Finding Comfort in Grief: A 7-Day Virtual Study



Explore God's comfort during grief with a 7-day Bible study designed for virtual gatherings of dispersed believers.





Table of contents

<u>Introduction</u>	3
Day 1: God Is Near to the Brokenhearted	5
Day 2: B Finding Rest for Heavy Hearts	11
Day 3: S God Understands Our Tears	17
Day 4: \(\begin{aligned} \text{Hope Beyond the Sorrow} \end{aligned}\)	23
<u>Day 5: Strength in Weakness</u>	29
Day 6: A Looking Toward Restoration	35
<u>Day 7: United in Compassion</u>	41







Introduction

Grieving is a deeply personal yet universal experience that touches all of us at some point in life. It can feel isolating—especially when we are physically apart from those we love. This seven-day Bible study is designed with dispersed believers in mind, to help you and your virtual community find comfort, hope, and healing together through Scripture.

Whether you're connecting via video calls, messaging apps, or phone conversations, this study invites you to engage deeply and prayerfully with God's Word and one another. Each day includes a central Scripture, supporting verses, a devotional thought, reflection questions, journaling prompts, and a prayer you can share. It provides a rhythm to lean into God's presence and peace, even when separated by miles.

Grief can bring a complex whirlwind of emotions—sadness, anger, confusion, loneliness, and sometimes even doubt. Yet Scripture offers unparalleled comfort: God Himself is close to the brokenhearted and offers a peace that surpasses understanding. This study acknowledges the pain but also points us beyond it to the hope found in God's promises.

As you journey through these seven days, we encourage you to be gentle with yourself and with each other. Share your reflections openly in your virtual group. Pray honestly. And allow God's healing presence to minister to the places that hurt deepest. You are not alone. God walks with you and with your community, drawing hearts together despite physical distance.







May this study strengthen your faith, provide comfort in sorrow, and help you embrace God's enduring love in every season of life.

















Your Verse

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

Supporting Scriptures

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







Devotional: God's Nearness in Our Brokenness

The first step in grief is often feeling overwhelmed by the pain. It's important to remember that God is not distant or detached from your suffering. Psalm 34:18 assures us that *the Lord is close to the brokenhearted*. When we feel crushed in spirit, God draws near to carry the weight of our sadness alongside us.

In a virtual setting, this truth can become a precious lifeline connecting dispersed believers. Even if we cannot physically embrace, we can remind each other of God's nearness in grief through calls, messages, or prayer. Isaiah 41:10 encourages us not to fear or lose heart because God is our ever-present help.

Jesus' promise in Matthew 5:4 highlights that mourning is not ignored by God but is recognized and will be met with His comfort. Today, consider where you may be holding back your sorrow or trying to be strong alone. Invite God into those spaces and share your burdens with your virtual community. God's healing begins when we acknowledge our hurt and welcome His presence through one another.







Reflect and Apply

1. H	ow have you experienced God's nearness during difficult times of grief?
_	
	what ways does knowing God is close to the brokenhearted give you ope?
_	
	ow can you encourage someone else in your virtual group who is ourning?







Journaling Prompts

1.	Write about a time when you felt God's comfort in your grief.
2.	List the emotions you are currently experiencing in your sorrow.
	Describe how you want to connect with God and others during this grieving process.







Prayer for Today

Dear Lord, thank You for being close to my broken heart. When I feel crushed or overwhelmed, help me remember that You are near and that I am not alone. Comfort me with Your presence and help me to lean on You and on my virtual brothers and sisters. May I find peace in Your promise to care for the hurting. Strengthen us as a community to support and pray for one another closely even from afar. In Jesus' name, *amen*.

















Day 2: **B** Finding Rest for Heavy Hearts

Your Verse

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

Supporting Scriptures

- Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.
- John 14:27 'Peace I leave with you; my peace I give you.'







Day 2: 💋 Finding Rest for Heavy Hearts

Devotional: Jesus Offers Spiritual Rest and Peace

Grief often brings exhaustion—body, mind, and soul can feel heavy and burdened. Jesus speaks tenderly in Matthew 11:28, inviting all of us who are weary to come to Him for rest. This is not just physical rest but deep spiritual rest that refreshes and restores.

In moments when the sadness feels too much to carry, Jesus offers a gentle sanctuary for our souls. The psalmist reminds us that God is a refuge and strength, always ready to help when troubles come. Even when we are scattered across the miles, this refuge is accessible through prayer, Scripture reading, and sharing burdens virtually.

John 14:27 carries a promise of peace, a peace unlike any the world can give. It reassures our hearts that amid grief's turmoil, Jesus gifts us tranquility. Today, surrender your heaviness to Him. Invite the peace that calms anxiety and soothes pain. Let your virtual gathering be a sacred space where you can rest together in God's presence.







Day 2: 💋 Finding Rest for Heavy Hearts

Reflect and Apply

1.	What burdens are you carrying that you need to bring to Jesus today?
2.	How do you experience God as a refuge in the storms of grief?
	What can your virtual group do to create a restful, peaceful space for one another?







Day 2: 💋 Finding Rest for Heavy Hearts

Journaling Prompts

1.	Describe what rest looks like for your soul during grief.
2	Write a prayer asking Jesus to carry your heaviness.
۷,	——————————————————————————————————————
3.	Reflect on a Bible verse that comforts you in hard times.







Day 2: **B** Finding Rest for Heavy Hearts

Prayer for Today

Heavenly Father, thank You for inviting me to come to You when I am weary and burdened. Please help my heart find rest in Your presence today. Calm my anxious thoughts and fill me with Your peace that surpasses all understanding. Strengthen me to lean into Your refuge and to encourage my brothers and sisters online. May we all be renewed in You. In Jesus' name, 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.'







Day 3: 🖏 God Understands Our Tears

Devotional: God Holds Every Tear with Compassion

Grief often finds expression in tears, and it's a profoundly human response that God values deeply. Psalm 56:8 illustrates God's tender care, saying He collects all our tears in a bottle. This beautiful image reveals that no sorrow escapes His notice or care.

The shortest verse in the Bible, John 11:35, simply records "Jesus wept." This shows us that even the Son of God fully embraced the pain of loss and grief, validating our own feelings as appropriate and holy. God does not expect us to be stoic but invites us to pour out our hearts honestly.

Looking forward, Revelation 21:4 promises a day when God will wipe away every tear and eliminate suffering forever. This eternal hope can sustain us in present grief, reminding us that mourning is temporary but God's comfort is eternal. Share your tears today freely, trusting that God holds them with care and compassion.







Day 3: 🥰 God Understands Our Tears

Reflect and Apply

1.	How does knowing God collects your tears affect your view of Him?
	In what ways does Jesus' example of weeping encourage your own emotional honesty?
3.	What hope does the promise in Revelation 21:4 bring amid grief?







Day 3: 🥰 God Understands Our Tears

Journaling Prompts

1.	Write about a time you felt God's comfort through sorrow.
2.	Express your current feelings honestly to God in writing or prayer.
3.	Reflect on how you can encourage vulnerable sharing in your virtual group.







Day 3: 😂 God Understands Our Tears

Prayer for Today

Lord Jesus, thank You for understanding my pain and for weeping with me in my grief. Help me to be honest about my emotions and to trust that You hold my tears with great care. May Your promise of wiping away every tear comfort me and give me hope. Help me encourage others to share openly too, that we might heal together even apart. In Your loving name, *amen*.









Day 4: P Hope Beyond the Sorrow









Day 4: V Hope Beyond the Sorrow

Your Verse

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

Supporting Scriptures

- 1 Thessalonians 4:13 We do not grieve like those who have no hope.
- Lamentations 3:22–23 His compassion never fails; His mercies are new every morning.







Day 4:

Hope Beyond the Sorrow

Devotional: Anchoring Hope in God's Faithfulness

Grief can feel endless, but Scripture invites us to place our hope in God—a hope that sustains through sorrow and points to brighter days.

Romans 15:13 offers a prayer that God will fill us with joy and peace as we trust Him. This hope is not wishful thinking; it is a confident assurance rooted in God's faithfulness.

Paul reminds believers in 1 Thessalonians 4:13 that we do not grieve as those without hope. Our grief is different because we know death is not the end for those who belong to Christ.

Lamentations 3:22–23 encourages us with the knowledge that God's mercy is new every morning. Even on hard days, we can find renewed strength in His compassion. During virtual gatherings, sharing these truths can uplift and inspire those who feel weary. Let hope reign today, anchoring your heart and your group as you journey through grief.







Day 4:

Hope Beyond the Sorrow

Reflect and Apply

1.	How does hope change the way you experience grief?
2.	What promises of God bring you the most comfort in sorrow?
3.	How can sharing hope strengthen your virtual community's bonds?







Day 4:

Hope Beyond the Sorrow

Journaling Prompts

1.	Write about a time God's hope helped you through sorrow.
2.	List Bible verses that inspire hope in your heart.
3.	Describe how you want to encourage others with hope today.







Day 4: V Hope Beyond the Sorrow

Prayer for Today

God of hope, fill me with joy and peace as I place my trust in You. When grief weighs heavy, remind me of Your unwavering faithfulness and mercies that are new each day. Help me to live with hope, not despair, and to share that hope freely with others. Strengthen our virtual community as we uplift each other in Your promises. In Jesus' name, *amen.* \bigcirc









Day 5: V Strength in Weakness









Day 5: V Strength in Weakness

Your Verse

2 Corinthians 12:9 - 'My grace is sufficient for you, for my power is made perfect in weakness.'

Supporting Scriptures

- Philippians 4:13 I can do all this through him who gives me strength.
- Isaiah 40:31 Those who hope in the Lord will renew their strength.







Day 5: V Strength in Weakness

Devotional: God's Power Perfected in Our Weakness

Grief often exposes our vulnerabilities and weaknesses, but it is precisely in these moments that God's power is most evident.

2 Corinthians 12:9 reminds us that God's grace is enough, and His power is made perfect when we are weak. We do not need to pretend to have it all together; rather, we can rest in God's strength carried through our frailty.

Paul's confidence in Philippians 4:13 exemplifies this truth—through Christ, we have the strength to endure and grow despite hardships. Isaiah's promise assures us that those who hope in the Lord will find renewed strength, like eagles soaring above difficulties.

In your virtual group, encourage one another to embrace weakness honestly and to rely on God's sustaining grace. It is often through vulnerability that hearts connect most deeply and healing begins.







Day 5: ① Strength in Weakness

Reflect and Apply

1.	In what areas of grief do you feel weak or overwhelmed?
2.	How can you depend more fully on God's grace during these times?
3.	How does sharing weaknesses in your virtual group deepen fellowship?







Day 5: ① Strength in Weakness

Journaling Prompts

1.	Write about a time God's strength upheld you when you were weak.
2.	Describe what it means to you that God's power is perfect in weakness.
3.	List ways you can practice openness about your struggles today.







Day 5: ① Strength in Weakness

Prayer for Today

Lord, thank You that Your grace is sufficient for me and Your power is shown in my weakness. When grief leaves me feeling vulnerable, help me to rely fully on You. Renew my strength and give me courage to be honest with others about my struggles. May our virtual community be a place where weakness is met with grace and love. In Jesus' name, *amen*.

















Your Verse

Joel 2:25 - I will repay you for the years the locusts have eaten.

Supporting Scriptures

- Psalm 30:5 Weeping may stay for the night, but rejoicing comes in the morning.
- Revelation 21:5 'Behold, I make all things new.'







Devotional: God's Promise of Restoration and Newness

Grief can feel like a season of loss and emptiness, but God promises restoration and renewal.

Joel 2:25 offers hope that God will restore what has been lost—even years taken away by difficulty. This restoration is both temporal and eternal, meaning God works to heal our hearts now and in the life to come.

The psalmist in Psalm 30:5 reminds us that while sorrow may linger through the night, joy is coming with the dawn. This cycle of mourning to joy invites perseverance and trust in God's timing.

The vision in Revelation 21:5 encourages us with the promise that God makes all things new. Although grief may feel overwhelming today, restoration awaits. Encourage your virtual group to hold fast to these promises, supporting one another as you journey together toward healing and renewed hope.







Reflect and Apply

1.	What areas of your life feel broken and in need of God's restoration?
2.	How do you hold onto hope when grief feels overwhelming?
3.	What renewal do you desire for yourself and your virtual community?







Journaling Prompts

1.	Write about a time God restored something you thought was lost.
2.	Describe how you envision 'newness' in your life after grief.
3.	List steps you can take to pursue healing with God's help.







Prayer for Today

Father God, thank You for Your promise to restore all that has been lost. Help me to trust in Your timing and to hold onto hope even in deep sorrow. Bring joy after the night of weeping and make all things new in Your perfect way. Encourage my virtual family to keep looking forward to Your restoration together. In Jesus' name, *amen*.









Day 7: W United in Compassion









Day 7: 💛 United in Compassion

Your Verse

Romans 12:15 - Rejoice with those who rejoice; mourn with those who mourn.

Supporting Scriptures

- Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.
- Ecclesiastes 4:9–10 Two are better than one, because they have a good return for their labor.







Day 7: 💛 United in Compassion

Devotional: Supporting One Another in Compassion

Grieving together, even across distances, is a powerful expression of Christian love and unity. Romans 12:15 calls us to enter into each other's joys and sorrows with heartfelt empathy.

Galatians 6:2 urges us to carry each other's burdens, fulfilling Christ's law by sharing love and care. Ministry in a virtual context is not less meaningful; prayer, encouragement, listening, and sharing create bonds that comfort the hurting.

Ecclesiastes 4:9-10 highlights the strength and support found in companionship—when one falls, another lifts them up. Your virtual community can be that steady support in grief, reflecting God's compassion and presence.

As you close this 7-day study, celebrate the gift of being united in heartbreak and hope. Commit to ongoing care and compassion for one another on this journey of healing.







Day 7: 💝 United in Compassion

Reflect and Apply

1.	How has your virtual group helped you during times of grief?
	What are practical ways you can mourn with and support others remotely?
3.	How does united compassion reflect Christ to the world?







Day 7: 💝 United in Compassion

Journaling Prompts

Write about a time you received meaningful support while mourning.
List ways you can actively support your virtual community.
Reflect on how shared grief can deepen relationships in Christ.







Day 7: 💙 United in Compassion

Prayer for Today

Gracious Father, thank You for the gift of community and shared compassion. Help me to mourn with those who mourn and to rejoice with those who rejoice, even from afar. Teach me to carry others' burdens with love and to be a source of encouragement in my virtual fellowship. May our unity reflect Your heart and bring healing to each soul. In Jesus' name, *amen*. \heartsuit







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.