



Embracing God's Presence When Holidays Feel Lonely



A 7-day study for grandmothers experiencing loneliness during holidays, inviting God's comfort to fill every empty space with hope and peace.

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Introduction

Holidays often bring joyful celebration and family gatherings, but for many grandmothers, these times can also stir feelings of loneliness and emptiness. Whether separated by distance, loss, or unexpected changes, the absence felt can create a hollow space that seems difficult to fill. Yet, in these moments, *there is a divine invitation to draw near to God's presence*, a presence that never leaves us and fills the void with comfort and peace.

Throughout Scripture, women of faith experienced seasons of solitude, grief, and longing, yet they found strength and hope in God's unfailing love. From Hannah's heartfelt prayers to Mary's profound trust, each story reminds us that even when circumstances feel heavy, God's grace is enough to sustain and uplift us.

This 7-day study is crafted especially for grandmothers navigating the mixed emotions during holidays—a time meant for connection but sometimes marked by silence or absence. Each day explores biblical truths about God's presence, emotional healing, and purposeful living, helping you rediscover joy and hope that come from resting in Him.

By embracing God's presence in the spaces that feel empty, you can transform lonely holidays into meaningful encounters with His love. May this journey nurture your soul and remind you that no matter what you face, you are deeply cared for and never alone. ❤️





Day 1: Finding God in Quiet Moments



Day 1: 🌸 Finding God in Quiet Moments

Your Verse

Psalm 46:10 – "Be still, and know that I am God."

Supporting Scriptures

- *Isaiah 41:10 – "Do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1:  Finding God in Quiet Moments

Devotional: Embracing Stillness to Sense God's Presence

Loneliness during the holidays can feel overwhelming, especially when the house is quieter than we hope. Yet, God invites us into a sacred stillness where His presence becomes most clear. Psalm 46:10 reminds us to “Be still, and know that I am God.” This stillness isn’t just silence—it’s a purposeful resting in the assurance that God is near.

Like a gentle whisper, His comfort reaches into the empty spaces left by absent voices or missing celebrations. Isaiah 41:10 reassures us with a powerful promise: we do not need to fear because God is with us. This presence never wavers, even when seasons feel cold and empty.

Jesus beckons the weary to come, offering rest and peace that transcends circumstances. In embracing these quiet moments, we open ourselves to experience His deep love and renewal. *Today, let your heart quieten and rest in the unchanging presence of God.*



Day 1:  Finding God in Quiet Moments

Reflect and Apply

1. What does 'being still' mean to you in the context of your current feelings?

2. How might you practice resting in God's presence when loneliness arises?

3. In what ways have you experienced God's peace during quiet or difficult times?



Day 1:  Finding God in Quiet Moments

Journaling Prompts

1. Write about a time when silence helped you feel closer to God.

2. List ways you can invite God's presence into your holiday season.

3. Reflect on what fears or burdens you want to surrender to God today.



Day 1: 🌸 Finding God in Quiet Moments

Prayer for Today

Lord, in the midst of quiet and solitude, help me to be still and recognize Your presence all around me. Teach me to embrace Your peace and to trust You fully even when I feel lonely. Fill every empty space in my heart with Your love and comfort, and give me rest for my soul this holiday season. *Thank You for never leaving me.* Amen. 🙏❤️🌿





Day 2: 🌸 Strength in God's Faithful Promises



Day 2: 🌸 Strength in God's Faithful Promises

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

- *Psalm 91:4 - "He will cover you with his feathers, and under his wings you will find refuge."*
- *Hebrews 13:5 - "Never will I leave you; never will I forsake you."*



Devotional: God's Unfailing Compassion in Tough Seasons

Loneliness during the holidays can feel like an overwhelming storm, but God's promises are anchors in the tempest. Lamentations 3:22–23 beautifully assures us that His compassion never fails and that His faithfulness is renewed each morning. No matter how empty a holiday feels, His love remains steadfast, renewing our hope again and again.

Psalm 91 describes God's protective care as a mother hen covering her chicks under her wings, providing refuge and safety. This imagery reminds us that we can draw close and find shelter in His loving embrace even when all else feels uncertain.

Moreover, Hebrews 13:5 offers a powerful affirmation: God will never leave or forsake us. This promise is unshakeable—even when our hearts are heavy or memories arise that stir longing. The consistency of God's presence is a source of strength and comfort to lean on.

Let today be a moment to hold onto the truth that you are deeply loved and protected by your faithful God.



Day 2: 🌸 Strength in God's Faithful Promises

Reflect and Apply

1. Which of God's promises feels most comforting to you right now?

2. How can remembering God's compassion reshape your experience of loneliness?

3. In what practical ways can you lean on God's faithfulness this holiday?



Day 2: 🌸 Strength in God's Faithful Promises

Journaling Prompts

1. Write about a situation when God's faithfulness was evident in your life.

2. Describe how God's compassion feels to you during lonely moments.

3. List the promises of God that bring you hope in difficult seasons.



Day 2: 🌸 Strength in God's Faithful Promises

Prayer for Today

Dear God, thank You for Your endless compassion and faithful love that never fail even when I feel alone. Help me to trust in Your protection and presence today. May I find refuge under Your wings and peace in the certainty that You will never leave me. Strengthen my heart to embrace Your promises fully this holiday season. Amen. 🕊️ ❤️ 📖





Day 3: 🌸 Mary's Example of Trust



Day 3: 🌸 Mary's Example of Trust

Your Verse

Luke 1:38 - "I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her.

Supporting Scriptures

- *Psalms 125:1 - "Those who trust in the Lord are like Mount Zion, which cannot be shaken."*
- *Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding."*



Day 3: 🌸 Mary's Example of Trust

Devotional: Trusting God Amid Uncertainty Like Mary

Mary's story is a profound testimony of trust in God during uncertain and extraordinary seasons. When the angel Gabriel appeared, Mary responded with humility and faith, saying, "I am the Lord's servant." Her trust in God's plan shows us a beautiful example of yielding our own fears and embracing His purpose, even when the path is unclear.

Life's holidays may bring unexpected changes and feelings of loneliness that challenge our understanding. Like Mary, we are invited to trust wholeheartedly in God's sovereignty. Psalm 125:1 reminds us that those who trust in the Lord are unshakable, grounded like a strong mountain despite life's shifting circumstances.

Proverbs 3:5 encourages us to lean not on our own understanding but to rely on the Lord with all our hearts. This trust does not ignore pain or loss but holds firm in the knowledge that God's wisdom and love are perfect.

As you face the complex emotions this holiday season, may Mary's example inspire you to place your trust fully in God's hands.



Day 3: 🌸 Mary's Example of Trust

Reflect and Apply

1. What uncertainties or fears do you find hardest to surrender to God?

2. How can Mary's example encourage your trust in God's plan for your life?

3. In what ways might trusting God shift your perspective on loneliness?



Day 3: 🌸 Mary's Example of Trust

Journaling Prompts

1. Write a prayer of surrender, following Mary's example of trust.

2. Reflect on a time when trusting God brought peace in confusion.

3. Describe how you can cultivate a deeper trust in God daily.



Day 3: 🌸 Mary's Example of Trust

Prayer for Today

Lord, like Mary, help me to say, 'I am Your servant' even when I don't understand Your plan fully. Strengthen my trust in You amidst loneliness and change. Teach me to lean on Your wisdom and rest in Your love, knowing You hold all things together. Guide my heart towards confident faith this holiday season. Amen. ✨🌀🙏





Day 4: 🌼 Hannah's Prayer and God's Answer



Day 4: 🌸 Hannah's Prayer and God's Answer

Your Verse

1 Samuel 1:27 - "I prayed for this child, and the Lord has granted me what I asked of him."

Supporting Scriptures

- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
- *James 5:16 - "The prayer of a righteous person is powerful and effective."*



Day 4: 🌸 Hannah's Prayer and God's Answer

Devotional: Pouring Out Our Hearts in Prayer Like Hannah

Hannah's story encourages us to bring our deepest longings and loneliness before God in prayer. Her heartfelt prayer for a child was sincere and persistent, and God answered her prayers in His perfect timing. This story reminds us that God listens to every tear and knows the ache of an empty heart.

Philippians 4:6 invites us not to be anxious but to present all our concerns to God with thanksgiving. This practice not only lightens our burdens but also draws us closer to His peace.

James 5:16 emphasizes the power and effectiveness of righteous prayer. As grandmothers facing holidays that feel lonely, we have a powerful tool in prayer to connect with God and gain comfort.

Let today be a reminder to pour out your heart to God, trusting that He hears and cares deeply for you.



Day 4: 🌸 Hannah's Prayer and God's Answer

Reflect and Apply

1. How comfortable are you with expressing your honest feelings to God in prayer?

2. What prayers or desires do you want to bring before God today?

3. How might prayer transform the way you experience loneliness?



Day 4: 🌸 Hannah's Prayer and God's Answer

Journaling Prompts

1. Write a prayer to God sharing your current feelings and hopes.

2. Recall a time when prayer brought you comfort or clarity.

3. List your concerns and offer them to God in writing.



Day 4: 🌸 Hannah's Prayer and God's Answer

Prayer for Today

Heavenly Father, thank You that You hear my prayers and understand the longings of my heart. Help me to come to You openly, like Hannah, trusting that You care deeply and will answer in Your perfect timing. Give me peace as I bring my loneliness and hopes before You this holiday season. Amen. 🙌💙





Day 5: 🌹 Rejoicing in God's Unseen Ways



Day 5: 🌹 Rejoicing in God's Unseen Ways

Your Verse

Romans 8:28 - "And we know that in all things God works for the good of those who love him."

Supporting Scriptures

- *Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."*
- *Psalms 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 5: 🌹 Rejoicing in God's Unseen Ways

Devotional: Trusting God's Goodness Even When Unseen

It can be difficult to see where God is working during lonely holiday seasons, but Romans 8:28 encourages believers that God orchestrates all things for good. Though we may not understand His ways in the moment, God is actively weaving purpose and healing.

Ecclesiastes 3:1 reminds us that life unfolds in seasons, inviting us to accept rhythms of change and rest. A holiday marked by emptiness may feel painful now but can also become a meaningful opportunity for growth and deeper reliance on God.

Psalms 34:18 offers comfort that God draws near to those with broken hearts, tenderly healing the crushed spirit. Even in loneliness, His presence surrounds and sustains us.

Let your heart open to trust that God's loving hand is at work, even when you cannot see it clearly.



Day 5: 🌹 Rejoicing in God's Unseen Ways

Reflect and Apply

1. In what ways can you see God's goodness working in your current situation?

2. How does recognizing seasons in life help you cope with holiday loneliness?

3. How might you invite God's healing presence into your broken places?



Day 5: 🌹 Rejoicing in God's Unseen Ways

Journaling Prompts

1. Write about a 'season' in your life where God worked for good unexpectedly.

2. List ways God has comforted you during difficult times.

3. Reflect on how embracing God's timing can bring peace.



Day 5: 🌹 Rejoicing in God's Unseen Ways

Prayer for Today

God, help me trust that You are **working for my good** even when I cannot see it. Teach me to accept this season and rest in Your loving plan. Draw close to my broken heart and heal every place of loneliness and sadness. Thank You for Your faithfulness through all my days. Amen. 🌟👉❤️





Day 6: Finding Purpose in Grandmothering



Day 6: 🌿 Finding Purpose in Grandmothering

Your Verse

Titus 2:3-5 - "Then they can urge the younger women to love their husbands and children [...] to be self-controlled and pure."

Supporting Scriptures

- *Proverbs 31:25 - "She is clothed with strength and dignity; she can laugh at the days to come."*
- *Deuteronomy 32:7 - "Remember the days of old; consider the generations long past."*



Day 6: 🌿 Finding Purpose in Grandmothering

Devotional: Embracing Your Vital Role and Legacy

Grandmothers hold a unique and profound place in God's design, serving as pillars of wisdom, love, and encouragement. Titus 2:3–5 highlights how older women lovingly guide younger women, impacting generations with godly teaching and example.

Proverbs 31:25 celebrates the strength and dignity that comes with experience and faith, encouraging us to face the future with hope and joy. Even in seasons of loneliness, your life and faith matter deeply—not only to your family but also within God's kingdom.

Deuteronomy 32:7 invites us to remember past generations, honoring the legacy you carry and pass on. Your influence stitches together the fabric of family and faith across time.

May you find renewed purpose in the vital role you play as a grandmother, a source of enduring love and strength.



Day 6: 🌿 Finding Purpose in Grandmothering

Reflect and Apply

1. How do you see your role as a grandmother impacting others spiritually and emotionally?

2. What legacy or lessons do you hope to pass on during this holiday season?

3. How can you find joy and purpose amidst any feelings of loneliness?



Day 6: 🌿 Finding Purpose in Grandmothering

Journaling Prompts

1. Write about a meaningful moment of influence you've had as a grandmother.

2. List qualities you want to nurture in younger generations.

3. Reflect on the joys and challenges of your current season of life.



Day 6: 🌿 Finding Purpose in Grandmothering

Prayer for Today

Lord, thank You for the calling and purpose You have given me as a grandmother. Help me to embrace this role with strength and joy, knowing my life impacts generations. Fill me with your wisdom, courage, and love so I can be a blessing to others even when I feel alone. Amen. 🌸💖✨





Day 7: ✨ Renewed Hope and Joy in God



Day 7: ✨ Renewed Hope and Joy in God

Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- *Psalm 16:11 - "You make known to me the path of life; in your presence there is fullness of joy."*
- *John 15:11 - "I have told you this so that my joy may be in you and that your joy may be complete."*



Day 7: ✨ Renewed Hope and Joy in God

Devotional: Choosing Joy Through God's Presence

As this study concludes, the Bible powerfully reminds us that joy in the Lord is our strength. Nehemiah 8:10 calls us to embrace God's joy, which empowers us to persevere beyond loneliness and discouragement.

Psalm 16:11 reveals that true and full joy is found in God's presence, a place where our spirits are renewed and sustained. John 15:11 shares Jesus' desire for us to experience complete joy through abiding in Him.

Though holidays may bring loneliness, choosing to focus on God's presence invites a deep, abiding joy that transcends circumstance. This joy refreshes the soul and gives strength to face each day with hope.

May you walk forward into your holiday season renewed by God's joy, surrounded by His unending love.



Day 7: ✨ Renewed Hope and Joy in God

Reflect and Apply

1. What does it mean for you to find strength in the joy of the Lord?

2. How might focusing on God's presence reshape your holiday experience?

3. How can you share God's joy with others during this season?



Day 7: ✨ Renewed Hope and Joy in God

Journaling Prompts

1. Write about moments when God's joy strengthened you.

2. Reflect on ways to cultivate joy in daily life despite challenges.

3. Consider how you can encourage others with the joy you have found.



Day 7: ✨ Renewed Hope and Joy in God

Prayer for Today

God, thank You for the joy that comes from being in Your presence. I ask You to fill me with Your strength and renew my spirit with Your peace. Help me to choose joy today and every day, reflecting Your love to those around me this holiday season and beyond. Amen. ✨ 🎵 ❤️





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