



Clinging to God in Times of Loss



A 7-day journey to find hope and strength in God amidst grief and loss of home and livelihood.



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Introduction

Grief is a profound experience that touches every part of our being. When homes are destroyed, livelihoods lost, and the familiar comforts of life taken away, the pain can feel overwhelming and isolating. Yet, even in the darkest valleys, God's presence remains a steadfast refuge. This Bible study plan invites you to embark on a seven-day journey of *clinging to God* when all seems lost.

Our lives are often shaken by events beyond our control—disasters, financial upheaval, or the loss of what once provided security and identity. These moments can challenge the very foundation of our trust. The Scriptures, however, show us that grief and loss do not have the final word. God meets us in our brokenness and offers comfort, hope, and a peace that transcends circumstances.

Each day's study includes a primary Scripture passage, supporting verses, a devotional to deepen understanding, reflective questions to explore your heart, journaling prompts to express your journey, and a prayer to foster intimacy with God. As you engage, remember that you are not alone. God's steadfast love holds you, and His Spirit strengthens your spirit.

May this time help you anchor your grief in His promises, turning pain into pathways of faith and resilience.





Day 1: 🕊 Facing Loss with God's Presence



Your Verse

Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- *Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."*
- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*



Devotional: God's Nearness to the Brokenhearted

Loss can leave us feeling shattered and alone, but the Bible reminds us that God's nearness is especially intimate when our hearts are hurting. Psalm 34:18 reassures us that the Lord is **close to the brokenhearted** and tender in His care. In moments when our homes and livelihoods vanish, the tangible security we once knew may be replaced by uncertainty, yet God's presence never wavers.

Isaiah 41:10 strengthens us with the promise that God is with us, offering courage instead of fear. Our initial feelings of devastation are natural, but clinging to God anchors our souls beyond circumstances. This day invites you to open your heart fully to the God who heals and saves in the midst of sorrow.

Take comfort knowing that God's intimate presence surrounds you as you navigate grief.



Reflect and Apply

1. How does knowing God is close to the brokenhearted change the way you view your grief?

2. What emotions come up when you think about God being with you in your loss?

3. In what ways can you intentionally seek God's presence today?



Journaling Prompts

1. Describe your current feelings about your loss and how you sense God's presence.

2. Write a prayer asking God to reveal His nearness to your broken heart.

3. Recall a past experience where God comforted you in pain and reflect on that.



Day 1: 🕊️ Facing Loss with God's Presence

Prayer for Today

Dear Lord, I come before You with a heavy heart, grieving the losses that have shaken my world. Thank You for Your promise to be close to the brokenhearted. Help me to feel Your presence even when I am overwhelmed by sorrow. Restore my soul and grant me peace that surpasses understanding. Hold me in Your loving arms and remind me that I am never alone. Fill me with hope as I cling to You in this season of loss. In Jesus' name, amen. 🙏❤️





Day 2: Hope Beyond Destruction



Your Verse

Lamentations 3:22-23 - "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."

Supporting Scriptures

- *Isaiah 43:2 - "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you."*
- *Romans 8:28 - "And we know that in all things God works for the good of those who love him."*



Devotional: God's Faithfulness Gives New Hope Daily

The pain of losing your home or livelihood can feel like complete devastation. Yet, Lamentations reminds us that God's **compassions are new every morning**, and His faithfulness never fails. Each day is an opportunity for renewal and hope, even when yesterday was filled with grief.

Isaiah 43:2 promises God's presence through every trial—whether "waters" or "rivers"—symbolizing the overwhelming events we face. Romans 8:28 encourages us that God works all things for our good, weaving our suffering into His greater story of redemption. Though loss blinds us to the future, God's hope lights the path one step at a time.

Hold on to hope today, knowing that God's faithfulness breathes new life into your circumstances.



Reflect and Apply

1. How can you embrace hope even when your current reality feels overwhelming?

2. In what ways have you witnessed God's faithfulness in your life before?

3. What does 'new mercies every morning' mean personally for you amidst grief?



Journaling Prompts

1. Write about a morning recently when you sensed God's compassion and faithfulness.

2. Describe the hope you want to hold onto as you face uncertain days.

3. Journal a prayer asking God to renew your hope each new day.



Day 2: 🌅 Hope Beyond Destruction

Prayer for Today

Heavenly Father, thank You that Your mercy is fresh every single morning. When it feels like everything is falling apart, please remind me that Your faithfulness is steadfast. Help me to trust You through the uncertainty and to hold onto hope because You are working all things for good. Strengthen my heart and guide my steps. In Your faithful name, amen. 🌄 🌀 🙏 ✨





Day 3: 🛡️ Strength When Feeling Vulnerable



Your Verse

Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Philippians 4:13 – "I can do all this through him who gives me strength."*



Devotional: God's Strength in Our Weakness

When losing what grounds us—our home or livelihood—we often feel vulnerable, weak, or powerless. Yet, Psalm 46:1 proclaims God as our **refuge and strength**, a constant help in times of trouble. This assurance invites us to lean into God's strength rather than our own.

Paul's words in 2 Corinthians 12:9 remind us that God's grace is sufficient and that His power shines brightest when we acknowledge our weakness. Philippians 4:13 boosts confidence that with Christ as our source, we can face any circumstance, no matter how formidable.

Today, accept God's strength to bolster your spirit when you feel most vulnerable.



Reflect and Apply

1. In what areas of your loss do you feel the most vulnerable?

2. How might you invite God's strength into those feelings of weakness?

3. What practical ways can you rely on God's help today?



Journaling Prompts

1. Write about a time when God's strength helped you through a difficult situation.

2. List the areas of your life where you need God's refuge and strength now.

3. Pray for God's empowering presence to sustain you in your weakness.



Day 3: 💗 Strength When Feeling Vulnerable

Prayer for Today

Lord God, You are my refuge and my strength. When I feel weak and vulnerable, help me to turn to You. Fill me with Your power and grace so that I may face each challenge with courage. Let Your strength be evident in my weakness. Be my ever-present help, now and always. In Jesus' powerful name, amen. 💪 🛡️ 🙏 💖





Day 4: Finding Peace Amid Uncertainty



Day 4: 🌿 Finding Peace Amid Uncertainty

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- *Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 4: 🌿 Finding Peace Amid Uncertainty

Devotional: Receiving Jesus' Peace in Troubled Times

Loss often brings uncertainty that stirs anxiety and fear. Jesus' words in John 14:27 offer a gift unlike any other: **His peace**. Unlike the fleeting peace the world offers, this divine peace calms our hearts, even in chaos. It assures us that we are not abandoned to worry or fear.

Paul encourages believers not to be anxious but to present their concerns to God, trusting that His peace will guard their hearts and minds. Isaiah tells us that perfect peace is the outcome of steadfast trust. Though circumstances may seem dark, your mind anchored in Jesus can find rest.

Today, choose to receive Jesus' peace and set your heart free from fear.



Reflect and Apply

1. What fears or anxieties are you struggling to surrender to God?

2. How does Jesus' peace differ from worldly peace in your experience?

3. What practices help you cultivate steadfast trust in God during uncertainty?



Day 4:  Finding Peace Amid Uncertainty

Journaling Prompts

1. Write about moments when you felt Jesus' peace despite difficulties.

2. List fears you want to surrender to God and ask for His peace.

3. Describe steps you can take to keep your mind steadfast on God.



Day 4: 🌿 Finding Peace Amid Uncertainty

Prayer for Today

Jesus, thank You for the peace You freely give. When my heart is troubled and fear threatens, help me to receive Your perfect peace. Teach me to trust You fully and to release my anxieties into Your care. Guard my mind and soul with Your peace that surpasses understanding. I choose today to rest in Your calm presence. Amen. ✨🕊️❤️🙏





Day 5: 🔥 Renewed Strength for the Journey



Day 5: 🔥 Renewed Strength for the Journey

Your Verse

Isaiah 40:31 – "But those who hope in the LORD will renew their strength. They will soar on wings like eagles..."

Supporting Scriptures

- *Nehemiah 8:10 – "The joy of the LORD is your strength."*
- *Psalms 73:26 – "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*



Day 5: 🔥 Renewed Strength for the Journey

Devotional: Hope in God Brings Renewed Strength

Moving forward through grief requires strength beyond human capacity. Isaiah 40:31 assures that the LORD renews the strength of those who place their hope in Him. This renewed strength enables us to rise above hardship, like eagles soaring despite the storms.

Nehemiah reminds us that the **joy of the LORD** is a vital source of strength, not superficial happiness but deep, sustaining joy anchored in God's character. Even when our physical or emotional energy seems to fail, Psalm 73:26 points us again to the Lord as the eternal source of strength and fulfillment.

Lean on God today to renew your strength and uplift your spirit for the road ahead.



Day 5: 🔥 Renewed Strength for the Journey

Reflect and Apply

1. Where do you find your hope currently? Is it fully in God?

2. What does it mean to you to 'soar like eagles' in your hardship?

3. How can you invite the joy of the Lord to strengthen you daily?



Day 5: 🔥 Renewed Strength for the Journey

Journaling Prompts

1. Recall a moment when joy in God gave you unexpected strength.

2. Journal about how your hope in God fuels your endurance.

3. Write a prayer asking God to renew your strength as you cope.



Day 5: 🔥 Renewed Strength for the Journey

Prayer for Today

God of Strength, I put my hope in You. Renew my weary spirit and empower me to rise above my challenges like eagles soaring. Fill me with the joy that sustains me through every trial. Even when I feel weak, be my unwavering strength and portion. Lead me forward in Your power and grace. Amen. 🕊️🔥





Day 6: 🌱 Trusting God's Provision



Your Verse

Matthew 6:31-33 - "So do not worry, saying, 'What shall we eat?' ... But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Supporting Scriptures

- *Philippians 4:19 - "And my God will meet all your needs according to the riches of his glory in Christ Jesus."*
- *Psalms 37:25 - "I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread."*



Devotional: God Provides When We Seek His Kingdom

Loss of livelihood often triggers deep financial and practical anxieties. Jesus addresses such worries directly in Matthew 6, instructing us not to be consumed by concern over provisions. Instead, He calls us to **seek first His kingdom**, trusting that God will provide what we need.

Philippians reassures us of God's abundant provision according to His glory. The Psalmist testifies to God's faithful care for the righteous over a lifetime. This teaching invites us to align our priorities with God's purposes and release our anxieties into His capable hands.

Today, commit to trusting God's provision, even when future needs seem uncertain.



Reflect and Apply

1. What worries about provision are most pressing for you right now?

2. How can seeking God's kingdom change your perspective on these worries?

3. What steps can you take to trust God's provision more fully?



Journaling Prompts

1. Write about past instances where God provided abundantly in your life.

2. List areas of need you want to surrender to God's care.

3. Pray and journal your commitment to seek God's kingdom first.



Day 6: 🌱 Trusting God's Provision

Prayer for Today

Lord Provider, help me to trust You with my needs amid uncertainty. Teach me to seek Your kingdom above all else, confident that You will supply everything necessary. Calm my anxious heart and will me to rest in Your faithful provision. Thank You for always caring for me and for guiding my steps. In Jesus' name, amen. 🌱 🙏 🧳 💖





Day 7: 🌈 Embracing Restoration and New Beginnings



Day 7:  Embracing Restoration and New Beginnings

Your Verse

Joel 2:25 - "I will restore to you the years that the swarming locust has eaten..."

Supporting Scriptures

- *Revelation 21:4 - "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Day 7:  Embracing Restoration and New Beginnings

Devotional: God Restores and Creates Anew

Grief often feels like a season of irreparable loss, but God's promise of restoration shines brightly in Scripture. Joel 2:25 offers hope that God can restore what was lost—even the years devoured by hardship. This restoration may not replicate the past perfectly but brings new life and purpose beyond the pain.

Revelation points us to a future where God wipes away every tear, forever ending sorrow and mourning. Meanwhile, 2 Corinthians affirms that in Christ, we are new creations, empowered to embrace fresh starts.

Today, open your heart to God's restorative power and the hope of new beginnings.



Reflect and Apply

1. What areas of your life feel most in need of restoration?

2. How does the promise of becoming a new creation encourage you?

3. What steps can you take to embrace new beginnings with God's help?



Day 7:  Embracing Restoration and New Beginnings

Journaling Prompts

1. Reflect on losses that you long to see restored by God.

2. Write about what a new beginning with God looks like for you.

3. Pray for God's healing and restoration as you move forward.



Day 7: 🌈 Embracing Restoration and New Beginnings

Prayer for Today

Merciful God, You are the restorer of all things. Thank You for Your promise to restore the years lost to hardship. Heal my heart and renew my spirit with hope for new beginnings. Help me to release what is gone and embrace the future You have prepared. May I walk forward in faith, strength, and joy, trusting Your perfect plan. In Jesus' name, amen. 🙌 🌈 ❤️ 🙏





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