

The cover features watercolor-style illustrations of roses in shades of pink, peach, and light orange. These floral elements are positioned in the top-left, top-right, and bottom-right corners, framing the central text. The roses are depicted with soft, blended colors and visible petal details, accompanied by small green leaves and buds.

STRONG BUT WEARY:

A GUIDED JOURNAL FOR THE
FRIEND WHO'S ALWAYS
HOLDING OTHERS:

a.f. ember



WELCOME

THIS JOURNAL IS YOUR SACRED SPACE.

HERE, YOU DON'T HAVE TO BE STRONG. YOU DON'T HAVE TO
HAVE IT ALL TOGETHER. YOU DON'T NEED THE RIGHT WORDS
OR THE PERFECT FAITH.

THIS IS WHERE YOU EXHALE. WHERE HONESTY MEETS
HEALING.

LET EVERY PAGE BE A GENTLE INVITATION TO COME UNDONE
BEFORE GOD; TO REFLECT, TO RELEASE, AND TO BE RESTORED.
YOU WERE NEVER MEANT TO CARRY IT ALL ALONE.

YOU ARE SEEN. YOU ARE SAFE. YOU ARE HELD.
TAKE YOUR TIME. LET THESE PAGES HOLD YOU.

— WITH LOVE,
A.L.EMBER

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This journal is intended for personal reflection only. It is not a substitute for professional mental health care or spiritual counseling.

Cover design and interior layout by A.L .Ember.

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www.alemberauthor.com

✧ HOW TO USE THIS JOURNAL

THERE'S NO WRONG WAY TO JOURNEY THROUGH THIS. YOU MIGHT GO PAGE BY PAGE, OR LET THE TITLES GUIDE YOU BASED ON HOW YOU FEEL. SOME SECTIONS ARE FOR WRITING PRAYERS, OTHERS FOR REFLECTION OR RAW HONESTY. USE THEM IN THE ORDER YOUR HEART NEEDS.

HERE'S A SIMPLE RHYTHM TO HELP:

- PAUSE – TAKE A DEEP BREATH. INVITE GOD INTO THE MOMENT.
- REFLECT – READ THE PROMPT OR SCRIPTURE SLOWLY. LET IT SINK IN.
- WRITE – BE UNFILTERED. THIS IS BETWEEN YOU AND GOD.
- REST – DON'T RUSH. EVEN SILENCE IS SACRED HERE.

YOU CAN REPEAT PAGES AS OFTEN AS NEEDED. THIS ISN'T ABOUT PERFECTION — IT'S ABOUT PRESENCE.



The Weight I Carry Silently

- WHAT AM I TIRED OF PRETENDING IS “OKAY”?
- WHAT AM I CARRYING THAT NO ONE ELSE SEES?
- WHAT DO I WISH SOMEONE WOULD ASK ME ABOUT?

PSALM 55:22

“CAST YOUR BURDEN ON THE LORD, AND HE WILL
SUSTAIN YOU; HE WILL NEVER PERMIT THE RIGHTEOUS
TO BE MOVED.”

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Permission to Be Honest

- IF I COULD SAY WHAT I REALLY FEEL WITHOUT GUILT, WHAT WOULD I SAY?
- WHERE AM I HURTING BUT AFRAID TO ADMIT IT?
- WHAT TRUTH HAVE I BEEN AVOIDING; EVEN FROM MYSELF?

PSALM 34:18

“THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES
THE CRUSHED IN SPIRIT.”

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A Letter to Myself

- WHAT DO I NEED TO HEAR TODAY; FROM SOMEONE, FROM GOD, OR FROM ME?
- HOW CAN I REMIND MYSELF THAT I'M DOING THE BEST I CAN?
- WHAT WORDS WOULD I WRITE TO THE ME WHO'S BARELY HOLDING ON?

ISAIAH 41:10

“FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD.”

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God, Here's My Heart

- WHAT DO I NEED TO SURRENDER TO GOD TODAY?
- WHERE AM I STRUGGLING TO TRUST HIM?
- WHAT PRAYER DO I NOT HAVE THE WORDS FOR.
BUT HE ALREADY UNDERSTANDS?

1 PETER 5:7

“CAST ALL YOUR ANXIETIES ON HIM, BECAUSE HE CARES
FOR YOU.”

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Receiving Encouragement

- WHAT PROMISE FROM GOD AM I CLINGING TO RIGHT NOW?
- WHAT VERSE OR TRUTH SPEAKS TO MY SITUATION TODAY?
- WHAT DO I FEEL THE HOLY SPIRIT WHISPERING TO MY WEARY HEART?

JOSHUA 1:9

“BE STRONG AND COURAGEOUS. DO NOT BE FRIGHTENED,
AND DO NOT BE DISMAYED.”

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Letting Go / Laying It Down

- WHAT BURDEN AM I READY TO RELEASE TODAY?
- WHAT WOULD IT LOOK LIKE TO FULLY TRUST GOD WITH THIS?
- WHO OR WHAT DO I NEED TO FORGIVE; INCLUDING MYSELF?

MATTHEW 11:28

“COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN,
AND I WILL GIVE YOU REST.”

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Hope in My Own Words

- DESPITE EVERYTHING, WHAT DO I STILL BELIEVE IS POSSIBLE?
- WHAT TRUTH DO I WANT TO COME BACK TO WHEN I FEEL OVERWHELMED?
- WHAT WOULD I SAY TO ENCOURAGE SOMEONE WALKING THROUGH WHAT I'M FACING?

ROMANS 15:13

“MAY THE GOD OF HOPE FILL YOU WITH ALL JOY AND
PEACE IN BELIEVING.”

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DEAR STRONG FRIEND,

IF YOU MADE IT HERE, I HOPE YOU'RE BREATHING A LITTLE
DEEPER.

THIS JOURNAL WASN'T JUST ABOUT WRITING; IT WAS ABOUT
WITNESSING. YOU'VE LET TRUTH, HONESTY, AND
VULNERABILITY TAKE UP SPACE, EVEN IF THE PAGES FELT
HEAVY. THAT IS HOLY WORK.

YOU DO NOT HAVE TO HAVE IT ALL TOGETHER. YOU DO NOT
HAVE TO BE EVERYONE'S ANCHOR. GOD NEVER ASKED YOU
TO BE INVINCIBLE; JUST TO BE WITH HIM. EVEN NOW, EVEN
STILL, YOU ARE HELD.

LET THIS NOT BE THE END, BUT A BEGINNING; OF GENTLER
RHYTHMS, BOLDER PRAYERS, AND HONEST HEALING.

YOUR STRENGTH IS REAL.

YOUR SOFTNESS IS SACRED.

YOU ARE SEEN. YOU ARE LOVED. YOU ARE LIGHT.

– A.L. EMBER

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