

RECOVERY CALENDAR

PSALM 143:8

**'LET ME HEAR YOUR LOVE
IN THE MORNING; IN YOU I
PLACE MY TRUST; SHOW
ME THE WAY I SHOULD GO;
MY SOUL LONGS FOR
YOU.'**

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2 SAMUEL 22:31

**'GOD'S WAY IS PERFECT,
THE WORD OF THE LORD
IS PURE,
HE IS A SHIELD
FOR ALL WHO TAKE
REFUGE IN HIM.'**

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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

JEREMIAH 29:13

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

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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

PSALM 37:24

**'EVEN IF HE FALLS, HE
WILL NOT LIE DOWN, FOR
THE LORD LIFTS HIM UP.'**

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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

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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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: 6: 20

**BUT HE SAID TO THEM, "IT
IS I; DO NOT BE AFRAID."**

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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

NAHUM 1:7

**'THE LORD IS GOOD
A FORTRESS IN TIMES OF
TROUBLE
HE KNOWS THOSE WHO
TAKE REFUGE IN HIM.'**

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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

PSALM 143:8

**'LET ME HEAR YOUR LOVE
IN THE MORNING; IN YOU I
PLACE MY TRUST; SHOW
ME THE WAY I SHOULD GO;
MY SOUL LONGS FOR
YOU.'**

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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 38:23

**'HASTEN TO HELP ME,
LORD; YOU ARE MY
SALVATION'**

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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

ECCLESIASTES 3:6

**"THERE IS A TIME TO
SEEK AND A TIME TO
LOSE, A TIME TO KEEP
AND A TIME TO THROW
AWAY."**

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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

ROMANS 12:2

**'DO NOT CONFORM
YOURSELVES TO THIS
WORLD, BUT BE
TRANSFORMED BY THE
RENEWING OF YOUR MIND, SO
THAT YOU MAY DISCERN
WHAT IS THE WILL OF GOD—
WHAT IS GOOD, PERFECT,
AND PLEASING TO HIM.'**

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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

PSALM 119:105

**'YOUR WORD IS A LAMP
TO MY FEET, A LIGHT TO
MY PATH'**

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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.