

A FREE STARTER FROM HAPPILY EVER AFTER THE BREAKUP

The First 7 Days

A Christian prayer & journaling guide for the first week after a breakup

Christopher North

BEFORE YOU START

Dear Friend.

Breakups suck. No way around it. Whether you saw it coming or were blindsided, whether you ended things or they were ended for you, the reality is the same: something you once cherished is gone, and it hurts.

This isn't here to slap a quick Bible verse on your pain and tell you to "just trust God." It's also not going to tell you to harden your heart, get bitter, or "just move on."

How to use it: one page a day. Find a quiet spot (your room, a coffee shop, your car, a park). Read the short thought slowly, read the verse, pray the prayer (and keep going in your own words), then answer the prompt honestly. No one else needs to see what you write.

These seven days come straight from the first three chapters of *Happily Ever After The Breakup*.

If your heartbreak has triggered serious depression, anxiety, or unhealthy coping, please reach out to a counselor or a trusted pastor. This guide is not a replacement for professional help. If you're in crisis in the US, call or text 988.

> “This moment—this heartbreak—doesn’t have to destroy you. It can refine you.”

Take a deep breath. You're not alone. Let's walk through this together.

DAY 1

It's okay not to be okay

> *"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles."*
> *– 2 Corinthians 1:3-4*

Heartbreak is disorienting. Your brain is trying to process the loss, and your emotions are fluctuating between sadness, regret, anger, and confusion. Right now, what you need most is God's presence. And maybe some ice cream & pajamas (you too, gentlemen).

PRAY

God, I don't know what to do with all these emotions. I feel lost, angry, sad, confused—maybe even numb. But I don't want to carry this alone. Be near to me in my brokenness. Help me trust that You're still writing my story. Hold my heart in Your hands, and show me the next step. Amen.

JOURNAL

How do you want to handle this breakup? What kind of person do you want to be in this season?

DAY 2

Don't walk this alone

> *"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."*
> *– Lamentations 3:22–23*

Heartbreak can make you feel completely alone, but God hasn't abandoned you. He is near to you, even in the middle of your pain. Will you be bitter, or will you be better?

PRAY

Lord, I commit to walking through this season with integrity. I don't want to let my emotions lead me into bitterness, revenge, or despair. Help me to respond to this pain with faith, humility, and wisdom. Keep my heart soft and my spirit open to Your healing. Amen.

JOURNAL

Who are the trusted people who will support you and keep you accountable?

DAY 3

Name the temptations

> *"Cast all your anxiety on Him because He cares for you."*
> *– 1 Peter 5:7*

It's tempting to numb yourself—whether through distractions, rebounds, overworking, or binge-watching shows just to drown out your thoughts. Using them as avoidance strategies won't bring healing. The pain will only resurface later.

PRAY

God, I ask for Your protection over my heart and mind. When I feel weak, be my strength. When I am tempted to numb my pain, remind me that true healing only comes through You. Guard me against making decisions out of loneliness or fear. Amen.

JOURNAL

What are the biggest temptations you are facing right now? How can you guard against them?

DAY 4

Sit in it (with God)

> *"Blessed are those who mourn, for they will be comforted."*
> *– Matthew 5:4*

The scriptures tell us that God is sitting with you in all this. Don't be afraid to cry out. Even lash out at Him. He can handle it. To my knowledge He has never actually struck anyone with a bolt of lightning for being honest with him. Be real. Be raw. Be honest.

PRAY

Lord, my heart is broken and heavy with grief. You see every tear I cry and every question I wrestle with. Today, I choose to bring my pain before You rather than burying it. You are the God who heals and restores. Amen.

JOURNAL

What emotions have you been avoiding or over-indulging in since the breakup?

DAY 5

Put the phone down

> *"He heals the brokenhearted and binds up their wounds."*
> *– Psalm 147:3*

You might find yourself checking to see if they watched your social media stories and wondering what they were feeling when they saw them. We've been there. It hurts, but it won't last forever.

PRAY

Holy Spirit, I release this person to You. I surrender every unanswered question, every "what if," and every lingering attachment. I ask You to bless them according to Your perfect will. I choose peace over resentment, and trust over fear. Amen.

JOURNAL

How have you been trying to cope? Is it healthy and aligned with who you ultimately want to be? If not, how can you get back on track?

DAY 6

Take care of the temple

> *"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*
> *– 3 John 1:2*

Healing requires intentionality. Engage in self-care that honors God. Your body is carrying this grief too.

PRAY

Thank You, God, for walking with me through this valley. I hold onto Your promise that joy comes in the morning. Though healing takes time, I know You are faithful. Amen.

JOURNAL

What's one thing you can do today or plan this week to take care of yourself physically?

DAY 7

The pain that heals

> *"Come to me, all you who are weary and burdened, and I will give you rest."*
> *– Matthew 11:28*

There is pain that heals and pain that remains. The choices you make now will determine which one you carry. Healing isn't measured by how you feel—it's measured by the choices you make.

PRAY

Father, I want to handle this breakup the way You know is best. I commit to processing this pain with honesty, faith, and prayer. I trust that You are working in this situation, even when I can't see or feel it. I give You my heart, my hopes, and my future. Amen.

JOURNAL

What do you believe God wants to show you through this season of grief?



You made it a week.

That's not nothing. Healing isn't measured by how you feel. It's measured by the choices you make.

Ready for the rest of the journey? The full journal has 15 chapters across 3 phases: Grieving & Surrender, Reflection & Growth, and Moving Forward with Strength.

Paperback & Kindle on Amazon:
search **“Happily Ever After The Breakup”**

Honest, sometimes funny encouragement on Instagram:
@modernchristiandating

Excerpts © 2025 Happily Ever After the Breakup. Scripture as quoted in the book.