Tracing His Hand Through Life's Storms

A Guided Reflection to Rewrite Your Story with Christ at the Center



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Mhy This Journey Matters

We forget easily. But joy comes when we remember.

This is a sacred invitation to remember Christ—His mercy, love, and loyal friendship—even in the fiercest storms. When we retrace our story with Him in view, we see how He lifted, healed, rebuilt, and never let go.

This gift helps you spotlight His goodness so your heart can heal, your joy deepen, and your spirit awaken to daily miracles.

Types of Storms We Face

Which ones describe seasons of your life?

- Tornado sudden trauma or shocking loss
- Hurricane long-term suffering or pressure that lingers
- Drizzle the quiet ache, a sense of sadness or loneliness
- Torrential Rain emotional overwhelm or burnout
- Drought spiritual dryness, waiting seasons
- Scorching Heat intense trials, testing, or pressure
- Sunny Day ease that can cause us to forget our need for God

Each "weather" has wisdom. Christ meets us differently in each.

How to Trace His Hand 5 step Formula

The 5-Step Tracing His Hard Formula

1. Remember the Storm

Identify the trial or season you walked through. Give it a name. Define the moment.

2. Recall the Emotion

Acknowledge what you felt. Emotions are the gateway to healing and insight.

3. Retrace His Hand

Look for signs of God's presence, mercy, or provision—during or after the storm.

4. Reframe the Story

Invite Jesus to help you see the story through His eyes. Discover growth, purpose, and beauty that came from it.

5. Return to Gratitude

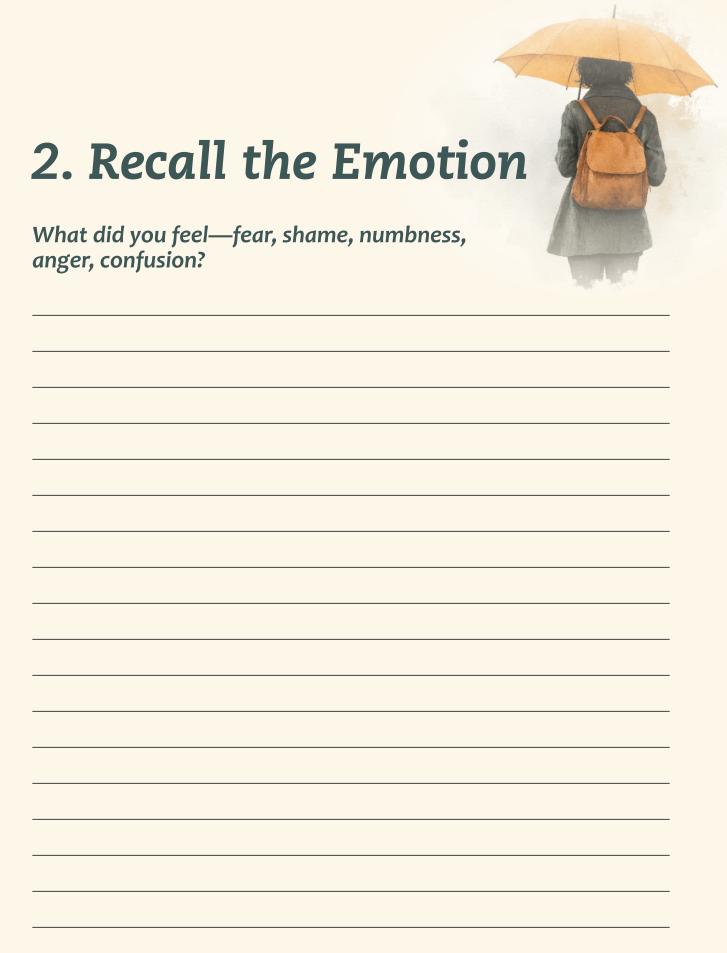
Name the gifts. Recognize how the trial shaped your faith, perspective, and ability to love deeper.



1. Remember the Storm

Work on 1 storm or struggle at a time.

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Where did you see the Lord show up—whether immediately or in hindsight?

· Was it through a person? A verse? A whisper?

A moment of peace? A breakthrough?	



How would Jesus rewrite this story with you?

- · What beauty came from the brokenness?
- · What fruit grew from the drought?



List the spiritual, emotional, or relational gifts that came through this storm.	



How do you now see God's character more clearly? How does this help you walk forward with peace?					

My Example: Tracing His Hand



- Rachel Smartt

Storm Type:

Sunny Days − spiritual drifting during easier seasons

Through My Storm

- Tornado sudden death of my husband, Dave
- Scorching Heat years of walking through grief and single motherhood

What Happened:

I lost my husband unexpectedly over 20 years ago. I was left to raise my daughters alone. Grief, loneliness, and spiritual drift crept in during times that looked "sunny" from the outside.

What I Felt:

Numbness, overwhelm, anger, invisibility, uncertainty.

Where I Saw the Lord's Hand:

- \cdot Quiet moments with scripture
- · The kindness of friends who showed up · God turned my pain into purpose
- · Strength I didn't know I had
- · Tender hearts in my daughters
- Dreams God resurrected
- · God turned my pain into purpose and shaped a thriving wellness career rooted in impact.

Rewriting My Story with Jesus:

He never left. He carried me when I couldn't carry myself. He didn't fix everything overnight, but He met me in everything—with comfort, direction, and love. From that pain, I wrote two books, created a healing course, and turned my sorrow into purpose—helping others rise with faith, resilience, and hope.

Gratitude I Found:

- · A deeper relationship with Christ
- · A resilient legacy for my daughters
- · A life filled with miracles, purpose, and a heart to help others heal

New Perspective:

The storm didn't destroy me—it revealed the One who walks on water.



Deepened joy
Clearer vision
Healing of past wounds
Greater love for Christ
Renewed strength to help others
Anchored identity in Him

Closing Blessing

"I will remember the works of the Lord: surely I will remember thy wonders of old."

—Psalm 77:11

"You keep track of all my sorrows. You have collected all my tears in your bottle."

—Psalm 56:8

He is your most noble friend, the most loyal partner and Savior. He never leaves. He builds beauty from ashes.

Rise Strong, Heal Deep,
Live Beautifully-

Rachel Smartt