

WHAT DO I HAVE TO LOSE?

Finding gratitude and purpose in seasons of loss

Women's Conference 2026 - Katelyn Hayes

KEY SCRIPTURE: Psalm 103:2

MESSAGE SUMMARY

Through the loss of her father, Katelyn discovered how caregiving had developed patience, compassion, and a servant's heart for student ministry. Her message invites us to acknowledge our pain, remember God's goodness, and trust Him with what we cannot yet understand. Grief and gratitude can exist together.

KEY TAKEAWAYS

Be honest about your pain. You can trust God and still cry. Feeling the weight of loss does not make you ungrateful.

Remember His benefits. Recall answered prayers, people who supported you, and the strength and peace God has provided.

Let God work through your story. Pain does not have to define your future. God can use what you have walked through to help you care for others.

Take a step of trust. Bring God the burdens you have been carrying. You can move toward purpose without having every answer.

PERSONAL REFLECTION

ACKNOWLEDGE What loss, disappointment, or burden am I carrying today?

REMEMBER What are three specific ways God has helped or provided for me?

REFLECT How might my experiences help me show compassion to someone else?

RESPOND What can I entrust to God, and what is one step I can take this week?

PRAYER

Lord, meet me in my grief. Help me remember Your goodness, trust You with what I do not understand, and recognize opportunities to love others. Give me strength for my next step. Amen.