



# Finding Biblical Comfort in Grief



A 7-day study offering hope and solace from  
Scripture for those grieving, especially refugees  
facing flood displacement and loss.

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# Table of contents

<u>Introduction</u>	3
<u>Day 1: 🕊️ God Is Our Refuge in Storms</u>	4
<u>Day 2: 🌿 Rest for the Weary Soul</u>	10
<u>Day 3: 💧 God Understands Our Tears</u>	16
<u>Day 4: 🌈 Hope Beyond the Flood</u>	22
<u>Day 5: 🛡️ Strength in God's Presence</u>	28
<u>Day 6: 🔥 Renewal and Restoration</u>	34
<u>Day 7: ☒ Embracing Peace and Moving Forward</u>	40



## Introduction

**Grief** is a profound and universal experience that touches every life in different ways. For refugees displaced by a flood, grief can be especially overwhelming — a complex blend of sorrow for what was lost, fear of an uncertain future, and a longing for safety and peace. *In these moments of deep pain and uncertainty, God's Word offers refuge and comfort.* This study invites you to journey through seven days of Scripture that speak directly to the heart of loss and suffering, providing spiritual strength and hope.

Throughout the Bible, we see God's empathy for the suffering and His promises to those who seek Him in their distress. From Psalms of lament to prophetic assurances of restoration, Scripture acknowledges grief, honors it, and gently guides us to a place of healing and renewed faith. **Whether you're mourning a home, possessions, or the future you envisioned, these passages remind us that we are never alone.**

This plan is tailored especially for those displaced by floods—people who have been forced to leave their homes and face difficult new realities. Here, you will find verses that speak of God's refuge, His unwavering presence in the storm, and His power to restore what was broken. Through reflective questions, journaling prompts, and heartfelt prayers, this journey will help you embrace both your grief and God's comfort, fostering resilience and hope.

Let's walk this path together, leaning on the eternal promises of Scripture to guide us through sorrow and into the peace that only God can provide.





# Day 1: 🕊️ God Is Our Refuge in Storms



Day 1: 🕊️ God Is Our Refuge in Storms

## Your Verse

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

## Supporting Scriptures

- *Psalm 91:2 – He is my refuge and my fortress, my God, in whom I trust.*
- *Nahum 1:7 – The Lord is good, a refuge in times of trouble.*



Day 1: 🕊️ God Is Our Refuge in Storms

## Devotional: God's Ever-Present Help in Trouble

When floods sweep through our lives — physically and emotionally — the fear and uncertainty can feel overwhelming. Psalm 46:1 reminds us of a powerful truth: God is our refuge and strength, and an ever-present help in trouble. This means that no matter how fierce the storm outside or inside, we have a safe shelter in God where we can find rest and protection.

*For refugees displaced by floods, this promise is a lifeline.* It acknowledges that trouble is real but declares that God is more real and more powerful. When everything familiar has been washed away, when pain and loss weigh heavily, God is still close, providing strength and sanctuary. Remembering this truth can help calm anxious hearts and offer peace that transcends circumstances.

Let this day be about embracing God's presence as your refuge. You don't have to carry your grief alone—His arms are open wide to hold you through the storm.



## Reflect and Apply

1. How have you experienced God as a refuge during difficult times before?

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2. In what ways can you turn to God today as your shelter from grief?

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3. What fears or worries can you surrender to God's care right now?

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Day 1: 🕊️ God Is Our Refuge in Storms

## Journaling Prompts

1. Write about a time when God gave you strength in a hard situation.

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2. Describe what it feels like to imagine God as a safe refuge.

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3. List your current worries and ask God to hold each one.

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Day 1: 🕊️ God Is Our Refuge in Storms

## Prayer for Today

**Dear Lord**, thank You for being our refuge and strength in every storm. When the floodwaters rise and our hearts feel overwhelmed, remind us that we are never alone. Help us to find comfort in Your presence, to lean on Your promises, and to feel Your peace flooding into our souls. Strengthen our faith to trust You even when all seems lost. Be our shelter, our safe place, and our hope in the midst of grief. *Amen.* 🙏💧🕊️





## Day 2: Rest for the Weary Soul



## Your Verse

*Matthew 11:28 – Come to me, all you who are weary and burdened, and I will give you rest.*

## Supporting Scriptures

- *Isaiah 40:29 – He gives strength to the weary and increases the power of the weak.*
- *Psalms 23:1-2 – The Lord is my shepherd; I shall not want. He makes me lie down in green pastures.*



Day 2: 🌿 Rest for the Weary Soul

## Devotional: Receiving Rest for the Weary

**Grief and displacement often leave us exhausted—physically, emotionally, and spiritually.** Jesus extends an invitation to all who feel weary and burdened: come to Him for rest. This rest isn't just physical sleep but a deep soul-rest that heals the weary heart and calms anxious minds.

*For someone who has lost a home to flood, this promise offers a vital refuge amid chaos.* When the weight of uncertainty and sorrow feels unbearable, Jesus invites us to lay down our burdens at His feet. He replenishes strength, renews hope, and restores peace. Psalm 23 echoes this by portraying God as a shepherd who lovingly leads us to places of safety and refreshment—even when the path is dark.

Today, take Jesus at His word. Let go of your worries for a moment and receive His healing rest.



Day 2: 🌿 Rest for the Weary Soul

## Reflect and Apply

1. What burdens are you carrying right now that need to be laid before Jesus?

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2. How can you create space to receive Jesus' invitation to rest today?

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3. What does soul-rest look like for you in your current circumstances?

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Day 2: 🌿 Rest for the Weary Soul

## Journaling Prompts

1. Write a prayer releasing your burdens to Jesus.

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2. Describe a moment when you felt refreshed after resting in God's presence.

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3. List practical ways to experience God's rest this week.

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Day 2: 🌿 Rest for the Weary Soul

## Prayer for Today

**Lord Jesus**, I come to You weary and burdened. My heart is heavy with grief and uncertainty after the flood. Please help me to lay down all my worries at Your feet and rest in Your loving care. Renew my strength, calm my anxious thoughts, and fill me with Your peace that surpasses understanding. Teach me to trust You deeply and to find refuge in Your embrace every day. *Amen.*





## Day 3: 💧 God Understands Our Tears





## Your Verse

*Psalm 56:8 – You keep track of all my sorrows. You have collected all my tears in your bottle.*

## Supporting Scriptures

- *John 11:35 – Jesus wept.*
- *Revelation 21:4 – He will wipe every tear from their eyes.*



## Devotional: God's Compassion for Our Tears

Grief often brings tears—sometimes many—and it can feel isolating when others don't see or understand our pain. Yet Psalm 56:8 offers a touching reminder that God sees every tear. He collects them, treasuring the emotions behind them. This tells us that God does not overlook our sadness; He cares deeply about our suffering.

*Jesus Himself wept when His friend Lazarus died, showing us that sorrow is a normal and human response to loss.* He is not distant or detached from our pain but intimately involved and compassionate. Furthermore, Revelation promises a future when God will wipe every tear away—an eternal hope that pain and grief will not last forever.

Let your tears flow today if you need to. God values your honesty and will hold your sorrows close as He prepares to bring healing and restoration.



## Reflect and Apply

1. Have you felt hesitant to show your grief? Why or why not?

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2. How does knowing God collects your tears change your view of your sorrow?

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3. What hope does Revelation 21:4 give you for the future?

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## Journaling Prompts

1. Write about your feelings surrounding your grief and tears.

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2. Reflect on a time when you felt God's comfort in sorrow.

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3. List hopes you hold onto despite your present pain.

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Day 3: 💧 God Understands Our Tears

## Prayer for Today

**Gracious God**, thank You for seeing every tear I cry and for holding my sorrow tenderly. Help me to trust that my pain is not ignored or forgotten. Comfort me as I grieve and give me hope in the promise that You will one day wipe all tears from our eyes. Until then, walk with me through this valley and surround me with Your unfailing love. *Amen.* 💧 ❤️ 🙏





## Day 4: 🌈 Hope Beyond the Flood



## Your Verse

*Jeremiah 29:11 – For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.*

## Supporting Scriptures

- *Romans 8:28 – In all things God works for the good of those who love Him.*
- *Isaiah 43:2 – When you pass through the waters, I will be with you.*



## Devotional: Trusting God's Hopeful Plans

**Experiencing loss as a refugee can make the future seem bleak and uncertain.** But God's Word offers a powerful promise in Jeremiah 29:11: He has plans for you—plans filled with hope and a future. This reassurance reminds us that amid chaos, God's loving sovereignty is at work.

*Romans 8:28 encourages us knowing that God works all things—including tragedy—for good for those who love Him.* And Isaiah 43:2 paints a vivid picture of God's presence even in the most overwhelming floods. These verses together invite us to envision hope beyond our current hardships.

Though the floodwaters have uprooted your life, God's purpose for your future remains intact. Trusting His plans can bring light to your darkest days and courage to face each new morning.





## Reflect and Apply

1. What fears do you have about the future, and how can God's promises comfort you?

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2. How can remembering God is with you through the floodwaters change your perspective?

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3. In what ways have you seen God work good in difficult situations?

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## Journaling Prompts

1. Write about your hopes and dreams for the future despite current challenges.

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2. Reflect on a time God turned difficulty into blessing in your life.

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3. List ways to remind yourself daily of God's presence with you.

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Day 4: 🌈 Hope Beyond the Flood

## Prayer for Today

**Faithful God**, thank You for the hope and future You promise even in the midst of loss. Help me to trust Your plans when I feel uncertain or afraid. Remind me that You are always with me, guiding me through stormy waters to a place of peace and prosperity. Fill my heart with courage and confidence in Your unfailing love. *Amen.* 🌈 🙏 🕊





## Day 5: Strength in God's Presence



## Your Verse

*Isaiah 41:10 – Do not fear, for I am with you; do not be dismayed, for I am your God.*

## Supporting Scriptures

- *Psalm 34:18 – The Lord is close to the brokenhearted.*
- *2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.*



## Devotional: Fear Not—God's Strength Sustains Us

**Fear and discouragement often accompany grief, especially when loss feels overwhelming.** Yet Isaiah 41:10 boldly declares that we need not fear because God is with us. This presence brings strength to face challenges and reassurance that we won't face hardships alone.

*When grief leaves us feeling broken, Psalm 34:18 reminds us that God is especially close to the brokenhearted, offering comfort and healing.*

Additionally, 2 Corinthians 12:9 encourages us to rely on God's grace, which is sufficient even when we feel weak.

Today, let these Scriptures be your shield and encouragement. Lean into God's nearness for strength and courage to keep moving forward, even when the road is hard.



## Reflect and Apply

1. What fears or discouragement are you holding onto today?

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2. How can God's presence comfort you in your grief?

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3. In what ways do you experience God's grace strengthening you when you feel weak?

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## Journaling Prompts

1. Write about your fears and ask God to replace them with His peace.

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2. Reflect on how God has been near to you in recent struggles.

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3. List moments where God's strength helped you persevere.

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Day 5: 🛡️ Strength in God's Presence

## Prayer for Today

**Lord God**, thank You that I do not have to fear because You are with me. When I feel broken and weak, remind me that Your grace is enough, and Your strength is perfect in my weakness. Draw near to my heart, comfort my sorrow, and give me courage to face this day. Help me to trust wholly in Your sustaining power. *Amen.* 🛡️ ❤️ 🙏





## Day 6: 🔥 Renewal and Restoration



## Your Verse

*Isaiah 61:3 – To give them beauty for ashes, the oil of joy for mourning.*

## Supporting Scriptures

- *Joel 2:25 – I will restore to you the years that the swarming locust has eaten.*
- *Psalms 30:5 – Weeping may stay for the night, but rejoicing comes in the morning.*



## Devotional: God's Promise of Joy and Renewal

**Grief can feel like ashes—leaving behind destruction and emptiness. But Isaiah 61:3 proclaims a beautiful promise: God will give beauty for ashes and joy for mourning. This is the hope of renewal and restoration.**

*For refugees who have lost so much, God's promise to restore what was broken and bring joy again is life-giving and powerful. Joel 2:25 assures us that God can restore what seems lost beyond repair. And Psalm 30 reminds us that mourning is not forever; joy will come again.*

As you journey through grief, hold tightly to these promises. Healing is a process, but God is at work to transform sorrow into new life and hope.



## Reflect and Apply

1. How do you envision God bringing beauty from the ashes in your life?

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2. What hope do restoration promises give you amid loss?

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3. How can you hold onto the truth that joy will come in the morning?

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## Journaling Prompts

1. Write a prayer asking God for restoration and joy.

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2. Reflect on a time of healing after grief or hardship.

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3. List small signs of hope or beauty emerging in your life.

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Day 6: 🔥 Renewal and Restoration

## Prayer for Today

**Merciful God**, thank You for the promise of renewal and beauty in the midst of ashes. Restore what the flood has taken and bring joy to my mourning heart. Help me to wait patiently through the night of sorrow, trusting that Your morning will bring rejoicing. Fill me with hope and strength as You heal and restore. *Amen.* 🌿 🔥 🙏





## Day 7: ✕ Embracing Peace and Moving Forward





## Your Verse

*Philippians 4:7 – And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

## Supporting Scriptures

- *John 14:27 – Peace I leave with you; my peace I give you.*
- *2 Timothy 1:7 – God gave us a spirit not of fear but of power, love, and self-control.*



## Devotional: God's Peace Guards Your Heart and Mind

As this study concludes, the journey through grief brings us to a place where **peace is possible**. Philippians 4:7 promises a peace from God that goes beyond anything we can fully understand. This peace guards our hearts and minds as we lean on Christ.

*Jesus offers His peace freely, not as the world gives, but as a deep calm for our souls.* Furthermore, 2 Timothy reminds us that God's Spirit empowers us to overcome fear with power, love, and self-control, equipping us for the road ahead.

Today, choose to embrace this peace. Let it protect your heart as you move forward from grief, carrying hope, strength, and God's love into the future He has promised.



## Reflect and Apply

1. How can you invite God's peace to guard your heart amid ongoing challenges?

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2. What fears do you need to surrender so God's Spirit can fill you with power?

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3. In what ways can you demonstrate God's love and self-control moving forward?

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## Journaling Prompts

1. Write about what peace means to you in the context of your grief.

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2. Reflect on moments when God's peace felt real in your life.

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3. List ways you can rely on God's Spirit to guide your future steps.

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## Prayer for Today

**Loving Father**, thank You for the peace You give that surpasses all understanding. Guard my heart and mind from anxiety and fear. Fill me with Your Spirit's power, love, and self-control as I move forward from grief. Help me to walk each day rooted in Your peace and hope. May I share Your love and strength with others on this journey. *Amen.* ☒☒☒





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