



Finding Faith in Grief: Embracing God When Nature Hurts



Explore a 7-day journey to find faith and hope amid grief caused by nature's trials. Discover God's comforting presence as you heal.



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Introduction

Grief is a profound, often overwhelming experience that touches every heart when loss strikes. When that loss stems from the forces of nature—whether a disaster, illness, or unexpected tragedy—it can challenge our faith and shake our understanding of God’s protection and goodness.

"Finding Faith When Nature Hurts Us" is a 7-day Bible study plan designed to guide you through those raw emotions and questions. Each day offers scripture grounded in God’s promises and compassion, combined with devotional insights to encourage trust and healing. Grief is not a sign of weak faith; rather, it is a natural response to pain through which God works deeply in our souls.

Through this study, you will learn how to bring your hurts honestly before God, even when His ways are mysterious. You will discover the strength to lean on His Word for courage and hope. Nature’s storms may rattle us, but God’s steadfast love endures forever. Let these days remind you that you are not alone and that your faith can grow stronger even in sorrow. With openness, prayer, and reflection, may you embrace God’s comfort and find renewed faith on this journey.





Day 1: ☁ Embracing Honest Grief



Day 1: ☁ Embracing Honest Grief

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.’*
- *Matthew 5:4 – ‘Blessed are those who mourn, for they will be comforted.’*



Day 1: ☙ Embracing Honest Grief

Devotional: Welcome Your Grief, Find God's Nearness

Grief often brings a storm inside us — a mix of sadness, confusion, and sometimes anger. It's important to remember that God does not expect us to hide or deny our pain. Psalm 34:18 reminds us that the LORD is close to the brokenhearted; He is not distant when we suffer but intimately near.

Nature's tragedies can leave wounds that seem beyond healing. Yet, God's presence is a tender balm. Embracing honest grief means giving ourselves permission to weep, to feel, and to cry out to God. Jesus Himself experienced deep sorrow (John 11:35).

When we share our brokenness with God, we invite His comfort and healing. This is the first step in finding faith amid grief — acknowledging the hurt while trusting God's nearness.



Day 1: ☁ Embracing Honest Grief

Reflect and Apply

1. How comfortable are you with expressing your grief openly to God?

2. What feelings do you tend to hide or deny during difficult times?

3. In what ways do you sense God's nearness when your spirit feels broken?



Day 1: ☁ Embracing Honest Grief

Journaling Prompts

1. Write about a time when you felt God's presence in your sadness.

2. Describe your honest feelings about the grief you are facing.

3. List verses or promises from God that bring you comfort in hard moments.



Day 1: ☁ Embracing Honest Grief

Prayer for Today

Father, today I bring my broken heart before You. I admit my pain and sorrow, knowing You are close to me even when I feel crushed. Help me to feel Your presence deeply and to find comfort in Your embrace. Teach me how to lean on You through all storms, especially when nature and life hurt so deeply. Thank You for never leaving me alone. *In Jesus' name, Amen.* 🙏🌿💧





Day 2: Hope Springs from God's Promises



Day 2: 🌱 Hope Springs from God's Promises

Your Verse

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

Supporting Scriptures

- *Jeremiah 29:11 – ‘For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you.’*
- *Isaiah 40:31 – ‘But those who hope in the LORD will renew their strength.’*



Day 2: 🌱 Hope Springs from God's Promises

Devotional: Nurture Hope Through Trusting God's Word

Grief can make hope feel distant or impossible. However, God's Word reminds us that He is the God of hope, who desires to fill us with joy and peace as we trust in Him.

Though nature's havoc may shake our circumstances, God's promises remain steadfast. Jeremiah 29:11 assures us that God's plans are for good — even when the present is painful.

Trust in God is a seed of hope planted in grief's soil. As we nurture this hope, our strength is renewed like the eagle's in Isaiah 40:31. Allow yourself to lean into God's promises — His hope is an anchor for your soul amid the storm.



Day 2: 🌱 Hope Springs from God's Promises

Reflect and Apply

1. What hopes are you struggling to hold onto in your grief?

2. How does trusting God's promises change your perspective on loss?

3. Where do you see evidence of God's faithfulness in your story?



Day 2: 🌱 Hope Springs from God's Promises

Journaling Prompts

1. Write down God's promises that give you hope today.

2. Reflect on a past hardship where God brought you peace.

3. Describe what hope feels like in your heart right now.



Day 2: 🌱 Hope Springs from God's Promises

Prayer for Today

Lord, You are my hope. I ask You to fill me with joy and peace as I trust in Your faithful plans. Even when pain surrounds me, help me focus on Your promises. Renew my strength and remind me that You work all things for good. I choose to take hold of hope today. *In Jesus' name, Amen.* ☀️ 📖 🌿





Day 3: 🌿 Finding Peace Among the Storms



Day 3: 🌧️ Finding Peace Among the Storms

Your Verse

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

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.’*



Day 3: 🌧️ Finding Peace Among the Storms

Devotional: Accept Jesus' Peace to Quiet Your Anxieties

When nature's pain unsettles our lives, anxiety can flood our minds. Yet Jesus offers a peace unlike any other — one that calms our hearts even amid chaos.

In John 14:27, Jesus gifts us His peace, a refuge from fear and worry. This peace surpasses human understanding and guards us as a protective shield.

Practicing steadfast trust in God, as Isaiah encourages, anchors our minds and hearts. When we give our anxieties to Him through prayer (Philippians 4:6), God's perfect peace floods our souls, calming the storm within us.



Day 3: 🌧️ Finding Peace Among the Storms

Reflect and Apply

1. What storms in your life leave you feeling anxious or unsettled?

2. How do you experience Jesus' peace in difficult moments?

3. What steps can you take to maintain a steadfast mind focused on God?



Day 3: 🌧️ Finding Peace Among the Storms

Journaling Prompts

1. Journal about a time God's peace helped you through trials.

2. Write down your current anxieties and give them to God in prayer.

3. Describe how you can invite Jesus' peace into your daily routine.



Day 3: 🌿 Finding Peace Among the Storms

Prayer for Today


Jesus, I welcome Your peace into my heart. Calm my anxious thoughts and guard my soul from fear. Teach me to give all my worries to You in prayer, and to trust You fully. Help me keep my mind focused on You so I may know the perfect peace only You can give. *Thank You for being my refuge.* Amen. 🌿🙏





Day 4: Light in the Darkness



Day 4:  Light in the Darkness


Your Verse

Psalm 23:4 – Even though I walk through the darkest valley, I will fear no evil, for you are with me.

Supporting Scriptures

- *Isaiah 9:2 – ‘The people walking in darkness have seen a great light.’*
- *John 1:5 – ‘The light shines in the darkness, and the darkness has not overcome it.’*



Day 4:  Light in the Darkness


Devotional: Experience God's Light in Dark Times

Grief often feels like walking through a dark valley with shadows all around. But Psalm 23:4 reassures us that even in the darkest moments, God's presence dispels our fear.

Jesus is the Light who shines into our darkest places (John 1:5). No matter how deep the night of pain and loss, His light is powerful and victorious over despair.

Isaiah foretells this light breaking into darkness, bringing hope and salvation for all who seek it. When we draw near to God in grief, we receive this life-giving light that illuminates the path ahead with compassion and peace.



Day 4:  Light in the Darkness


Reflect and Apply

1. How do you perceive God's presence during your darkest hours?

2. What fears arise when you face the valley of grief?

3. In what ways does Jesus' light bring hope into your situation?



Day 4:  Light in the Darkness

Journaling Prompts

1. Write about a 'dark valley' you have walked and how God was with you.

2. Describe what God's light feels like in your current grief journey.

3. List ways you can seek Jesus' light when overwhelmed by sadness.



Day 4: 🕯️ Light in the Darkness

Prayer for Today

God, You are my light in times of darkness. When I walk through shadows of grief and fear, remind me that You are by my side. Help me to trust Your guiding light that overcomes all darkness. Fill me with hope and courage to keep walking with You. *Thank You for never leaving me alone.* Amen. ✨ 🕯️





Day 5: Resting in God's Compassion



Day 5: 🌿 Resting in God's Compassion

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.

Supporting Scriptures

- *Matthew 11:28 – 'Come to me, all who are weary and burdened, and I will give you rest.'*
- *2 Corinthians 1:3-4 – 'The God of all comfort, who comforts us in all our troubles.'*



Day 5: 🌿 Resting in God's Compassion

Devotional: Receive God's Compassion and Find Rest

Grief can exhaust both soul and body. Yet God's compassion is a fresh, life-giving source of rest and renewal.

Lamentations 3:22-23 reminds us that God's mercies are new every morning — even when yesterday was filled with pain. We are not consumed because His great love surrounds us continually.

Jesus invites the weary to find rest in Him (Matthew 11:28), and He is the ultimate Comforter (2 Corinthians 1:3-4). When grief feels overwhelming, resting in God's compassion refreshes us and sustains us for tomorrow's journey.



Day 5: 🌿 Resting in God's Compassion

Reflect and Apply

1. How do you currently find rest when grief feels heavy?

2. What does God's compassion mean to you personally?

3. Are you willing to come to Jesus with your weariness and burdens?



Day 5: 🌿 Resting in God's Compassion

Journaling Prompts

1. Reflect on moments when God's mercy renewed your spirit.

2. Write a prayer asking Jesus to give you rest today.

3. Describe what it feels like to surrender your grief to God's care.



Day 5: 🌿 Resting in God's Compassion

Prayer for Today

Lord, I come to You tired and burdened. Pour out Your compassion and renew my weary soul. Thank You for mercies that are new every morning and for being a refuge in my troubles. Help me to rest in Your love and find peace for each new day. *In Jesus' name, Amen.* 🌿 💧 🛌 🙏





Day 6: Trusting God's Sovereignty



Day 6: 🧑‍🌾 Trusting God's Sovereignty

Your Verse

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

Supporting Scriptures

- *Proverbs 3:5-6 - 'Trust in the LORD with all your heart and lean not on your own understanding.'*
- *Isaiah 55:8-9 - 'For my thoughts are not your thoughts ...'*



Day 6: 🧘 Trusting God's Sovereignty

Devotional: Lean on God's Wisdom and Sovereign Plan

In the face of natural disasters or loss, it is hard to understand why God allows suffering. Yet Romans 8:28 assures us that God is working all things for good for those who love Him.

Trusting God means acknowledging that His ways surpass our limited understanding (Isaiah 55:8-9). We are called to rely on His wisdom and goodness rather than our own perspectives.

This trust doesn't remove pain but provides a firm foundation amid uncertainty. As you place your faith in God's sovereignty, you can rest in the assurance that He is weaving a story of hope from even the hardest threads.



Day 6: 🧑 Trusting God's Sovereignty

Reflect and Apply

1. What doubts or questions about God's control do you wrestle with?

2. How can you surrender your need to understand everything to God?

3. In what ways have you seen God's good purposes unfold from hardship?



Day 6: 🧑 Trusting God's Sovereignty

Journaling Prompts

1. Write about a time God's sovereignty brought good out of difficulty.

2. Reflect on your feelings towards trusting God fully in grief.

3. List practical ways to remind yourself of God's control daily.



Day 6: 🌄 Trusting God's Sovereignty

Prayer for Today

Father, I confess that I do not always understand Your plans. Increase my trust in Your sovereign wisdom. Help me to lean not on my own understanding but on Your perfect love and purpose. Thank You that You work all things for my good, even when I cannot see it. Strengthen my faith today. *In Jesus' name, Amen.* 🌄 🛡️ 🙏





Day 7: Embracing New Life and Hope



Day 7: 🌸 Embracing New Life and Hope

Your Verse

2 Corinthians 4:16-18 – Though outwardly we are wasting away, inwardly we are being renewed day by day.

Supporting Scriptures

- *John 11:25 – ‘I am the resurrection and the life.’*
- *Revelation 21:4 – ‘He will wipe every tear from their eyes.’*



Day 7: 🌸 Embracing New Life and Hope

Devotional: Hope and Renewal After Grief's Trials

Even when grief exhausts our physical and emotional strength, God offers renewal for our souls. Paul encourages us that though we may feel weak outwardly, inwardly we are being renewed daily through God's Spirit.

Jesus declares Himself the resurrection and life, promising victory over death and despair (John 11:25). Revelation offers a beautiful picture of the future — a time when God will wipe away all tears and bring eternal peace.

This hope gives us courage to keep moving forward, trusting God to transform our grief into new life and purpose. Embracing this promise empowers us to hold onto faith and look ahead to God's perfect restoration.



Day 7: 🌸 Embracing New Life and Hope

Reflect and Apply

1. How does the promise of renewal encourage you in your grief journey?

2. What new life do you sense God inviting you into post-loss?

3. How can eternal hope shape your daily perspective on suffering?



Day 7: 🌸 Embracing New Life and Hope

Journaling Prompts

1. Write about what 'new life' means to you in the context of grief.

2. Describe how eternal hope comforts you in sorrow.

3. Reflect on ways you can live out your renewed faith each day.



Day 7: 🌸 Embracing New Life and Hope

Prayer for Today

Lord, thank You for the hope of new life through Jesus. Renew my inward spirit each day and help me embrace the future You have prepared. When tears fall, remind me of Your promise to wipe them away. Strengthen my faith to walk forward confidently, trusting in Your eternal love. *In Jesus' name, Amen.* 🌸 ✨ 🙏





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