



Finding Hope in Anticipatory Grief



A 21-day Bible study to help families process anticipatory grief with biblical hope before death comes.



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Introduction

Grief is a deeply personal and often challenging journey, and anticipatory grief adds a unique dimension to it. This type of grief occurs before the actual loss happens, as we begin to face the reality of a loved one's impending death. It can bring feelings of sorrow, anxiety, confusion, and even moments of hope. *God understands our pain and walks with us through every season of life.*

This 21-day Bible study is designed to support families navigating the complex emotions of anticipatory grief. Each day, you will encounter Scripture passage(s), reflective questions, and prayers that offer comfort and hope grounded in God's promises. While grief may feel overwhelming, Scripture reveals that God is our refuge and strength, an ever-present help in trouble (Psalm 46:1).

Through this study, we explore biblical truths about God's love, presence, peace, and the hope of eternal life. Our goal is to help you process feelings before loss—acknowledging sorrow and uncertainty but holding fast to **hope in Christ**. By reflecting on God's Word daily, you will build resilience, find peace in the midst of pain, and foster meaningful conversations within your family.

Whether you are walking alongside a dying loved one, supporting family members, or seeking understanding yourself, this study offers a sacred space for healing and encouragement. Remember, anticipatory grief doesn't have to



be journeyed alone. God's presence is constant, and His promises provide a firm foundation. May these next 21 days deepen your faith and bring light to the shadowed path of grief.





Day 1: Facing the Unknown with God



Day 1: 🌅 Facing the Unknown with God

Your Verse

Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Romans 8:38–39 – "Nothing can separate us from the love of God in Christ Jesus our Lord."*



Day 1:  Facing the Unknown with God

Devotional: God Is Our Refuge in Uncertainty

Anticipatory grief often brings uncertainty as we face unknown outcomes. We wonder how much time is left, how pain will unfold, and how we will cope. Yet, Psalm 46:1 reminds us that God is our unwavering refuge and strength, an ever-present help in trouble. This promise means we are never alone in our fears or sorrows.

Isaiah 41:10 further reassures us not to fear because God is with us. His presence is not distant nor detached but intimately involved with our struggles. Anticipatory grief can cause anxiety, but God's steadfast love invited us to rest in His peace. And ultimately, nothing can separate us from His love, even in the darkest moments (Romans 8:38-39).

Today, focus on anchoring yourself in God's presence. When emotions rise and the unknown looms large, cry out to God. He knows your heart, sees your tears, and offers His refuge. Lean into His strength and allow His steady love to carry you through the storm.



Reflect and Apply

1. In what ways are you experiencing uncertainty or fear today?

2. How can you remind yourself of God's presence during anxious moments?

3. What does it mean for you personally that God is your refuge and strength?



Day 1:  Facing the Unknown with God

Journaling Prompts

1. Write about your current feelings related to anticipatory grief.

2. List ways you have experienced God's presence in difficult times.

3. Pray to God asking Him to be your refuge and strength daily.



Day 1: 🌅 Facing the Unknown with God

Prayer for Today

Lord, today I come to You feeling uncertain and afraid. Help me to remember Your promise that You are my refuge and strength. Be ever-present and carry me through this difficult time. Fill my heart with Your peace that surpasses all understanding. Thank You for Your never-failing love and comfort. In Jesus' name, *amen*.





Day 2: Comfort in God's Presence



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."*
- *2 Corinthians 1:3-4 - "The God of all comfort, who comforts us in all our troubles."*



Devotional: God's Nearness Heals Our Broken Hearts

Grief often breaks our hearts and leaves us feeling crushed in spirit. Yet, Psalm 34:18 assures us that the LORD is close to the brokenhearted. God's nearness means He does not distance Himself when we hurt; instead, He draws near to comfort and heal.

Jesus' words in Matthew 5:4 highlight a beautiful promise that those who mourn will be comforted. Mourning is a sacred process, and God honors it by extending His peace. Furthermore, 2 Corinthians 1:3-4 calls God the 'God of all comfort' — the One who sustains us through every trial and enables us to comfort others.

As you face anticipatory grief, invite God's comfort into your broken places. Let Him soothe your pain and hold your distress. God's presence meets you right where you are, reminding you that your grief is acknowledged and that healing is possible even before loss comes.



Reflect and Apply

1. How have you experienced God's comfort in your grief journey?

2. What does it mean to you that God is close to the brokenhearted?

3. In what ways can you allow God to comfort your spirit today?



Journaling Prompts

1. Describe a time when you felt God's comfort during a hard moment.

2. Write a letter to God expressing your current grief and need for comfort.

3. List practical ways you can seek and receive God's comfort daily.



Day 2: 🕊️ Comfort in God's Presence

Prayer for Today

Gracious God, my heart is heavy and I feel broken. Thank You for being near when I am crushed in spirit. Please comfort me with Your loving presence and fill me with peace. Help me to rest in Your arms and trust Your care. Use my pain to draw me closer to You and help me to support others in their grief. In Jesus' name, *amen*.





Day 3: 💡 Hope Shines Through the Darkness



Day 3: 💡 Hope Shines Through the Darkness

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



Day 3: 💡 Hope Shines Through the Darkness

Devotional: Faith Fuels Hope Amid Grief

Anticipatory grief can cast a shadow over our hearts, but God's Word encourages us to hold on to hope. Romans 15:13 prays that the God of hope will fill us with joy and peace as we trust Him. Even when our emotions feel heavy, faith opens the door to God's sustaining hope.

Jeremiah 29:11 reminds us that God's plans are for good, not harm, giving us confidence amid uncertainty. Likewise, Psalm 30:5 acknowledges that sorrow may linger through the night, yet rejoicing follows with the dawn. This cycle of grief and hope reflects God's promise of restoration and renewal.

Today, embrace hope as a powerful tool to navigate grief's pain. Trust God's promises even when you don't see the full path. Let His joy and peace—that come through the Holy Spirit—be your anchors. In doing so, you affirm that grief is not the final story.



Day 3: 💡 Hope Shines Through the Darkness

Reflect and Apply

1. Where do you find hope in the midst of your grief?

2. How does trusting God change your perspective on your situation?

3. In what areas do you need to surrender control and trust God's plan?



Journaling Prompts

1. Write about what hope means to you during this time.

2. List God's promises that encourage you to hold on.

3. Reflect on moments when joy has come despite sorrow.



Day 3: 💡 Hope Shines Through the Darkness

Prayer for Today

Father of hope, I ask You to fill my heart with joy and peace as I trust in You. Even when grief feels overwhelming, help me to believe in Your good plans. Strengthen my faith and shine Your light into my darkness. Thank You for the promise that sorrow is temporary and joy will come. In Jesus' name, *amen*.





Day 4: Cast Your Cares on God



Day 4:  Cast Your Cares on God

Your Verse

1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."

Supporting Scriptures

- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 4:  Cast Your Cares on God

Devotional: Relinquishing Anxiety to God's Care

Anticipatory grief often weighs heavily on our minds, stirring anxiety about the future and the unknown. Yet, 1 Peter 5:7 invites us to cast all our anxieties on God because He truly cares for us. This means we are not meant to carry our burdens alone.

Philippians 4:6 encourages us to bring every worry to God through prayer, offering up our concerns with thanksgiving. Matthew 11:28 offers a beautiful invitation from Jesus to the weary and burdened to find rest in Him.

Releasing anxious thoughts to God is a spiritual practice that can bring profound peace. Today, consciously choose to cast your cares to the Lord. Pray specifically about your fears and trust Him to hold them. Accept His rest as a gift, allowing God's loving care to refresh your soul amid grief.



Day 4:  Cast Your Cares on God

Reflect and Apply

1. What worries or fears are you holding onto right now?

2. How can you practically give these anxieties to God today?

3. In what ways does God's care encourage you to trust Him more deeply?



Day 4:  Cast Your Cares on God

Journaling Prompts

1. List the anxieties related to anticipatory grief you want to release.

2. Write a prayer casting these worries on God.

3. Describe how it feels to trust God with your burdens.



Day 4:  Cast Your Cares on God

Prayer for Today

Dear Lord, I bring all my anxieties and burdens before You. Thank You that You care deeply for me and want me to rest in Your love. Help me to surrender my fears and find peace in Your presence. Teach me to rely on You each day and trust in Your faithful care. In Jesus' name, *amen*.





Day 5: Presence Over Performance



Your Verse

Exodus 33:14 – "My Presence will go with you, and I will give you rest."

Supporting Scriptures

- *Psalm 23:4 – "Even though I walk through the darkest valley, I will fear no evil, for you are with me."*
- *John 14:27 – "Peace I leave with you; my peace I give you."*



Devotional: Resting in God's Presence During Grief

In times of grief, there can be pressure to “keep it together” or perform strength for others. However, God invites us to rest, not in our works or resilience but in His presence. Exodus 33:14 assures that God's presence goes with us and gives us rest.

Psalm 23:4 reminds us that even in the darkest valleys of grief, we do not walk alone. God is by our side to comfort and protect. Jesus further gifts us with peace in John 14:27 — a peace unlike any the world can give.

Let go of trying to control your grief experience or meet expectations. Instead, focus on abiding in God's presence. This is where true rest and strength are found. Invite God to walk with you today, offering His peace in every moment.



Reflect and Apply

1. How have you tried to manage grief on your own?

2. What does it look like to rely on God's presence instead of your own strength?

3. Where can you practice resting in God's peace today?



Journaling Prompts

1. Describe what it feels like to ‘rest’ in God’s presence.

2. Write about times when God’s presence gave you peace.

3. List ways you can remind yourself of God’s presence daily.



Day 5: 🕯️ Presence Over Performance

Prayer for Today

Lord, I confess that sometimes I try to carry grief alone or appear strong for others. Thank You that You walk with me and offer rest. Help me to embrace Your presence and receive Your peace. Carry me through this valley and remind me Your peace is sufficient. In Jesus' name, *amen*.





Day 6: Strength Renewed in Waiting



Day 6: 🌿 Strength Renewed in Waiting

Your Verse

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

Supporting Scriptures

- *Lamentations 3:25-26 – "The LORD is good to those whose hope is in him."*
- *Psalms 27:14 – "Wait for the LORD; be strong and take heart and wait for the LORD."*



Day 6: 🌿 Strength Renewed in Waiting

Devotional: Renewed Strength Through Patient Hope

Waiting during anticipatory grief is both difficult and draining. Yet Isaiah 40:31 offers encouragement that those who hope in the LORD will renew their strength. Our strength comes not from ourselves but from God as we place confident hope in Him.

Lamentations 3:25-26 tells us the LORD is good to those who wait for Him and that waiting with trust is a form of active faith. Psalm 27:14 encourages us to be strong and take heart as we wait on the LORD's timing.

If you feel weary in your waiting, lean into God's promise to renew your strength. Patient hope is a powerful spiritual posture that sustains us through grief's long journey. Today, renew your commitment to hope in God, trusting that He is working even when you cannot see it.



Reflect and Apply

1. How do you usually respond to waiting during hard times?

2. What does waiting on the LORD look like in your current situation?

3. In what ways can you find renewed strength in God today?



Day 6: 🌱 Strength Renewed in Waiting

Journaling Prompts

1. Reflect on a past experience where waiting led to growth or blessing.

2. Write about your feelings regarding the waiting period in grief.

3. Pray for God to renew your strength as you continue to hope in Him.



Day 6: 🌿 Strength Renewed in Waiting

Prayer for Today

Faithful God, waiting is hard, but I choose to hope in You. Renew my strength when I feel weak and weary. Help me to wait patiently and trust in Your good plans. May my hope in You sustain me through every moment of this journey. In Jesus' name, *amen*.





Day 7: 💧 Tears Poured Out to God



Day 7: 💧 Tears Poured Out to God

Your Verse

Psalm 56:8 - "You have kept count of my tossings; put my tears in your bottle."

Supporting Scriptures

- *John 11:35 - "Jesus wept."*
- *Psalm 42:3 - "My tears have been my food day and night."*



Day 7: 💧 Tears Poured Out to God

Devotional: Honoring Grief Through Honest Tears

Grief is often accompanied by tears, and Scripture does not shy away from validating our sadness. Psalm 56:8 paints a tender image of God collecting each tear in His bottle, demonstrating how deeply He cares for our pain.

In John 11:35, Jesus Himself wept at the death of Lazarus, showing us that sorrow is a natural and holy response. Psalm 42:3 describes tears as nourishment in seasons of grief, reflecting deep longing and distress.

Allow yourself the freedom to weep and give voice to your sorrow before God. Your tears are not a sign of weakness but an honest expression of love and loss. God listens and holds every drop tenderly. Today, embrace your grief and let your tears flow as a step toward healing.



Day 7: 💧 Tears Poured Out to God

Reflect and Apply

1. How comfortable are you with expressing grief through tears?

2. What do Jesus' tears teach you about sorrow?

3. How might pouring out your tears to God bring relief and connection?



Day 7:  Tears Poured Out to God

Journaling Prompts

1. Write about what emotions your tears bring up today.

2. Describe a time when expressing sadness helped you heal.

3. Pray asking God to hold your tears and comfort your heart.



Day 7: 💧 Tears Poured Out to God

Prayer for Today

Compassionate God, my heart is heavy and my tears flow freely. Thank You for caring for every tear I shed. Help me to trust that You are near in my sorrow and that You understand my pain. Comfort me with Your presence and heal my broken heart. In Jesus' name, *amen*.





Day 8: God's Promises of Eternal Life



Your Verse

John 14:1-3 - "Do not let your hearts be troubled... I am going there to prepare a place for you."

Supporting Scriptures

- *1 Thessalonians 4:13-14 - "We do not grieve like the rest of mankind, who have no hope."*
- *Revelation 21:4 - "He will wipe every tear from their eyes."*



Devotional: Holding onto the Hope of Heaven

Anticipatory grief brings the inevitability of death into sharper focus. However, Scripture offers powerful hope beyond this life. In John 14:1–3, Jesus comforts His disciples, assuring them He is preparing a place in heaven where believers will dwell with Him forever.

Paul writes in 1 Thessalonians 4:13–14 that Christians grieve differently because of this hope — a confident expectation of resurrection and eternal life. Revelation 21:4 paints a beautiful picture of God wiping away every tear, erasing pain and sorrow from His new creation.

Reflect on these eternal promises as you process grief. While the loss now stings deeply, the hope of reunion and everlasting peace shines brightly. Rest in the assurance that God's love transcends death and that your loved one is held securely in His presence.



Reflect and Apply

1. How do God's promises about heaven influence your perspective on death?

2. What fears or doubts come up when you think about eternal life?

3. How can you share this hope with family members facing anticipatory grief?



Journaling Prompts

1. Write your thoughts or questions about heaven and eternal life.

2. Describe what the hope of reunion means for your grief process.

3. Pray for God to deepen your trust in His eternal promises.



Day 8: 🌈 God's Promises of Eternal Life

Prayer for Today

Lord Jesus, thank You for preparing a place for me and my loved ones. Help me to hold tightly to the hope of eternal life as I face grief. Comfort my heart with the promise of reunion and peace beyond this world. Strengthen my faith and remind me that death is not the end. In Your name, *amen*.





Day 9: Loving Through Anticipation



Your Verse

1 Corinthians 13:7 - "[Love] always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

- *John 13:34 - "Love one another as I have loved you."*
- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*



Devotional: Demonstrating Love in Difficult Times

As you journey through anticipatory grief, love becomes the foundation for family connection and support. 1 Corinthians 13:7 reminds us that love always protects, trusts, hopes, and perseveres. This steadfast love sustains relationships amid the emotional rollercoaster.

Jesus commands us in John 13:34 to love one another as He loved us—selflessly and sacrificially. Romans 12:10 urges us to be devoted to each other in love and honor one another above ourselves.

In practical ways, this might mean offering patience, gentle words, or simply being present with your grieving family. Choose love as an intentional act that encourages hope and brings healing. Let God's love flow through you to others during this tender season.



Reflect and Apply

1. How is love currently expressed within your family during anticipatory grief?

2. In what ways can you grow in loving others amid pain and uncertainty?

3. What does it look like to persevere in love through grief?



Day 9:  Loving Through Anticipation

Journaling Prompts

1. Describe how you are experiencing or expressing love in this season.

2. Write about struggles or blessings in family relationships during grief.

3. Pray for God to cultivate greater love and unity in your family.



Day 9: ❤️ Loving Through Anticipation

Prayer for Today

God of love, help me to love my family well as we face anticipatory grief. Teach me to protect, trust, hope, and persevere in love. Let Your love be visible through my words and actions. Unite our hearts in peace and understanding. In Jesus' name, *amen*.





Day 10: Finding Peace Beyond Understanding



Day 10:  Finding Peace Beyond Understanding

Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and minds."

Supporting Scriptures

- *Colossians 3:15 - "Let the peace of Christ rule in your hearts."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."*



Day 10: 📖 Finding Peace Beyond Understanding

Devotional: God's Peace Guards Your Heart

Anticipatory grief often brings inner turmoil and questions that feel unanswerable. Yet Philippians 4:7 promises a peace from God that transcends all human understanding, guarding our hearts and minds through Christ Jesus.

Colossians 3:15 calls us to let the peace of Christ rule in our hearts, taking the place of anxiety and fear. Isaiah 26:3 assures that God keeps in perfect peace those who maintain steadfast minds, trusting Him.

Though grief may seem chaotic inside, God offers a calm assurance that steadies our souls. This peace is not dependent on circumstances but rooted in God's unchanging nature. Today, invite God's peace to guard your heart and mind, choosing trust over worry.



Day 10:  Finding Peace Beyond Understanding

Reflect and Apply

1. What anxieties struggle for your attention during grief?

2. How can you cultivate a steadfast mind focused on God's peace?

3. In what ways has God's peace made a difference in your experience?



Day 10:  Finding Peace Beyond Understanding

Journaling Prompts

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

2. List practical ways to remember God's peace daily.

3. Pray asking God to rule your heart with His perfect peace.



Day 10: 🗝 Finding Peace Beyond Understanding

Prayer for Today

Prince of Peace, calm my anxious heart and mind. Help me to receive and trust Your peace that transcends understanding. Guard my thoughts and emotions, and let Your peace rule within me. Strengthen my faith and enable me to rest fully in You. In Jesus' name, *amen*.





Day 11: 🌻 Joy in the Midst of Sorrow



Day 11: 🌻 Joy in the Midst of Sorrow

Your Verse

Psalm 30:11 - "You turned my wailing into dancing; you removed my sackcloth and clothed me with joy."

Supporting Scriptures

- *Nehemiah 8:10 - "The joy of the LORD is your strength."*
- *John 16:20 - "You will grieve, but your grief will turn to joy."*



Day 11: 🌻 Joy in the Midst of Sorrow

Devotional: Allowing God to Restore Joy

Grief and joy might feel like opposites, yet Scripture teaches that joy can emerge even in sorrow. Psalm 30:11 powerfully depicts God turning our wailing into dancing and clothing us with joy, symbolizing restoration and hope.

Nehemiah 8:10 reminds us that the joy of the LORD is our strength—a joy that sustains us beyond circumstances. Jesus affirmed in John 16:20 that while we grieve, our grief can turn into joy.

This doesn't mean rushing through sorrow, but allowing God to gradually restore joy in your heart. Find small moments to laugh, remember good times, or give thanks. Let God's joy be the lifeline carrying you through grieving days.



Reflect and Apply

1. What moments of joy can you recall amid your grief journey?

2. How can you invite God's joy into your daily life today?

3. Why is it important to embrace joy even when grieving?



Day 11: 🌻 Joy in the Midst of Sorrow

Journaling Prompts

1. Write about a joyful memory connected to your loved one.

2. List things or people that bring you joy currently.

3. Pray asking God to restore joy in the midst of grief.



Day 11: 🌻 Joy in the Midst of Sorrow

Prayer for Today

Joyful Lord, thank You for the promise to turn my mourning into dancing. In the midst of sorrow, help me to find moments of joy and strength in You. Renew my spirit and remind me that joy is coming. Fill my heart with hope and peace. In Jesus' name, *amen*.





Day 12: 🙏 Receiving God's Grace Daily



Day 12: 🧡 Receiving God's Grace Daily

Your Verse

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

Supporting Scriptures

- *Hebrews 4:16 - "Let us then approach God's throne of grace with confidence."*
- *Ephesians 2:8 - "For it is by grace you have been saved."*



Day 12: 🍷 Receiving God's Grace Daily

Devotional: Strength Found in God's Grace

During times of grief and weakness, God's grace is especially vital. 2 Corinthians 12:9 reminds us that God's grace is sufficient; His power is made perfect in our weakness. We do not have to be strong on our own because God freely gives His strength through grace.

Hebrews 4:16 encourages us to boldly approach God's throne of grace to receive mercy and find help in time of need. Grace is a gift that sustains and uplifts us amid trials.

Remember that you are completely dependent on God's grace and that His mercy renews each day. When you feel vulnerable or overwhelmed, lean into His grace. Let it be your foundation and fortification through every moment of grief.



Reflect and Apply

1. How has God's grace been evident in your grief journey?

2. What weaknesses do you find difficult to acknowledge before God?

3. How can you approach God with confidence to receive grace today?



Day 12: 🧡 Receiving God's Grace Daily

Journaling Prompts

1. Write about moments when God's grace upheld you.

2. List areas where you need to rely more on God's grace.

3. Pray for a deeper awareness of God's grace in daily life.



Day 12: 🧡 Receiving God's Grace Daily

Prayer for Today

Merciful God, thank You for Your grace that sustains me in weakness. Help me to approach You boldly and receive mercy and strength each day. Teach me to depend fully on Your power and love as I walk through grief. In Jesus' name, *amen*.





Day 13: Embracing God's Timing



Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- *Psalm 27:14 - "Wait for the LORD; be strong and take heart."*
- *Habakkuk 2:3 - "For the revelation awaits an appointed time."*



Day 13: 🌸 Embracing God's Timing

Devotional: Trusting God's Perfect Timing

Anticipatory grief brings us face-to-face with the reality that timing is uncertain. Ecclesiastes 3:1 acknowledges there is a time and season for every purpose under heaven, including grief and healing.

Psalm 27:14 exhorts us to wait for the Lord with strength and courage, recognizing that God's timing is perfect. Habakkuk 2:3 reminds us that revelations and blessings often come at their appointed time.

Though waiting is difficult, this season is part of God's sovereign plan. Trust that He is working in and through each moment. Embrace the season you are in and seek to understand what God wants to teach you during the waiting.



Reflect and Apply

1. How do you respond when life's timing feels unfair or unclear?

2. What lessons might God be teaching you in this season of waiting?

3. How can trusting God's timing bring peace to your heart?



Journaling Prompts

1. Write about your feelings regarding the timing of your grief.

2. List biblical truths that encourage trust in God's timing.

3. Pray for patience and faith to embrace God's perfect schedule.



Day 13: 🌸 Embracing God's Timing

Prayer for Today

Lord of all seasons, help me to trust Your timing even when it is difficult to understand. Teach me patience and strength as I wait on You. Show me the lessons You want to reveal and prepare my heart for Your perfect plans. In Jesus' name, *amen*.





Day 14: 💕 Supporting One Another in Grief



Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- *Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."*
- *Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."*



Devotional: Community Care in Difficult Seasons

Grieving families need mutual support and encouragement. Galatians 6:2 instructs us to carry each other's burdens, reflecting Christ's love in tangible ways. Supporting one another lightens the heavy load of grief.

Romans 12:15 calls us to empathize deeply—rejoicing and mourning together. Ecclesiastes 4:9–10 affirms that companionship provides strength and help in times of weakness.

Today, consider how you and your family can build mutual care. This may include listening with compassion, offering practical help, or simply being present. God designed community as a resource and refuge during life's storms.



Reflect and Apply

1. How do you currently experience support or isolation in grief?

2. What role can you play in supporting others who are grieving?

3. How might vulnerability strengthen family bonds at this time?



Journaling Prompts

1. Write about people who have supported you well during grief.

2. List ways you can offer support to others experiencing grief.

3. Pray for God to foster deeper connection and care among your family.



Day 14:  Supporting One Another in Grief

Prayer for Today

God of community, thank You for surrounding us with people who carry our burdens. Help me to be a source of support and comfort to my family and others. Teach us to mourn and rejoice together, strengthening each other in love. In Jesus' name, *amen*.





Day 15: ✨ Anchored by Faith, Not Feelings



Day 15: ✨ Anchored by Faith, Not Feelings

Your Verse

Hebrews 11:1 – "Faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- *2 Corinthians 5:7 – "For we live by faith, not by sight."*
- *Psalms 56:3 – "When I am afraid, I put my trust in you."*



Day 15: ✨ Anchored by Faith, Not Feelings

Devotional: Stepping Forward in Faith Amid Grief

Grief brings waves of emotions that can feel overwhelming or conflicting. Yet, Scripture invites us to anchor our hope in faith—confidence in God’s promises even when feelings fluctuate.

Hebrews 11:1 defines faith as assurance in what we hope for yet cannot fully see. 2 Corinthians 5:7 reminds us to live by faith, not by sight. Even when despair tempts us, Psalm 56:3 shows the path forward: putting our trust in God.

Today, practice walking by faith even in moments of fear or confusion. Hold tight to God’s truth and let it steady your heart. Faith is not the absence of questions but the decision to trust God despite them.



Day 15: ✨ Anchored by Faith, Not Feelings

Reflect and Apply

1. How do your emotions impact your ability to trust God currently?

2. What does living by faith look like in your grief journey?

3. Where can you choose trust over doubt starting today?



Day 15: ✨ Anchored by Faith, Not Feelings

Journaling Prompts

1. Write about struggles and strengths in your faith during grief.

2. List Scripture truths that help strengthen your faith.

3. Pray for courage to live by faith amid uncertainty.



Day 15: ✨ Anchored by Faith, Not Feelings

Prayer for Today

Faithful God, when fear and sadness rise, help me to trust You fully. Strengthen my faith and soothe my doubts. Teach me to live by faith, confident in Your promises and love. Carry me in this journey of grief with steadfast hope. In Jesus' name, *amen*.





Day 16: 🌸 Finding Rest for Your Soul



Day 16: 🌸 Finding Rest for Your Soul

Your Verse

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

Supporting Scriptures

- *Psalms 62:1 - "Truly my soul finds rest in God."*
- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*



Day 16: 🌸 Finding Rest for Your Soul

Devotional: Resting Deeply in Jesus' Care

Grieving can be exhausting, both physically and emotionally. Jesus offers an invitation in Matthew 11:28 to all who are weary and burdened—to come to Him for rest. This is a rest that refreshes our soul, beyond just physical reprieve.

Psalms 62:1 declares that our soul truly finds rest in God alone. Isaiah 40:29 reminds us that He strengthens the weary and empowers the weak, meaning our exhaustion is met with divine strength.

Today, respond to Jesus' call and offer Him your weariness. Your soul is invited to rest in His loving care and find renewal. Prioritize time with God as the source of your deepest rest amid grief.



Reflect and Apply

1. In what ways are you feeling weary or burdened today?

2. How can you accept Jesus' invitation to find rest?

3. What obstacles might keep you from resting in God, and how can you overcome them?



Journaling Prompts

1. Describe what 'rest' in God looks like to you right now.

2. Write about moments when you felt renewed by God's strength.

3. Pray for the ability to surrender burden and receive rest.



Day 16: 🌸 Finding Rest for Your Soul

Prayer for Today

Jesus, I come to You weary and burdened. Thank You for inviting me into Your rest. Help me to lay down my cares and find true refreshment in Your presence. Strengthen my soul and renew my spirit. In Your loving name, *amen.*





Day 17: 🌱 Embracing God's Faithful Love



Day 17: 🌿 Embracing God's Faithful Love

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

- *Psalm 103:8 - "The LORD is compassionate and gracious, slow to anger, abounding in love."*
- *Zephaniah 3:17 - "He will take great delight in you; he will quiet you with his love."*



Day 17: 🌿 Embracing God's Faithful Love

Devotional: God's Compassion Sustains Us

In your grief, it is comforting to know that God's love and compassion never fail. Lamentations 3:22-23 declares that God's mercies are new every morning, offering fresh grace and hope daily.

Psalm 103:8 beautifully describes the LORD as compassionate and gracious, slow to anger, and abounding in love. Zephaniah 3:17 speaks of God delighting in His people and quietly loving them.

Embrace God's faithful and compassionate love today as you walk through grief. No pain or sorrow is ignored by God. His compassion meets you anew each day to sustain and restore your soul.



Reflect and Apply

1. How have you experienced God's compassion in this season?

2. What does it mean to you that God's mercies are new each morning?

3. How can embracing God's love bring healing to your heart?



Day 17: 🌿 Embracing God's Faithful Love

Journaling Prompts

1. Write about ways God has shown faithfulness to you recently.

2. List new mercies and blessings you have noticed.

3. Pray for a deeper awareness of God's compassionate love.



Day 17: 🌿 Embracing God's Faithful Love

Prayer for Today

Compassionate Father, thank You for Your unfailing love and mercy that renew each morning. Help me to rest in Your compassion and let it heal my wounded heart. Remind me that I am deeply loved and cared for by You. In Jesus' name, *amen*.





Day 18: 🔥 Strength in God's Promises



Your Verse

Joshua 1:9 - "Be strong and courageous... for the LORD your God will be with you wherever you go."

Supporting Scriptures

- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid...for the LORD goes with you; he will never leave you nor forsake you."*
- *Psalms 138:12 - "Be strong and take heart, all you who hope in the LORD."*



Day 18: 🔥 Strength in God's Promises

Devotional: Courage Rooted in God's Presence

Grief can challenge our courage, but God commands and empowers us to be strong. Joshua 1:9 reminds us that strength and courage come from trusting that God is with us wherever we go.

Similarly, Deuteronomy 31:6 promises God will never leave nor forsake us, and Psalm 31:24 encourages us to take heart because we hope in the LORD.

Draw strength from these promises as you face the difficult days ahead. Courage does not mean absence of fear, but confidence in God's presence and power. Choose to stand firm, letting faith drive your strength amidst grief.



Reflect and Apply

1. What fears or challenges are you facing now that require courage?

2. How do God's promises encourage you to be strong today?

3. In what ways can you remind yourself of God's constant presence?



Journaling Prompts

1. Write about moments when God gave you courage in hardship.

2. List Bible verses that build your strength and hope.

3. Pray for boldness and courage to face grief each day.



Day 18: 🔥 Strength in God's Promises

Prayer for Today

Mighty God, grant me strength and courage as I face grief. Help me to remember Your presence goes with me always. Encourage my heart and help me stand firm in hope. Thank You for never leaving me alone. In Jesus' name, *amen.*





Day 19: 🌱 Nurturing Peace Through Prayer



Day 19: 🌱 Nurturing Peace Through Prayer

Your Verse

Philippians 4:6-7 - "Do not be anxious...present your requests to God...and the peace of God will guard your hearts."

Supporting Scriptures

- *1 Thessalonians 5:17 - "Pray continually."*
- *Jeremiah 29:12 - "Call to me and I will answer you."*



Day 19: 🌱 Nurturing Peace Through Prayer

Devotional: Prayer: Gateway to God's Peace

Prayer is our direct line to God's peace amid grief. Philippians 4:6-7 tells us we should present our requests to God with thanksgiving, and in return, His peace will guard our hearts and minds.

1 Thessalonians 5:17 encourages continual prayer, fostering constant connection with God. Jeremiah 29:12 reassures that God listens and responds when we call to Him.

Make prayer a daily habit to nurture peace during anticipatory grief. Pour out your heart, express your fears, and also thank God for His ongoing provision. Trust that He hears you and meets your deepest needs.



Reflect and Apply

1. How consistent is your prayer life during this season of grief?

2. What keeps you from praying or causes hesitation?

3. How have you experienced God's peace through prayer?



Journaling Prompts

1. Write a prayer expressing your current emotions.

2. List things you are thankful for despite grief.

3. Commit to set aside regular times for prayer and reflection.



Day 19: 🌱 Nurturing Peace Through Prayer

Prayer for Today

Heavenly Father, thank You that I can come to You with every worry and need. Teach me to pray continually and receive Your peace in return. Guard my heart and mind, and draw me closer to You through every moment of grief. In Jesus' name, *amen*.





Day 20: 🙏 Surrendering Control to God



Day 20: 🙏 Surrendering Control to God

Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart...and he will make your paths straight."

Supporting Scriptures

- *Psalm 46:10 - "Be still, and know that I am God."*
- *Matthew 6:34 - "Do not worry about tomorrow...each day has enough trouble of its own."*



Day 20: 🙏 Surrendering Control to God

Devotional: Letting Go, Letting God Lead

Anticipatory grief can tempt us to want control over outcomes or timelines. Proverbs 3:5-6 encourages us to trust the LORD with all our heart and submit to His guidance. When we do, God will direct our paths even amid uncertainty.

Psalms 46:10 invites us to be still, cease striving, and recognize God's sovereignty. Jesus advises in Matthew 6:34 not to worry about tomorrow but focus on God's provision today.

Practice surrendering your need for control and rest in God's loving leadership. Trust that He holds your future and your loved one's future securely. This act of faith opens space for peace and hope right now.



Reflect and Apply

1. What areas of your grief are difficult to surrender to God?

2. How can you practice being still and trusting God daily?

3. In what ways does surrender bring freedom amid grief?



Day 20: 🙏 Surrendering Control to God

Journaling Prompts

1. Describe feelings you have about control and surrender.

2. Write a prayer of surrender to God's perfect will.

3. List ways you can intentionally release worry to God.



Day 20: 🙌 Surrendering Control to God

Prayer for Today

God of control, I admit my struggle to let go of my worries and need for control. Help me to trust You fully and be still in Your presence. Guide my path and give me peace as I surrender to Your will. In Jesus' name, *amen*.





Day 21: Resting in God's Eternal Hope



Day 21: ☀️ Resting in God's Eternal Hope

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

- *2 Corinthians 4:17-18 - "Our present troubles are achieving for us an eternal glory."*
- *Romans 8:18 - "The suffering of this present time is not worth comparing with the glory that will be revealed."*



Day 21: ☀️ Resting in God's Eternal Hope

Devotional: Eternal Hope Transforms Our Grief

As this 21-day journey concludes, anchor your heart in the eternal hope God offers. Revelation 21:4 promises a future with no more death or mourning, where God wipes away every tear. This hope transcends present pain.

Paul encourages us in 2 Corinthians 4:17-18 that our current troubles are temporary and preparing us for everlasting glory. Romans 8:18 reminds us that suffering now is incomparable to future glory.

Rest in this eternal perspective and let it transform how you face grief today. Though loss feels profound, God's ultimate victory offers peace beyond all understanding. May you walk onward empowered by this blessed hope.



Day 21: ☀️ Resting in God's Eternal Hope

Reflect and Apply

1. How does the promise of no more pain shape your current grief experience?

2. What does eternal hope mean for your fears about death and loss?

3. How can you keep this hope alive in daily life moving forward?



Day 21: ☀️ Resting in God's Eternal Hope

Journaling Prompts

1. Write a letter to your loved one expressing your hope in God's promises.

2. Reflect on how this study has impacted your view of grief and hope.

3. Pray committing your future and your loved ones into God's hands.



Day 21: 🌅 Resting in God's Eternal Hope

Prayer for Today

Glorious God, thank You for the promise of eternal life where there is no sorrow or pain. Help me to hold tightly to this hope as I face grief. Transform my heart with peace and joy that come from knowing You defeat death. I entrust my loved ones and my future into Your care. In Jesus' name, *amen*.





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