HEART TO TABLE · HEAL

A PERMISSION SLIP

For the Days You Need It in Writing

- ☐ Permission to **grieve.**
- ☐ Permission to **rest.**
- ☐ Permission to **not be okay yet.**
- ☐ Permission to **feel it all.**
- ☐ Permission to **ask for help.**
- ☐ Permission to **begin again.**
- ☐ Permission to **bring it all to God.**

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

PSALM 34:18

SIGNED _____ **DATE** _____

Heart to Table

You are safe to feel here.