# Finding Hope and Healing: A Teen's Journey Through Grief



A 7-day Bible study for teens navigating the pain of loss, offering Scripture, encouragement, and reflection toward hope and healing.





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#### Introduction

Grieving the loss of a loved one is one of the most difficult challenges we face, especially as a teen when emotions feel overwhelming and the future uncertain. **This Bible study is designed specifically for teens navigating that deep pain**, providing comfort, hope, and practical encouragement through God's Word. *You are not alone in your grief.* Though it may feel like your world has shifted, Scripture reminds us God is close to the brokenhearted and understands our sorrow.

Each day's study offers a passage of Scripture encouraging you to express your feelings honestly to God, reflect on His promises of comfort, and find ways to hold on to hope. You'll be invited to dive deeper into your emotions with reflection questions and journaling prompts that help you process loss in a healthy way. As you journey through these days, know that healing takes time, and God walks with you every step.

Grief can feel isolating, confusing, and painful. But **God's Word provides a path forward, where tears can turn to praise** and loss to new life. May this study offer you strength, encouragement, and the gentle reminder that *even in sorrow, you are deeply loved and never forgotten*.

















#### 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."
- Revelation 21:4 "He will wipe every tear from their eyes."







#### Devotional: God Draws Near to Your Broken Heart

Grief is painful and often feels overwhelming. As a teen, you might feel like no one understands the depth of your sorrow. **God wants you to bring your true feelings to Him**, just as you are — broken, hurting, confused. Psalm 34:18 assures us, *He is close to the brokenhearted*. This means when your heart feels shattered, God is right there beside you, ready to comfort and carry you through.

Don't try to hide your pain or pretend everything is okay. Mourning is part of healing and God promises comfort in the midst of loss (Matthew 5:4). It's okay to cry, feel sad, and even question. Writing down your feelings or telling God how you feel can lighten your burden. Remember, you are not alone in this journey — God understands every tear you shed (Revelation 21:4).







## Reflect and Apply

	How are you currently expressing your grief? Are you holding it all inside or sharing it?
2.	What does it mean to you that God is close when you feel broken?
3.	How might embracing your sorrow help you begin to heal?







#### **Journaling Prompts**

1.	Write about the emotions you're feeling right now regarding your loss.
2.	Describe a time you felt God's presence during a difficult moment.
	List ways you've tried to cope with your grief and how they helped or didn't help.







#### Prayer for Today

**Dear God,** today I bring my sadness and pain to You. It's hard to feel this broken, but I take comfort knowing You are close to me. Help me to be honest with You about my feelings and to trust that You will carry me through these tough days. Please surround me with Your peace and remind me that I am never alone. Thank You for loving me even in the deepest sorrow. In Jesus' name, *Amen.* 









## Day 2: 😂 Finding Peace in God's Presence









Day 2: W Finding Peace in God's Presence

#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







Day 2: 😂 Finding Peace in God's Presence

#### Devotional: Rest in Jesus' Peace Amid Grief

When grief storms through our hearts, it can feel like peace is impossible to find. Yet Jesus promises a peace unlike anything the world offers — a calm in the chaos that protects our hearts even when fears nag at us. In John 14:27, He tells us not to let our hearts be troubled or afraid because His peace is a gift freely given.

Peace doesn't mean your pain disappears; it means God's presence is a steady anchor for your soul. In moments when anxiety creeps in or your heart feels heavy, lean into God's calming Spirit. Philippians 4:6–7 guides us to bring every worry to Him through prayer. He hears your cries, understands your pain, and is faithful to guard you with supernatural peace. You never walk alone (Isaiah 41:10), and God's peace can soothe even the most restless soul.







Day 2: W Finding Peace in God's Presence

## Reflect and Apply

1.	What worries or fears are weighing on your heart right now?
2.	How can you invite Jesus' peace into those anxious moments?
	In what ways does understanding God's closeness change how you face grief?







Day 2: 😂 Finding Peace in God's Presence

## **Journaling Prompts**

1.	Write a prayer asking God to fill you with His peace today.
2.	Describe a time when you felt a sudden calm during a stressful moment.
3.	List ways you can remind yourself to rely on God's peace instead of your own strength.







Day 2: 😂 Finding Peace in God's Presence

#### Prayer for Today

**Dear Jesus,** thank You for Your promise of peace that is different from anything the world can give. My heart is heavy, and sometimes fear tries to take hold, but I choose to trust in Your calming presence. Help me surrender my worries to You and to rest in the peace only You provide. Surround me with Your love and soothe my soul as I walk through this valley. *Amen.* 











## Day 3: Whope Beyond the Tears









Day 3: Nope Beyond the Tears

#### Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

#### **Supporting Scriptures**

- 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."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Day 3: 🛠 Hope Beyond the Tears

#### Devotional: Clinging to Hope in Darkest Times

Grief can feel endless, but hope reminds us that God's love and compassion are renewed daily. Romans 15:13 encourages you to trust God to fill your heart with joy and peace that overflow, even in hard times. This hope is a powerful gift from the Holy Spirit, enabling you to look beyond sorrow toward brighter days ahead.

In Lamentations, we see that God's mercy never runs out, even when life feels darkest. Every morning brings a fresh chance to experience His love anew. Psalm 30 also reminds us that sorrow doesn't last forever — joy will come again. Allow yourself to cling to these truths when grief threatens to steal your hope. God sees your tears and promises a future where healing and happiness can grow.







Day 3: 🛠 Hope Beyond the Tears

## Reflect and Apply

1.	What parts of your grief make it hard to hope for the future?
2.	How can trusting in God's compassion renew your spirit each day?
	What is one small way you can practice looking for God's promises in your pain?







Day 3: 🛠 Hope Beyond the Tears

## **Journaling Prompts**

1.	Write about a time you felt hope during a challenging season.
2.	List verses or prayers that encourage your heart to keep trusting God.
3.	Describe what 'hope' means to you now compared to before your loss.







Day 3: Nope Beyond the Tears

#### Prayer for Today

**God of Hope,** thank You that Your love never fails and Your mercies are new every morning. Even in my deepest sadness, help me to trust You with all my heart. Fill me with joy and peace through Your Spirit so I can overflow with hope. Help me to look beyond my tears and remember You hold my future. I choose to cling to Your promises today. *Amen.* 



















Day 4: V Strength When You Feel Weak

#### Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







Day 4: V Strength When You Feel Weak

#### Devotional: God's Strength in Your Weakest Moments

Grief can drain your energy and make you feel fragile. Yet, Isaiah 40:29 offers a beautiful promise: God gives strength to those who are weary and boosts the power of those feeling weak. When your strength is gone, you can lean on God's everlasting power.

Paul reminds us that God's grace is enough, especially in our weakest moments (2 Corinthians 12:9). Sometimes, admitting weakness allows God to show His strength more clearly. Psalm 73:26 echoes this truth — even when your body and heart feel like they can't go on, God remains your stronghold and constant support.

Today, if you feel physically or emotionally drained, ask God to renew your strength. Trust that His power will carry you through and that you don't have to face grief on your own.







Day 4: **(**) Strength When You Feel Weak

## Reflect and Apply

1.	What areas of your life feel the most draining right now?
2	
2.	How can admitting weakness open the door for God's strength to work in you?
3.	In what ways has God shown His strength during difficult times before?







Day 4: **(**) Strength When You Feel Weak

## **Journaling Prompts**

1.	Write about a time you felt overwhelmed but saw God give you strength.
2.	List ways you can lean on God when feeling weak or tired.
	Describe how God's power could change your view of your current struggles.







Day 4: V Strength When You Feel Weak

#### Prayer for Today

**Dear Lord,** I'm tired and feel weak, but You promise to give strength to the weary. Thank You for never leaving me alone in these hard times. Please fill me with Your power when I feel empty and weak. Help me to rely on Your grace and remember that Your strength is perfect when I am at my lowest. Hold me close, Father. *Amen.* 



















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 23:1-3 "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures..."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







#### Devotional: Finding True Rest in Jesus' Care

Grief weighs heavily, exhausting both body and spirit. Jesus extends a tender invitation in Matthew 11:28 to everyone who feels weary and burdened: **come to Him and receive true rest**. This rest is not just physical but deep emotional and spiritual refreshment.

Like a caring shepherd, God leads us to peaceful places (Psalm 23:1–3), where we can lay down heavy burdens and find renewal. When anxiety or pain feels overwhelming, 1 Peter 5:7 reminds us we can entrust all those worries to God because He cares deeply about each one.

In your journey through grief, remember it's okay to rest. Take moments to pause, breathe, and lean fully on God's gentle care. He wants to carry your burdens and restore your soul.







## Reflect and Apply

1.	What burdens are you carrying that feel heavy right now?
2.	How can you 'come to Jesus' and release your worries to Him?
3.	What does resting in God's care look like in your daily life?







#### **Journaling Prompts**

	Write about what rest means to you and whether you feel you have experienced it.
2.	Describe a time you felt deeply cared for by God or someone else.
3.	List practical ways you can create moments of rest in your grief journey.







#### Prayer for Today

**Jesus,** thank You for inviting me to come to You when I'm weary and burdened. My heart feels heavy, and I need Your rest. Help me to trust You enough to lay down all my worries and pain. Teach me how to find peace in Your care and to let You restore my soul. I am grateful for Your love that never lets go. *Amen.* 



















Day 6: A Holding on to God's Promises

#### 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 a hope and a future."

#### **Supporting Scriptures**

- Romans 8:38–39 "Nothing will be able to separate us from the love of God..."
- Psalm 16:8 "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."







Day 6: A Holding on to God's Promises

#### Devotional: Trusting God's Hopeful Plans for You

Loss can make the future feel dark and uncertain, but God reminds us in Jeremiah 29:11 that He has good plans for our lives — plans filled with hope and a future. Holding on to His promises helps us move forward even when grief clouds our vision.

Paul affirms in Romans 8 that nothing can separate us from God's unbreakable love, not even the deepest pain. By focusing on God's presence (Psalm 16:8), you're anchored in a love that won't let go, helping you stand firm when life feels shaky.

Cling to the truth that God sees your pain, has a caring plan, and will walk with you toward healing and hope. His promises are a stronghold in times of loss.







Day 6: Promises

## Reflect and Apply

1.	How has your loss affected your view of the future?
2.	What promises from God stand out to you most right now?
3.	How can focusing on God's love help you face uncertain days?







Day 6: Promises

## **Journaling Prompts**

Write about what hope means to you at this moment in your grief.
List God's promises that encourage and strengthen you.
Describe how you can remind yourself of God's plans during hard times.







Day 6: // Holding on to God's Promises

#### Prayer for Today

**Father,** thank You that You have plans for me filled with hope and a future. It's hard to see beyond the pain, but I choose to trust Your promises. Help me keep my eyes on You, knowing Your love will never leave me. Strengthen me to stand firm and walk forward by faith, not fear. Guide my steps and heal my heart. *Amen.* 



















Day 7: 🎇 Moving Forward with Faith

#### Your Verse

2 Corinthians 5:7 - "For we live by faith, not by sight."

#### **Supporting Scriptures**

- Hebrews 11:1 "Faith is confidence in what we hope for and assurance about what we do not see."
- Joshua 1:9 "Be strong and courageous... for the Lord your God will be with you wherever you go."







Day 7: K Moving Forward with Faith

#### Devotional: Stepping Forward with Courage and Faith

Walking through grief means learning to trust God even when you can't fully understand what lies ahead. 2 Corinthians 5:7 reminds us that **we live by faith, not by what we see or feel**. Faith is about trusting God's goodness and presence even in uncertainty.

Hebrews 11 calls faith confidence in what we hope for, giving us courage to face the unknown. Like Joshua was encouraged to be strong and courageous (Joshua 1:9), you too can move forward knowing God is with you every step.

Though grief changes your life, it does not define your future. With God's faithful hand guiding, you can step into the days ahead with hope, courage, and faith. Embrace the journey, knowing that healing and joy can still come.







Day 7: 💥 Moving Forward with Faith

## Reflect and Apply

1.	What fears hold you back from moving forward?
2.	How can faith help you face the unknown future after loss?
3.	What steps can you take to trust God more deeply every day?







Day 7: X Moving Forward with Faith

## **Journaling Prompts**

1.	Write about what faith means to you now compared to before your loss.
2.	Describe a moment when trusting God helped you overcome fear.
3.	List actionable steps you can take to grow your faith moving forward.







Day 7: 🎇 Moving Forward with Faith

#### Prayer for Today

**God,** help me to live by faith and not by what I see or feel. I want to trust You even when the future is unclear and fear tries to creep in. Give me strength and courage like You gave Joshua. Remind me that You are always with me, guiding my step and comforting my heart. Thank You for the hope I have in You. *Amen.* 









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