

RECOVERY CALENDAR

JOHN 10:4

**"WHEN HE PUTS ALL HIS OWN
SHEEP OUTSIDE, HE GOES
AHEAD OF THEM, AND THE
SHEEP FOLLOW HIM BECAUSE
THEY KNOW HIS VOICE."**

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2 CORINTHIANS 5:17

**'THEREFORE ANYONE
WHO IS IN CHRIST IS A
NEW CREATION; THE OLD
HAS PASSED AWAY, THE
NEW HAS COME.'**

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JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03

EZEKIEL 36:26

**'I WILL GIVE YOU A NEW
HEART AND A NEW SPIRIT; I
WILL REMOVE YOUR HEART
OF STONE FROM YOUR BODY
AND GIVE YOU A HEART OF
FLESH IN ITS PLACE.'**

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FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	01	02

JEREMIAH 29:13

**'YOU WILL SEEK ME AND
FIND ME, IF YOU SEEK ME
WITH ALL YOUR HEART
AND SOUL.'**

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MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	01	02	03	04	05	06

MATTHEW 28:20

**'AND KEEP THIS IN MIND:
I AM WITH YOU ALL THE
DAYS, UNTIL THE END OF
THIS WORLD'**

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APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	01	02	03	04

JOHN 12:46-47

**" I HAVE COME AS LIGHT INTO
THE WORLD, SO THAT NO ONE
WHO BELIEVES IN ME WILL
REMAIN IN DARKNESS."**

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MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	01

LUKE 5:20

**'WHEN HE SAW THEIR
FAITH, HE SAID TO HIM:
"YOUR SINS ARE
FORGIVEN."**

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JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06

JOHN 13:34-35

**'I GIVE YOU A NEW
COMMANDMENT: LOVE ONE
ANOTHER.
'AS I HAVE LOVED YOU, SO YOU
MUST LOVE ONE ANOTHER. BY
YOUR LOVE FOR ONE ANOTHER
EVERYONE WILL KNOW THAT YOU
ARE MY DISCIPLES.'**

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JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03

PSALM 27:1

**'THE LORD IS MY LIGHT,
MY SALVATION: WHOM
SHALL I FEAR? MY LIFE IS
SAFE WITH THE LORD: OF
WHOM SHALL I BE
AFRAID?'**

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AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

EZEKIEL 34:11

**'THIS IS WHAT GOD THE
LORD SAYS: I WILL LOOK
AFTER MY SHEEP AND
CARE FOR THEM.'**

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SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	01	02	03	04	05

PSALM 94:19

**'WHEN I WAS
OVERWHELMED WITH
WORRY,
YOUR COMFORT WAS THE
JOY OF MY SOUL.'**

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OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	01	02

MATTHEW 11:28

**COME TO ME, ALL YOU
WHO ARE WEARY AND
BURDENED, AND I WILL
GIVE YOU REST.**

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NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

ISAIAH 41:13

**'FOR I AM THE LORD YOUR
GOD: I TAKE YOU BY YOUR
RIGHT HAND AND SAY TO
YOU: DO NOT BE AFRAID: I
WILL HELP YOU.'**

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DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04



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NATASCHA DEIJMANN IS A TRAINED CARE & WELFARE EXPERT BY EXPERIENCE. SHE OBTAINED HER DEGREE FROM THE HANZE UNIVERSITY OF APPLIED SCIENCES IN GRONINGEN (THE NETHERLANDS) WHERE SHE SPECIALIZED IN RECOVERY FROM GRIEF, LOSS, AND BEREAVEMENT.

ADDITIONALLY, SHE IS A VISUAL ARTIST AND AUTHOR OF FREE FAITH-BASED DIGITAL PRODUCTS THAT ENCOURAGE READERS TO WORK ON THEIR OWN RECOVERY FROM A CHRISTIAN PERSPECTIVE.

IN 2026, SHE LAUNCHED THE WEBSITE WWW.HISLITTLEFLOCK.COM SO THAT PEOPLE CAN DOWNLOAD HER WORK FOR FREE.