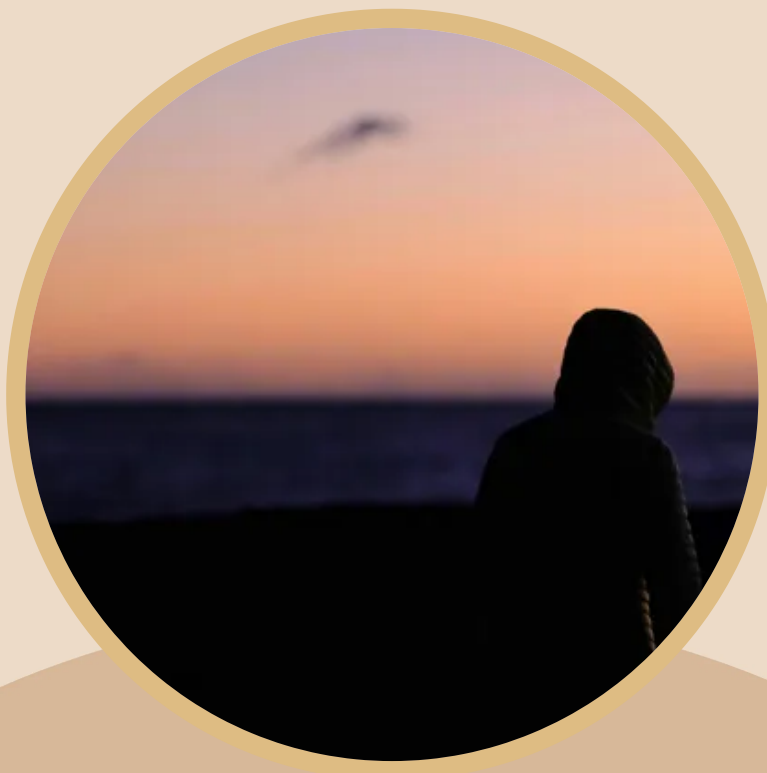




# Finding Hope and Healing in Grief



A seven-day journey to rebuild trust and find healing when grief shakes your foundation.

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## Introduction

**Grief is one of life's most profound challenges.** When the foundations of our lives fall—through loss, betrayal, or sudden change—we often find ourselves overwhelmed, questioning our ability to trust again. This journey explores the path to *rebuilding trust* amidst grief, guiding us through Scripture and reflection to discover hope and restoration.

Our study doesn't promise the removal of pain overnight but offers a companion in the process, illuminating God's steadfast love and faithful presence. Grief shakes us to our core, but Scripture reminds us that even when everything seems lost, God remains a firm foundation.

Each day invites you to engage with God's Word, reflect deeply through questions, and open your heart in prayer. Together, we'll explore how to lean on God's promises, embrace His comfort, and gradually restore trust—not only in Him but in the life He is weaving anew.

*May this study bring peace to your soul and strength to your spirit, as you walk through grief toward hope and renewal.*





## Day 1: Facing the Pain of Loss



Day 1: 🌿 Facing the Pain of Loss

## 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: 🌿 Facing the Pain of Loss

## Devotional: God Draws Near to the Brokenhearted

**Grief is painful and personal, yet you are not alone.** The psalmist's words remind us that God is not distant in our pain but intimately near. When our hearts are broken and our spirits crushed, God draws close to comfort us. Recognizing this presence is the first step in rebuilding trust after loss.

It's okay to face the rawness of your feelings honestly. Trying to hide or ignore grief can prolong the healing. Instead, bring your pain before God who specifically cares for the brokenhearted. He promises healing and comfort, not by removing the sadness prematurely, but by walking through it with us.

Today, allow yourself to acknowledge the weight of grief. Let God's nearness be your refuge as you begin this journey toward trust and healing. Remember, mourning is not a sign of weakness but an invitation for God's blessing and comfort.



Day 1: 🌿 Facing the Pain of Loss

## Reflect and Apply

1. How do you currently experience God's presence in your grief?

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2. What emotions are you most hesitant to face or express right now?

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3. In what ways can acknowledging your pain help you begin rebuilding trust?

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Day 1: 🌿 Facing the Pain of Loss

## Journaling Prompts

1. Write about a recent moment when you felt brokenhearted.

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2. Describe how you sense God's closeness or distance in your grief.

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3. List any fears or doubts about trusting God again after your loss.

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Day 1: 🌿 Facing the Pain of Loss

## Prayer for Today

Dear Lord, *thank You for being close to me in my pain.* When my heart feels shattered and my spirit weak, remind me that You are my refuge and strength. Help me face my grief honestly and receive Your healing touch. Teach me to trust You even when the foundations of my life seem to crumble. Surround me with peace and steady hope as I begin this journey. **In Jesus' name, Amen.**





## Day 2: Finding a Firm Foundation



## Your Verse

*Isaiah 28:16 – "See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation; the one who trusts will never be put to shame."*

## Supporting Scriptures

- *Ephesians 2:20 – "Built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone."*
- *Matthew 7:24 – "Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."*



## Devotional: Christ: Our Unshakable Cornerstone

**When grief shakes our world, we question what holds us steady.** Isaiah's prophecy reminds us that God has set a foundation that cannot fail—the precious cornerstone, Jesus Christ. Unlike human foundations that crack or collapse, He remains faithful and unchanging.

In grief, it's natural to feel insecure and uncertain about what to trust. This passage reassures us that building our life upon Christ is the key to security. Trusting in Him means our hope rests not on shifting circumstances but on a sure and tested rock.

Today, reflect on the solidity of Christ and consider where you have looked for security since your loss. Invite God to help you rebuild your trust on His unshakable foundation. It may take time, but His faithfulness is forever.



## Reflect and Apply

1. What foundations have felt shaky or broken in your grief?

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2. How can focusing on Jesus help you rebuild your trust and hope?

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3. What does it mean for you personally to build on this 'sure foundation'?

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# Journaling Prompts

1. Write about times your trust was broken and how it affected you.

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2. Describe what ‘building on the rock’ looks like in your life now.

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3. List any doubts or questions you have about God’s faithfulness.

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Day 2: 🛡️ Finding a Firm Foundation

## Prayer for Today

**Lord Jesus,** *You are my cornerstone.* When my world feels unstable and uncertain, help me to build my life on You alone. Teach me to trust Your promises and find security in Your love. Strengthen my heart as I rebuild my foundation after loss. May Your faithfulness be my guide and hope. **In Your name, Amen.** 🛡️ 🙏 🌿





## Day 3: Embracing God's Peace





## 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... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*



## Devotional: Receiving Christ's Peace in Grief

**Grief often brings turmoil and restless thoughts.** Jesus offers a peace that the world cannot give—a comforting calm amid chaos. This peace is not just the absence of conflict but a deep inner assurance rooted in His presence.

When fear and anxiety rise, God's peace can guard our hearts and minds. It allows us to trust that despite the hurt, God's purposes are good and His love remains. Embracing this peace is a crucial step in healing and reclaiming trust.

Today, seek God's peace actively through prayer and reflection. Let His words calm your troubled heart and replace fear with confidence in His care.



## Reflect and Apply

1. How does your heart respond to Jesus' promise of peace?

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2. What fears or troubles do you need to surrender to God today?

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3. In what practical ways can you invite God's peace into your daily life?

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## Journaling Prompts

1. Write about moments when you've felt God's peace despite hardship.

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2. List areas in your life where you struggle to find peace.

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3. Describe a prayer asking God to replace your anxiety with His peace.

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Day 3: 🕊️ Embracing God's Peace

## Prayer for Today

**Prince of Peace**, *calm my troubled heart*. When grief threatens to overwhelm me, fill me with Your peace that surpasses understanding. Help me release fear and anxiety into Your loving hands. Let Your peace guard my heart and mind, and renew my trust in You. Thank You for Your unending comfort.

Amen. 🕊️ ❤️ 🙏





## Day 4: 🌈 Hope Beyond the Hurt



## 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; great is your faithfulness."*
- *Jeremiah 29:11 – "For I know the plans I have for you... plans to give you hope and a future."*



Day 4:  Hope Beyond the Hurt

## Devotional: Letting God Fill You with Hope

**Hope can feel distant when grief envelops us.** Yet Paul's encouragement is clear: trusting God invites unexpected joy, peace, and hope through His Spirit. This hope is not wishful thinking but a confident expectation grounded in who God is.

God's mercies are fresh every day, and His plans are designed to restore and prosper us, even when we cannot see the full picture now. Embracing this hope fuels resilience and opens our hearts to new beginnings.

Today, allow God's promise to fill you with hope. Reflect on how the Holy Spirit empowers you to look beyond present pain toward a future shaped by God's goodness.





## Reflect and Apply

1. What does hope look like for you in your current season of grief?

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2. How can trusting God shift your perspective on your loss?

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3. In what ways have you experienced God's faithfulness recently?

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# Journaling Prompts

1. Write a letter to yourself expressing hope for your future.

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2. List qualities of God that bring you confidence and joy.

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3. Describe a small step you can take to embrace hope today.

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Day 4: 🌈 Hope Beyond the Hurt

## Prayer for Today

**God of Hope,** *fill me with joy and peace as I trust You.* When grief clouds my vision, remind me of Your great love and faithfulness. Help me embrace the hope You offer through Your Spirit. May my heart overflow with confidence in Your plans, even in uncertainty. Thank You for being my steady promise. **In Jesus' name, Amen.** 🌈 🙏 ✨





## Day 5: 🏔️ Trusting God in the Journey



Day 5: 🏕️ Trusting God in the Journey

## Your Verse

*Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

## Supporting Scriptures

- *Psalm 56:3 - "When I am afraid, I put my trust in you."*
- *Jeremiah 17:7 - "But blessed is the one who trusts in the LORD, whose confidence is in him."*



Day 5: 🏔️ Trusting God in the Journey

## Devotional: Surrendering Control Through Trust

**Grief often leaves us questioning what's next and how to move forward.** Proverbs challenges us to trust God wholeheartedly, especially when our understanding fails. Trust isn't always easy—it requires surrendering control and submitting our journey to Him.

God promises to direct our paths and make them straight. This doesn't mean the path will be easy, but it will be guided and purposeful. Trust involves daily decisions to lean into God even when emotions feel confusing or heavy.

Today, reflect on areas where you struggle to trust God fully. Ask Him to help you release your need for control and rest in His guidance. Taking one step in faith today is part of rebuilding trust from the foundation up.



## Reflect and Apply

1. What does it mean for you to trust God with your whole heart?

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2. Where do you find it hardest to rely on God's understanding instead of your own?

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3. How can trusting God shape your path through grief?

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Day 5:  Trusting God in the Journey

## Journaling Prompts

1. Write about specific fears or doubts you want to surrender to God.

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2. Describe a time God guided you through uncertainty.

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3. List practical ways to submit your grief journey to God today.

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Day 5: 🏔️ Trusting God in the Journey

## Prayer for Today

**Lord, *teach me to trust You completely.*** When fear and confusion overwhelm me, help me lean not on my own understanding but on Your wisdom. Guide each step I take on this path through grief. Give me the courage to surrender control and rest in Your plan. Thank You for making my paths straight. **Amen.**





## Day 6: 💧 Allowing Tears to Heal



## Your Verse

*John 11:35 - "Jesus wept."*

## Supporting Scriptures

- *Ecclesiastes 3:1,4 - "There is a time for everything... a time to weep and a time to laugh."*
- *Psalms 56:8 - "You keep track of all my sorrows. You have collected all my tears in your bottle."*



Day 6: 💧 Allowing Tears to Heal

## Devotional: Healing Through Honest Tears

**Tears are a natural and God-honoring response to grief.** Jesus himself wept at the loss of His friend Lazarus, showing us that sorrow can be expressed openly in His presence. It's important to give ourselves permission to mourn without shame or hurry.

Crying can be a gift—an outlet for pain and a step toward healing. God notices every tear and holds them lovingly. Rather than avoiding grief, embracing it with God's help leads to restoration.

Today, reflect on your emotions and consider how expressing your grief honestly can help you trust God more. Remember, healing doesn't mean ignoring pain but allowing God to transform it gently over time.



## Reflect and Apply

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

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2. What messages about tears and grief have you received growing up?

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3. In what ways can allowing yourself to mourn deepen your trust in God?

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# Journaling Prompts

1. Write about a moment you cried and felt God's comfort.

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2. Describe any barriers you face to expressing your grief.

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3. List ways you can create space for honest emotions each day.

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Day 6: 💧 Allowing Tears to Heal

## Prayer for Today

Compassionate Jesus, *thank You for weeping with me in my sorrow.* Help me to be honest with my tears and trust that You hold each one. Teach me that grieving is part of healing, and You walk beside me through every emotion. May Your love transform my pain into hope and strength. **Amen.** 💧 ❤️ 🙏





## Day 7: Moving Forward with Faith





## Your Verse

*Philippians 3:13-14 - "Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

## Supporting Scriptures

- *Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Day 7: 🌅 Moving Forward with Faith

## Devotional: Pressing On Toward Hope and Renewal

**Healing and rebuilding trust after grief is a journey forward, not forgetting.** Paul encourages us to press on—letting go of what weighs us down and embracing God’s new work in our lives. Though the past shapes us, it doesn’t have to define us forever.

God invites you to step into a future filled with His promise and purpose. Moving forward with faith means trusting that He continues to work good out of even the hardest experiences. It’s a courageous choice to keep your eyes fixed on Jesus as your ultimate hope.

Today, commit your heart to moving forward in faith. Celebrate how far you’ve come, and ask God to strengthen you for the path ahead. Trust that with Him, every new day is an opportunity for restoration and joy.



## Reflect and Apply

1. What does moving forward with faith mean in your grief journey?

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2. How can letting go of the past open you to God's new work?

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3. What hope or goals do you want to embrace as you rebuild trust?

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# Journaling Prompts

1. Write about how your grief has changed you and what you've learned.

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2. List hopes or dreams that God is placing in your heart now.

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3. Describe a step you will take this week to move forward in faith.

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Day 7: 🌅 Moving Forward with Faith

## Prayer for Today

**Gracious God,** *thank You for new beginnings.* Help me to release the past and press forward with hope and faith in You. Strengthen my trust as I walk into the future You have prepared. May Your Spirit guide my steps and fill me with courage. I choose to embrace Your promise of restoration and joy. **In Jesus' strong name, Amen.** 🌅 🙏 ✨





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