Finding Comfort in God: Healing for Women Grieving Loss



A 7-day Bible study offering God's comfort and healing to women mourning the loss of a mother or daughter.





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Introduction

Grieving the loss of a mother or daughter is one of the most profound sorrows a woman can experience. The void left behind often feels unbearable, and the journey through grief can be overwhelming. *During such times, turning to God's Word brings comfort and hope.* This study is designed specifically for women facing this deep pain, inviting you to lean into God's tender care and find healing through Scripture.

Each day offers reflections, Scripture, and prayers to gently guide you towards peace, reminding you that God understands your pain intimately. His promises of comfort, presence, and restoration provide a refuge when sorrow feels heavy. You are not alone — He walks with you through every tear and aching moment.

Through this study, may you discover God's unfailing love wrapped around your heart and find renewed strength to embrace tomorrow with faith. Let these Scriptures and reflections be a balm to your soul, a light breaking through the darkness of grief. With each day, allow God to mend your deep sorrow and restore your hope.















Your Verse

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

Supporting Scriptures

- Matthew 5:4 Blessed are those who mourn, for they will be comforted.
- Isaiah 41:10 Do not fear, for I am with you; do not be dismayed, for I am your God.







Devotional: God Is Near When Our Hearts Are Broken

Loss often brings a feeling of isolation. When grieving the loss of a mother or daughter, the pain can seem unbearable, as if no one truly understands. However, the Psalmist reminds us, *God is especially close to the brokenhearted.* In our deepest sorrow, He draws near to soothe our hurting souls.

Jesus' words in the Beatitudes assure us that mourning is not overlooked but met with divine comfort. God's presence is a tender embrace that holds us when we feel crushed by grief. Even when the path feels dark and uncertain, God promises to be our constant companion, never leaving nor forsaking us.

Today, rest in the truth that your tears are seen and your pain matters to Him who created you. Let His nearness bring solace, knowing He is your refuge and strength during this difficult season.







Reflect and Apply

1.	How have you experienced God's presence during moments of deepest sorrow?
2.	What does it mean to you that God is close to the brokenhearted?
	In what ways can you invite God more fully into your grieving process today?







Journaling Prompts

1.	Describe a time recently when you felt God's nearness despite your grief.
2.	Write about your emotions as you read Psalm 34:18 and Matthew 5:4.
	List ways you can remind yourself of God's presence when feeling overwhelmed.







Prayer for Today

Heavenly Father, thank You for being close to me in my pain. When my heart feels shattered and I'm overwhelmed by sorrow, remind me that You are near. Help me to lean into Your comfort and trust that You hold me gently in your hands. Heal my aching soul and guide me through this valley of grief with Your loving presence. Thank You for being my refuge and strength. *In Jesus' name, Amen.*



















Day 2: 🏠 Finding Hope Beyond Tears

Your Verse

Revelation 21:4 – 'He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain.'

Supporting Scriptures

- John 16:22 Because I live, you also will live.
- Romans 8:18 Our present sufferings are not worth comparing with the glory that will be revealed.







Day 2: 🏵 Finding Hope Beyond Tears

Devotional: God Promises a Future Without Pain

The grief of losing a loved one is real and raw, yet God gives us a beautiful hope amidst the tears. The book of Revelation paints a future where pain, death, and sorrow are no more. God promises to wipe away every tear.

Jesus' resurrection assures us that death does not have the final word. Though your heart grieves now, there is eternal life awaiting you and your loved one in His presence. The present suffering, no matter how deep, pales in comparison to the joy and glory God has prepared.

Hold on to this hope when the weight of sorrow seems too heavy. Allow yourself to mourn, but remember that grief is not the end of your story. God's eternal plan brings restoration and peace beyond what we can imagine.







Day 2: 💮 Finding Hope Beyond Tears

Reflect and Apply

1.	What comfort do you find in the promise that God will wipe away every tear?
2.	How does the reality of eternal life influence your perspective on grief?
3.	In what ways can hope in God's future healing transform your grief today?







Day 2: 💮 Finding Hope Beyond Tears

Journaling Prompts

1.	Write about what Revelation 21:4 means personally to your grief journey.
2.	Reflect on moments when hope in Jesus helped you face a painful day.
3.	Describe how you imagine the day God wipes away all tears.







Day 2: 🏵 Finding Hope Beyond Tears

Prayer for Today

Lord, thank You for the hope You give that goes beyond this life. When grief feels overwhelming, help me to remember that You are preparing a place where sorrow will end. Strengthen my heart with the assurance of Your promises and help me to live with hope amid pain. Let Your peace rule in my heart today. *In Jesus' name, Amen.*



















Your Verse

2 Corinthians 1:3-4 - Praise be to the God of all comfort, who comforts us in all our troubles.

Supporting Scriptures

- Psalm 147:3 He heals the brokenhearted and binds up their wounds.
- Isaiah 66:13 As a mother comforts her child, so will I comfort you.







Devotional: God Himself Is Our Comforter

When grief pierces the heart, we can find consolation in God's role as the ultimate Comforter. Paul describes God as the source of all comfort — the One who not only knows our troubles but actively comforts us through them.

David's psalm beautifully illustrates God healing the brokenhearted, gently binding their wounds. God comforts with care like a mother to her child, tenderly nurturing our fragile souls.

Allow God's Word to be a soothing balm on your pain today. Meditate on these truths and open your heart to His gentle care. He meets you in your sorrow and brings healing in His perfect timing.







Reflect and Apply

1.	How have you experienced God's comfort in difficult times?
2.	What does it feel like to be comforted "as a mother comforts her child"?
3.	How can you turn to Scripture for comfort when grief resurfaces?







Journaling Prompts

1.	List Scriptures that have comforted you during your grief.
2.	Describe how God's comfort has helped you heal, even in small ways.
3.	Write a prayer asking God to comfort and heal your broken heart.







Prayer for Today

Gracious God, thank You for being my Comforter. In my pain and sorrow, meet me with Your gentle love and healing touch. Help me to feel Your presence like a loving mother's embrace and to trust that You are binding my wounds. Teach me to walk day by day with Your comfort sustaining me. *In Jesus' name, Amen.*











Day 4: 🕻 Strength Renewed in God









Day 4: 🔵 Strength Renewed in God

Your Verse

Isaiah 40:31 - Those who hope in the LORD will renew their strength.

Supporting Scriptures

- Psalm 73:26 God is the strength of my heart and my portion forever.
- Nehemiah 8:10 The joy of the LORD is your strength.







Day 4: 煤 Strength Renewed in God

Devotional: Hope in God Brings New Strength

Grieving can leave us physically and emotionally drained. Yet God encourages us to place our hope in Him to renew our strength. The beautiful promise in Isaiah reminds believers that waiting on the Lord brings renewed energy, perseverance, and courage.

Even when our spirits feel weak, God is the strength of our hearts. He provides joy amid sorrow, not in ignoring grief but by infusing it with His sustaining presence.

Today, choose to lean on God and allow Him to refill your soul. As you cultivate hope in His love, expect renewed strength to face each day. God's power is made perfect in your weakness.







Day 4: 🔵 Strength Renewed in God

Reflect and Apply

1.	What areas of your life feel weak or depleted due to grief?
2.	How can putting hope in God practically renew your strength?
3.	How does God's joy strengthen you amid sadness?







Day 4: 煤 Strength Renewed in God

Journaling Prompts

1.	Reflect on moments when God gave you unexpected strength.
2.	Write about what 'hoping in the LORD' looks like for you today.
3.	List ways you can intentionally seek God's strength this week.







Day 4: 🛡 Strength Renewed in God

Prayer for Today

Lord God, my heart feels weary, but I choose to hope in You. Renew my strength each day as I lean on Your promises. Let Your joy fill me and carry me through this time of grief. Be the stronghold of my heart and help me to persevere in faith. *In Jesus' name, Amen.*



















Your Verse

Lamentations 3:22–23 – Because of the LORD's great love we are not consumed, for His compassions never fail.

Supporting Scriptures

- Deuteronomy 31:6 The LORD goes with you; He will never leave you.
- Psalm 136:1 His love endures forever.







Devotional: Unfailing Compassion Carries Us Through

During grief's darkest seasons, it can feel as though hope is lost. Yet Lamentations reminds us of God's unfailing love and never-ending compassion. His mercies are new every morning, ensuring we are not consumed by sorrow.

God's faithfulness is a constant anchor, carrying us through uncertain and painful times. He promises never to leave or forsake us, walking with us step by step.

Take heart today in God's steadfast love. Whenever you feel overwhelmed by grief, remember His compassions are fresh and abundant, able to uphold you.







Reflect and Apply

1.	How have you sensed God's faithfulness during your mourning?
2.	What does it mean to you that God's mercies are new every morning?
3.	How can trusting God's compassion change your grief journey?







Journaling Prompts

1.	Write about a day when God's faithfulness felt especially real to you.
2.	List ways God has shown His compassion during your grief.
3.	Pray for a deeper trust in God's unfailing love.







Prayer for Today

Faithful Father, thank You that Your love never fails. When grief threatens to consume me, remind me that Your mercies are new every morning. Help me to trust Your compassion and rest in Your faithfulness each day. Carry me gently through this pain. *In Jesus' name, Amen.*

















Your Verse

John 14:27 - Peace I leave with you; my peace I give you.

Supporting Scriptures

- Philippians 4:7 The peace of God, which transcends all understanding, will guard your hearts.
- Colossians 3:15 Let the peace of Christ rule in your hearts.







Devotional: Christ's Peace Calms Our Troubled Hearts

Grief stirs up a storm within the soul, but Jesus offers a peace unlike any the world can give. His peace soothes anxiety, fear, and pain — guarding our hearts even when circumstances are difficult.

Paul echoes this promise, explaining that God's peace transcends human understanding. It isn't dependent on changing emotions or situations but rests firmly in Christ's presence.

Invite Jesus' peace to calm your heart today. Let His tranquility rule your thoughts and emotions, bringing rest to your weary spirit amid the grief.







Reflect and Apply

1.	Where do you currently feel unrest or turmoil in your heart?
2.	How can you practically receive and cultivate Christ's peace today?
3.	What difference does God's peace make amid grief and loss?







Journaling Prompts

Describe what it feels like to experience God's peace during hard times.
Write a prayer asking Jesus to fill your heart with His peace.
List practical ways to remind yourself to seek God's peace daily.







Prayer for Today

Prince of Peace, I long for the peace only You can give. Calm the storms in my heart and guard my mind with Your perfect peace. Help me to rest in You when grief threatens to overwhelm me. Let Your peace rule in my heart today and every day. *In Jesus' name, Amen.*









Day 7: Note: Hope Restored Through God's Love









Day 7: Nope Restored Through God's Love

Your Verse

Romans 15:13 – May the God of hope fill you with all joy and peace as you trust in Him.

Supporting Scriptures

- Psalm 30:5 Weeping may stay for the night, but rejoicing comes in the morning.
- 2 Thessalonians 2:16–17 May our Lord Jesus Christ comfort your hearts and strengthen you.







Day 7: Nope Restored Through God's Love

Devotional: God Restores Joy as We Trust Him

The journey of grief is deeply painful, but God's hope invites us forward. Paul prays for believers to be filled with joy and peace as they trust God—hope that sustains us through sorrow.

The psalmist acknowledges the reality of weeping but points us toward rejoicing in God's faithfulness. God's comfort strengthens our hearts, restoring joy even after loss.

As this study concludes, embrace the hope God offers. Though grief may remain, His love renews your spirit and leads you into days of peace and joy. Continue to trust in Him who restores the brokenhearted.







Day 7: 👸 Hope Restored Through God's Love

Reflect and Apply

How has your hope in God changed through this study?
What new strength or joy do you sense God giving you as you grieve?
How can you hold on to God's hope in the days ahead?







Day 7: 👸 Hope Restored Through God's Love

Journaling Prompts

1.	Write a letter to God expressing your emotions after this study.
2.	List ways you can nurture joy and peace amid your grief journey.
3.	Pray for ongoing hope and strength as you move forward.







Day 7: Nope Restored Through God's Love

Prayer for Today

God of Hope, thank You for filling me with joy and peace as I trust in You. Even in my grief, You restore my spirit and strengthen my heart. Help me to hold onto Your promises and walk forward with hope each day. Let Your love continue to heal and renew me. *In Jesus' name, Amen.*









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