laid them before my Comforter and asked Him to strengthen me and give me peace and joy. I asked expectantly, because He can do more than we ask or imagine (Ephesians 3:20). I couldn't imagine any of what I was experiencing ending in praise and yet, there I sat with my bible and my journal each morning, writing praise to my Father, the One who holds us in our time of need.

His word reminded me that God was faithful and His promises spoke life and hope to my heart. My Father knew I longed for good and great where there seemed to none in sight.

*Now faith is confidence in what we hope for and assurance
about what we do not see.*
Hebrews 11:1 NIV

Days turned into months, and months into a year. During this time, I called on God as my Refuge and Rescue (Psalm 71:1-2). I praised him in the storm. The Lord, the Maker of heaven and earth, planted a seed, and it grew, breaking through the dirt of grief, producing joy. I shouldn't be surprised, our Gardner (John 15:1) can take tragedy and cultivate a harvest of goodness when no one else can. As we draw near to Him, He listens. As we lift our voices in prayer, praising Him for who He is, He awaits with comfort and strength. I know because His word promises these things and because I have experienced His comfort and strength in the hardest of circumstances. You can also!



Praise the Lord!

Praise God in his sanctuary;
praise him in his mighty heavens.

Praise him for his acts of power;
praise him for his surpassing
greatness.

Praise him with the sounding of
the trumpet, praise him with the
harp and lyre, praise him with
timbrel and dancing,
praise him with the strings and
pipe, praise him with the clash of
cymbals, praise him with
resounding cymbals.

Let everything that has breath
praise the Lord.

PRAISE THE LORD

Psalm 150



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DECEMBER
2025

Date:

My Prayer for others:

Scripture Meditation

I'm praising God for...





jingle and JOY

DECEMBER
2025

Date:

My Prayer for others:

Scripture Meditation

I'm praising God for...



Week 4

December 22-28

Daily: Read the scriptures and devotionals in *Jingle and Joy* and pray for others using your book, a journal, or the printable journal pages within this printable.

More:

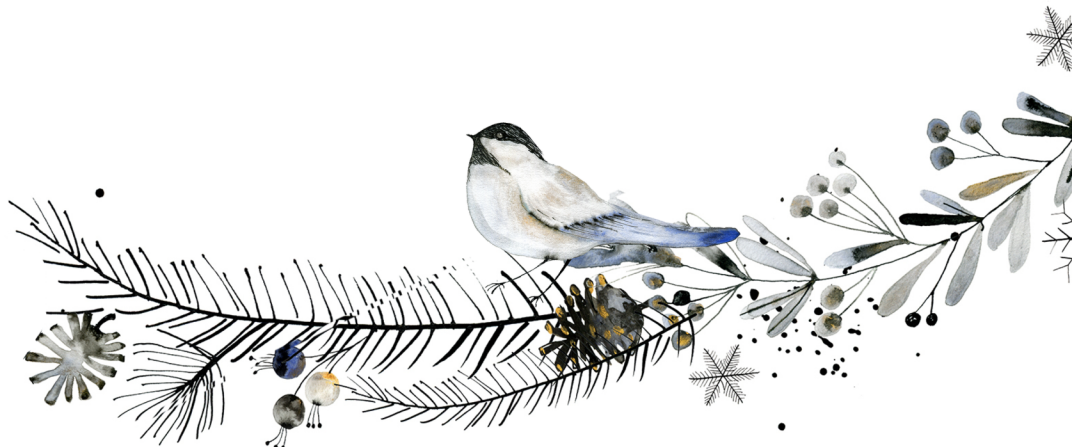
Monday: Read the devotional, Let Christmas Linger, in Jingle and Joy.

Tuesday: Read the Scriptures & Prayer with the heading "Joy" (page 34-35).

Thursday: Celebrate the birth of Jesus!

Friday: Light a candle and spend time reading Luke 2

(Adjust the days to fit your schedule)



CHRISTMAS WISHLIST



Strength

Comfort

Peace

Joy

His gifts are different from the worlds. These four: strength, comfort, peace and joy, I prayed for often during my grief journey. I also asked the Lord to grant them to others walking with deep sorrow. Each week we will focus on one word as we pray for others and ourselves. You can use the following pages to begin your time in scripture. Offer a prayer using God's word as your springboard. I've included some examples of prayers using scripture that you can use or modify in your prayer time.



My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever. Psalm 73:26

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. 2 Corinthians 12:9

He gives power to the weak and strength to the powerless. Isaiah 40:29

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Ephesians 3:16

Father,



A watercolor illustration of a star hanging from a branch with leaves and berries. The star is yellow and white with a black outline and a smaller white star inside. The branch has blue and yellow leaves and small blue and white berries. The background is white.

Father,

I come to you weak and weary.
Meet me with your strength. I trust
that when I feel weak, you are strong.
May the power of Christ work through
me as I seek you and serve you.
Without you, I would fall. Help me
trust that you will never leave me.
I trust that, "I can do all things through
Christ who strengthens me."



The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. Psalm 34:18

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. 2 Corinthians 1:3

God blesses those who mourn, for they will be comforted. Matthew 5:4

Father,



A watercolor illustration of a star hanging from a branch with leaves and berries. The star is yellow and white with a black outline and a smaller white star inside. The branch has blue and yellow leaves and small blue and white berries. The background is white.

Father,

I am brokenhearted. Your word says you are near the brokenhearted. I trust that you will rescue me and heal the hurt that I am experiencing. Comfort me, Lord. Comfort me, hour by hour, and day by day. Be my constant companion in the valley. Lead me, teach me, and soothe the ache within me. I surrender my heartache to you and trust that you will comfort me in my affliction.



Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid. John 14:27

You will keep in perfect peace the steadfast of mind, because he trusts in You. Isaiah 26:3

Father,



A watercolor illustration of a star hanging from a branch with leaves and berries. The star is yellow and white with a black outline and a smaller white star inside. The branch has blue and yellow leaves and small blue and white berries. The background is white.

Father,

Often my worry wakes me. When I am worried I lift my voice to you and trust that you hear my cry. Help me to pray through everything. There is so much that I don't understand, but I trust you. I trust that your peace can be present without my understanding. Grant me your peace, Lord. Take away my fear as I lift my voice to you.



Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest. Psalm 126:5-6

The LORD is my strength and shield. I trust him with all my heart. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. Psalm 28:7

For I have given rest to the weary and joy to the sorrowing. Jeremiah 31:25

Father,



A watercolor illustration of a star hanging from a branch with leaves and berries. The star is yellow and white with a smaller white star inside. The branch has blue and yellow leaves and small blue and white berries. The background is white.

Father,

Be my joy!

Take my tears and rain them back
over my heart. Let them be a
refreshment to my soul. My sorrow
has left me empty. Fill me with
your goodness. I trust you with all
my heart. Be my strength, my song,
and my joy!



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