

SAY THEIR NAME

— 40 DAYS OF REMEMBERING —
THE LIFE BEHIND THE LOSS

*Because their death should never
become louder than their life.*

REMEMBER
REFLECT
HONOR
CARRY FORWARD

GOOD
PEOPLE
LEAVE
BEAUTIFUL
FOOTPRINTS



STORIES
LIVE ON



A GUIDED REMEMBRANCE JOURNAL
FOR ANYONE GRIEVING A LOVED ONE

Welcome

Grief has a way of making the ending feel bigger than everything that came before it.

This journal is an invitation to turn the volume back up on their life.

For the next 40 days, you will be invited to say their name, remember their story, revisit meaningful moments, reflect on their impact, and carry pieces of their life forward.

You do not have to write about the same person every day. Some days you may remember your mother. Another day, your father. Your spouse. Your child. Your sibling. Your grandparent. Your friend. Someone else whose life left fingerprints on yours.

There is no right way to do this.

Write a paragraph. Write a page. Write one sentence. Cry. Laugh. Remember.

But whatever you do...

Say their name.

THEY LIVED. THEY LOVED. THEY MATTERED. AND THEY ARE WORTH REMEMBERING.



THIS JOURNAL

01

SAY THEIR NAME

Each day begins with space to write the name of the person you are remembering.

02

REFLECT

Read the prompt and let your memories flow. Be honest. Be real. There is no right or wrong.

03

WRITE

Use the space provided to write as much or as little as you need. Continue on another page if a memory needs more room.

04

REPEAT

You can remember someone different each day. Return to any day as often as you like.

THIS IS A SPACE FOR THEIR LIFE.

This is a space to say their name.



SECTION ONE

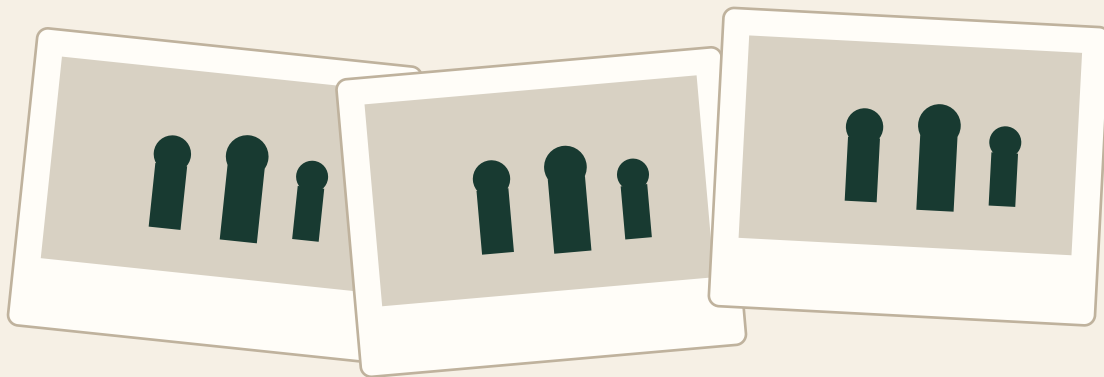
REMEMBER THEIR STORY



Every life has a story worth remembering.

"I thank my God every time I remember you."

PHILIPPIANS 1:3



SAY THEIR NAME

SAY THEIR NAME

SAY THEIR NAME

Today I remember: _____

REFLECT

Write their name. Then simply tell us about them. Who were they? What made them them?



I REMEMBER WHEN...

SAY THEIR NAME

Today I remember: _____

REFLECT

Finish this sentence: I remember when... Do not overthink it. Let the first memory that comes to you lead the way.

THAT WAS SO THEM

SAY THEIR NAME

Today I remember: _____

REFLECT

What is something they regularly did, said, wore, cooked, watched, collected, or enjoyed that immediately makes you think, "That was so them"?



I CAN STILL HEAR YOU

SAY THEIR NAME

Today I remember: _____

REFLECT

What was something they always said? A phrase, nickname, joke, advice, greeting, prayer, or expression you can still hear in their voice?



YOU MADE ME LAUGH

SAY THEIR NAME

Today I remember: _____

REFLECT

What is one memory involving them that still makes you laugh or smile?



THE LITTLE THINGS

SAY THEIR NAME

Today I remember: _____

REFLECT

What small thing about them do you miss that someone else might never understand?



THEIR FAVORITES

SAY THEIR NAME

Today I remember: _____

REFLECT

What did they love? Food, music, sports, television, clothes, hobbies, places, people. Write about some of the things that brought them joy.



WHAT PEOPLE KNEW THEM FOR

SAY THEIR NAME

Today I remember: _____

REFLECT

If you gathered everyone who knew them in one room, what stories or qualities would keep coming up?

SOMETHING I NEVER WANT TO FORGET

SAY THEIR NAME

Today I remember: _____

REFLECT

What is one detail about them you never want time to erase?



IF YOU NEVER MET THEM...

SAY THEIR NAME

Today I remember:

REFLECT

Imagine you are introducing them to someone who never had the privilege of knowing them. What would you tell that person?

SECTION TWO

REMEMBER YOUR MOMENTS



Ordinary moments often become extraordinary memories.

"There is a time to weep and a time to laugh."

ECCLESIASTES 3:4



SAY THEIR NAME

AN ORDINARY DAY I MISS

SAY THEIR NAME

Today I remember: _____

REFLECT

What ordinary moment with them feels extraordinary now?



ONE OF MY FAVORITE MEMORIES

SAY THEIR NAME

Today I remember:

REFLECT

If you could revisit one memory with them for five minutes, which one would you choose? What happened?



I WISH I COULD DO THIS WITH YOU AGAIN

SAY THEIR NAME

Today I remember:

REFLECT

What activity, tradition, trip, meal, conversation, or routine would you love to experience with them one more time?



YOU WERE THERE

SAY THEIR NAME

Today I remember:

REFLECT

Remember a moment when their presence mattered, when they showed up for you, encouraged you, protected you, celebrated you, or simply stayed.



I DID NOT KNOW I WOULD MISS THIS

SAY THEIR NAME

Today I remember: _____

REFLECT

What did they do that you may have overlooked, taken for granted, or even found annoying then, but miss now?



THE SOUNDTRACK OF A MEMORY

SAY THEIR NAME

Today I remember: _____

REFLECT

Is there a song that immediately brings them to mind? What memory lives inside that song?



A HOLIDAY I REMEMBER

SAY THEIR NAME

Today I remember:

REFLECT

Write about a birthday, Christmas, Thanksgiving, reunion, vacation, or other special occasion you shared.



I REMEMBER HOW IT FELT

SAY THEIR NAME

Today I remember: _____

REFLECT

Sometimes we forget details but remember feelings. How did being around this person make you feel?



ONE MORE CONVERSATION

SAY THEIR NAME

Today I remember: _____

REFLECT

If you could sit together for an hour today, what would you want to talk about?



DEAR...

SAY THEIR NAME

Today I remember: _____

REFLECT

Today, do not write about them. Write to them. Tell them whatever is on your heart.



SECTION THREE

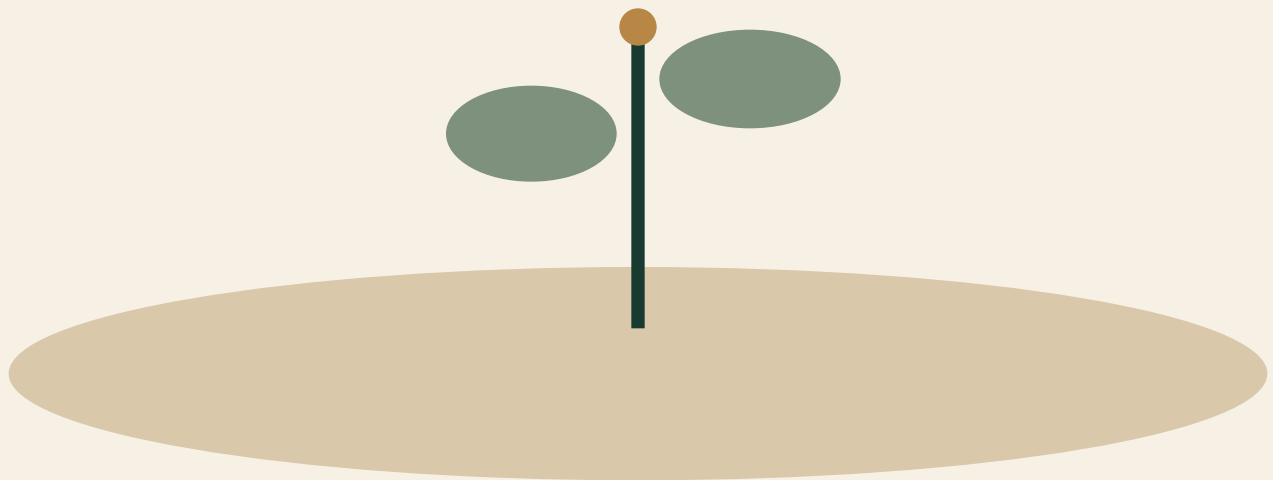
REMEMBER THEIR IMPACT



Their life left fingerprints on yours.

"The memory of the righteous is a blessing."

PROVERBS 10:7



SAY THEIR NAME

YOU TAUGHT ME...

SAY THEIR NAME

Today I remember:

REFLECT

What did this person teach you about life?



I AM DIFFERENT BECAUSE OF YOU

SAY THEIR NAME

Today I remember: _____

REFLECT

How are you different because this person was part of your life?



SOMETHING YOU GAVE ME THAT WAS NOT A THING

SAY THEIR NAME

Today I remember: _____



REFLECT

What did they give you that could not be purchased, such as confidence, wisdom, humor, courage, faith, discipline, or love?

I UNDERSTAND YOU BETTER NOW

SAY THEIR NAME

Today I remember: _____

REFLECT

What do you understand about them today that you did not understand when they were alive?



I SEE YOU IN ME

SAY THEIR NAME

Today I remember:

REFLECT

What characteristic, habit, expression, mannerism, value, or trait of theirs do you recognize in yourself?



I SEE YOU IN THEM

SAY THEIR NAME

Today I remember:

REFLECT

Where do you see pieces of them continuing in children, grandchildren, family, friends, or others they influenced?



WORDS THAT STAYED

SAY THEIR NAME

Today I remember: _____

REFLECT

What advice, lesson, warning, encouragement, or wisdom from them still guides you?



WHAT THEY BELIEVED ABOUT ME

SAY THEIR NAME

Today I remember:

REFLECT

What did they see in you? What did they encourage you to become?



BECAUSE YOU LIVED...

SAY THEIR NAME

Today I remember: _____

REFLECT

Complete this sentence several times: Because you lived, _____.



YOUR FINGERPRINTS ARE STILL HERE

SAY THEIR NAME

Today I remember:

REFLECT

Where can you still see evidence that this person lived, loved, served, helped, built, taught, raised, created, or contributed?

SECTION FOUR

CARRY THEIR LIFE FORWARD



Their story does not end with loss.

"Let us run with perseverance the race marked out for us."

HEBREWS 12:1



SAY THEIR NAME

SOMETHING WORTH CONTINUING

SAY THEIR NAME

Today I remember:

REFLECT

What tradition, value, practice, recipe, saying, habit, or way of loving others deserves to continue?



A STORY I WILL KEEP TELLING

SAY THEIR NAME

Today I remember: _____

REFLECT

What story about them should the next generation know?



SOMETHING I WANT TO DO IN THEIR HONOR

SAY THEIR NAME

Today I remember:

REFLECT

What is something meaningful you could do because they lived?



WHAT I WANT TO KEEP

SAY THEIR NAME

Today I remember:

REFLECT

Not an object. What part of their character or influence do you want to preserve in your own life?



WHAT LOVE LEFT BEHIND

SAY THEIR NAME

Today I remember: _____

REFLECT

What remains because this person loved you?



YOU WOULD BE PROUD OF...

SAY THEIR NAME

Today I remember: _____

REFLECT

What has happened in your life since their death that you wish they could see?



I WISH YOU COULD SEE ME NOW

SAY THEIR NAME

Today I remember:

REFLECT

Write directly to them about where life has taken you.



I AM STILL CARRYING...

SAY THEIR NAME

Today I remember:

REFLECT

What are you still carrying from their life, not merely the pain of losing them, but something beautiful they left with you?



THANK YOU FOR...

SAY THEIR NAME

Today I remember:

REFLECT

Write a thank-you letter. Thank them for specific moments, sacrifices, lessons, laughter, love, or memories.



THEIR LIFE WAS LOUDER

SAY THEIR NAME

Today I remember:

REFLECT

Imagine someone asked, "Who were they?" Do not begin with how they died. Tell us how they lived. Tell us what made them laugh, what they loved, what they taught you, what made them unforgettable, and why their life mattered.





A LIFETIME OF REMEMBRANCE

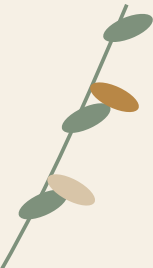
KEEP SAYING THEIR NAME

Love does not end when a life ends.



Keep telling the stories. Keep sharing the memories.

Keep carrying the love. Keep saying their name.



THEIR LIFE WAS LOUDER.