# Finding Hope in Grief: A 21-Day Journey to Healing and Surrender



Walk through grief with faith and hope across 21 days. Learn to surrender losses and find peace even when you're not ready to let go.





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#### Introduction

The journey through grief is one of the most challenging seasons a person can face. When we lose a loved one, it often feels like our world is turned upside down, and the weight of sadness can seem unbearable. During these times, it is natural to resist letting go and to hold tightly to memories and emotions. If you are not ready to surrender your pain or loss, this 21-day study is designed especially for you.

Grief does not follow a set timeline, and there is no 'right' way to experience it. This journey will provide daily encouragement rooted in Scripture, helping you and your loved ones gradually find the strength to release pain with faith and hope. You are not alone — God's Word is filled with promises that remind us He walks through the valley with us, offering comfort, healing, and peace beyond all understanding.

Each day's devotional includes a carefully selected Bible verse, reflections to help process feelings honestly, and prayers that inspire surrender with trust. As you move through these readings, you will find that letting go doesn't mean forgetting but embracing God's promise of restoration. Whether you are supporting a grieving loved one or facing your own loss, these days will invite you to lean into God's faithfulness and the hope His Spirit provides. Prepare your heart to experience healing step-by-step through God's unfailing love.









Day 1: A Starting in the Valley









#### Your Verse

Psalm 23:4 – "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles."







#### Devotional: God's Presence in Our Darkest Moments

Grief often feels like walking through a dark valley alone. The pain of loss can make us feel isolated and overwhelmed. In Psalm 23:4, David reminds us that even in the deepest sorrow, God is with us. He is not distant or unconcerned — His rod and staff, symbols of guidance and protection, comfort us in our fear and uncertainty.

If you are not ready to let go yet, it is okay. God does not rush you. Instead, He walks beside you patiently, offering steady comfort and peace. You may feel broken, but God's presence holds you together. Lean into Him today, knowing that your grief is seen and your pain acknowledged.

Take a moment now to breathe deeply and invite God to be your companion in this valley. He will never leave you nor forsake you.







## Reflect and Apply

1.	How do you perceive God's presence in your current grief journey?
2.	Are there fears or doubts that make it hard to trust God right now?
3.	What might it look like to accept comfort instead of fighting your pain?







## **Journaling Prompts**

1.	Describe the 'valley' you are walking through in your grief.
2.	Write about a moment where you felt God's comforting presence.
3.	List any fears that arise when you think about surrendering your pain.







#### Prayer for Today

Lord, thank You for walking with me through every shadowed valley. Even when I don't feel ready to let go, help me to sense Your comforting presence. Give me courage to face each moment with hope and trust in Your unfailing love. *May Your peace flood my heart as I lean on You today.* Amen.

















Day 2: 🐧 Embracing Honest Emotions

#### Your Verse

Ecclesiastes 3:1-4 - "There is a time to weep and a time to laugh, a time to mourn and a time to dance."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- *John 11:35 "Jesus wept."*







Day 2: 🐧 Embracing Honest Emotions

#### Devotional: Allowing Grief and Tears

Grief is deeply personal and often complicated. Sometimes we feel pressured to 'move on' before we have fully processed our loss. Ecclesiastes reminds us that mourning is part of life's natural seasons—there is a time to weep. It is okay to feel sad, angry, or confused. In fact, denying your emotions can prolong healing.

Jesus Himself wept at the death of His friend Lazarus (John 11:35). This shows us that grieving is not a weakness but a human response that God understands. When the heart is broken, the Lord is especially close. Rather than hiding your feelings or rushing surrender, allow yourself space to be real before God.

Today, let your emotions flow honestly to God. He welcomes every tear and holds your heart with gentle hands.







Day 2: 🗘 Embracing Honest Emotions

## Reflect and Apply

1.	What emotions are you experiencing right now in your grief?
2.	In what ways might you need to give yourself permission to feel fully?
3.	How does knowing Jesus wept impact your view of your tears?







Day 2: 🐧 Embracing Honest Emotions

## **Journaling Prompts**

1.	Write honestly about your feelings today without editing or censoring.
2.	Recall a moment when God comforted you during sadness.
3.	Describe what surrendering emotions looks like for you.







Day 2: 🗘 Embracing Honest Emotions

#### **Prayer for Today**

Father, thank You for understanding my feelings and welcoming my tears. Help me to embrace all my emotions without guilt or fear. Teach me to find rest and healing in Your nearness during this tender season. *Be my refuge and strength as I navigate each wave of grief.* Amen.  $\lozenge$ 















#### Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength." They will soar on wings like eagles; they will run and not grow weary."

#### **Supporting Scriptures**

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Philippians 4:13 "I can do all this through him who gives me strength."







#### Devotional: Renewed Strength Through Hope

Grief can leave us feeling drained and weak. When the weight of sorrow presses down, it may seem impossible to move forward. Yet God invites us to place our hope in Him, promising renewed strength. Isaiah 40:31 paints a beautiful image of soaring above struggle like eagles, lifted by the power of hope in the Lord.

Hope is not naive optimism but a confident expectation rooted in God's character. When we anchor ourselves in His presence, strength returns day by day to keep walking, to keep believing that healing is possible. It is okay if you feel exhausted—God understands and sustains you.

Allow His promises to carry you today, even if the journey feels slow or uncertain. He will empower you to rise.







## Reflect and Apply

1.	Where have you placed your hope in this season of grief?
2.	How can you turn to God when you feel too weary to go on?
3.	What does 'renewed strength' practically look like for you now?







## **Journaling Prompts**

1.	Write about moments when you felt weak and how God sustained you.
2.	List the promises from Scripture that bring you hope.
3.	Describe ways you can intentionally lean on God's strength this week.







#### Prayer for Today

**Lord, I put my hope in You alone.** When I am weary and overwhelmed, renew my strength and lift my spirit. Help me to soar on wings like eagles, clinging to Your promises and resting in Your power. *Be my refuge and my ever-present help, today and always.* Amen.

















#### 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."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







#### Devotional: Jesus Offers True Peace

**Grief unsettles our hearts, stirring worry and fear.** But Jesus offers a peace unlike any the world can give — a peace that guards and calms our troubled souls. In John 14:27, He tells us not to be afraid or let our hearts be troubled.

This peace is not the absence of difficulty, but the presence of God's calming spirit within us. When grief threatens to overwhelm, we can choose to receive this peace by holding on to His promises and presence. It might not all feel settled right away, but God's peace is a strong refuge for our frail hearts.

Today, invite Jesus to fill your heart with His peace, allowing it to flow through your pain and fears.







## Reflect and Apply

1.	What fears or worries often surface in your grief?
2.	How can you remind yourself of Jesus' promise of peace daily?
3.	Where have you experienced God's peace in the midst of your struggle?







## **Journaling Prompts**

1.	Write about a time when God's peace comforted you unexpectedly.
2.	List fears you want to surrender to God's peace this week.
3.	Describe what it means to let Christ's peace 'rule' in your heart.







#### Prayer for Today

**Jesus, thank You for Your gift of peace.** In the storm of grief, help me to receive and hold onto the calm You provide. Quiet my anxious heart and remove all fear. *Let Your peace guard my soul as I lean into Your loving care.* Amen.



















#### Your Verse

John 11:25 – "I am the resurrection and the life. The one who believes in me will live, even though they die."

#### **Supporting Scriptures**

- 1 Thessalonians 4:14 "We believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him."
- Revelation 21:4 "He will wipe every tear from their eyes."







#### Devotional: Hope Beyond the Grave

When we lose someone precious, hope can feel distant. Yet Jesus offers a profound promise — that death is not the end. In John 11:25, after the death of Lazarus, Jesus declares Himself as the resurrection and the life.

For those who trust in Him, life continues beyond the grave with eternal reunion and peace. This promise brings comfort amid grief, assuring us that loved ones are held securely in God's hands. It doesn't erase pain now but plants hope that one day, all tears will be wiped away (Revelation 21:4).

Hold onto this hope as you journey through grief—it can gently guide your heart toward healing and surrender.







## Reflect and Apply

How does the promise of resurrection impact your grieving process?
What hope do you find in knowing death is not the final chapter?
How can this hope influence the way you support others in grief?







## **Journaling Prompts**

1.	Write about your beliefs or feelings about life after death.
	Describe how you see God's promise of resurrection applying to your loss.
3.	Reflect on how hope for eternal life helps you face today.







#### Prayer for Today

Lord Jesus, thank You for conquering death and giving us hope beyond loss. Help me to hold tightly to Your promise of resurrection and eternal life. Bring comfort to my soul and remind me that one day, You will wipe every tear away. Strengthen my faith as I walk this path of grief. Amen.  $\triangle$   $\nearrow$ 

















Day 6: 🌣 Supporting Others 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."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







#### Devotional: The Gift of Compassionate Presence

Grief is not just personal—it often touches whole families and communities. Supporting loved ones who are grieving can feel overwhelming. God calls us

to carry one another's burdens with empathy and patience. Galatians 6:2 invites us to share the weight, fulfilling Christ's law of love.

Sometimes support means simply being present—listening without judgment, offering a hug, or allowing space for tears. Romans 12:15 encourages us to mourn alongside those who mourn. Your faithful, compassionate presence can be a channel of God's healing, even when words fail.

Today, pray for sensitivity and strength to support others as they journey through grief.







# Reflect and Apply

	In what ways can you be a comforting presence to someone who is grieving?
2.	How does sharing burdens fulfill God's law of love?
3.	What challenges do you face in walking alongside others in sorrow?







## **Journaling Prompts**

1.	Write about a time you felt supported during a difficult season.
2.	List practical ways you can offer comfort to someone grieving.
3.	Reflect on how God is calling you to be present for others.







### Prayer for Today

God, help me to carry the burdens of those who grieve. Give me compassion, patience, and wisdom to support them with love. May my presence reflect Your grace and bring comfort in their pain. *Use me to be a source of strength and hope for others.* Amen.

















#### 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 and wait for the Lord."
- Lamentations 3:25–26 "The Lord is good to those who wait for him."







#### Devotional: Patience in the Process of Grief

**Grief is a journey of seasons, not a race to finish.** Ecclesiastes reminds us that there is a time for every purpose under heaven. Whether you are holding tightly or just beginning to soften your grip, allow yourself the gift of time and patience.

Waiting can be one of the hardest parts, especially when you want to feel whole again. Yet Scripture urges strength and courage to wait on the Lord, for in His timing, healing unfolds. God's goodness unfolds in the waiting, teaching us resilience and deep trust.

Give yourself grace to move at your own pace. Trust that God is working healing in your heart, even when you can't yet see it fully.







# Reflect and Apply

1.	How comfortable are you with waiting in your grief process?
2.	What thoughts or feelings make waiting difficult?
3.	How can waiting on God teach you to trust Him more deeply?







# **Journaling Prompts**

1.	Describe a season in your past where waiting brought growth.
2.	Write about how you hope to see God work in your current waiting.
3.	Reflect on ways you can be gentle with yourself in this time.







### Prayer for Today

**Lord, teach me patience as I walk through grief.** Help me to trust Your timing and remain strong in the waiting. May I find courage and hope, knowing You are good and faithful. *Guide my heart to surrender control and rest in Your care.* Amen.

















#### Your Verse

Romans 8:26 - "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

#### **Supporting Scriptures**

- Psalm 62:8 "Trust in him at all times, you people; pour out your hearts to him."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







#### Devotional: God Understands Unspoken Sorrow

Sometimes grief leaves us speechless, unsure how to express the depths of pain. Romans 8:26 reassures us that the Holy Spirit intercedes even when we cannot find the words. This divine help brings comfort as God listens to the silent cries of our hearts.

In moments when prayers feel inadequate or emotions are overwhelming, pouring out your heart before God is still powerful. Psalm 62:8 invites us to trust and be honest with God at all times, even in brokenness.

Take comfort today knowing God understands every unspoken sorrow and promises to comfort those who mourn.







# Reflect and Apply

1.	How do you express grief when words fail?
2.	What does it mean to allow the Spirit to intercede for you?
3.	In what ways can trusting God in silence bring healing?







# **Journaling Prompts**

1.	. Write honestly about feelings that are hard to put into words.
2.	Describe a time when God comforted you without you having to speak.
3.	. Reflect on how you can rely on the Holy Spirit during silent sorrow.







#### Prayer for Today

Holy Spirit, intercede for me when I cannot find words. Carry my deepest sorrows and groans before God. Help me to trust that You understand all that is unspoken and bring comfort to my mourning heart. *Surround me with Your peace today.* Amen.

















#### Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

#### **Supporting Scriptures**

- Jeremiah 30:17 "I will restore health to you and heal you of your wounds."
- Isaiah 61:1 "He has sent me to bind up the brokenhearted."







#### Devotional: Trusting God to Mend Our Hearts

**Grief breaks our hearts in ways that can feel irreparable.** Thankfully, God promises to heal and bind our wounds. Psalm 147:3 is a beautiful reassurance that our brokenness does not exclude us from God's care.

This healing is often a slow and tender process, gently restoring hope and peace amid pain. Even when we feel shattered, God's hands work to bring wholeness. You might not feel immediate relief, but God is faithfully mending every fractured piece.

Invite God's healing touch to work in your heart today. Allow Him to restore strength and hope at His perfect pace.







# Reflect and Apply

1.	What broken parts of your heart do you long for God to heal?
2.	How can you trust God's timing in the healing process?
3.	What hope can you hold onto as you wait for restoration?







## **Journaling Prompts**

1.	Write about areas where you sense God is healing you.
2.	Describe your feelings about being broken and being made whole.
3.	Reflect on how God's healing has been evident in your life before.







### Prayer for Today

**Lord, You alone heal the brokenhearted.** Bind up my wounds and bring restoration to my soul. Help me to trust Your healing hands even when the pain remains. *Fill me with hope and patience as You make me whole again.* Amen. 😂 💙 🙏 💸









# Day 10: 6 Letting Go, Holding Faith









Day 10: 🔥 Letting Go, Holding Faith

#### Your Verse

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

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart... He will make your paths straight."
- Matthew 6:34 "Do not worry about tomorrow."







Day 10: 🔥 Letting Go, Holding Faith

## Devotional: Faith When Letting Go is Hard

**Letting go of a loved one or a painful season might feel impossible.** Yet faith calls us to trust in what we cannot yet see, holding onto God's promises with courage. Hebrews 11:1 defines faith as confidence in hope — a trust that reaches beyond present pain.

Proverbs encourages us to lean not on our own understanding but fully on God's guidance. Though the journey may feel uncertain and scary, surrendering to God's plan invites peace and direction. Worrying about tomorrow only burdens today.

Take a step today toward releasing control by placing your faith in the God who holds your future.







Day 10: 🖰 Letting Go, Holding Faith

# Reflect and Apply

1.	What fears come up when considering letting go?
2.	How can faith help you release what you cannot control?
3.	What steps can you take to trust God more deeply right now?







Day 10: 🖰 Letting Go, Holding Faith

# **Journaling Prompts**

1.	Write about what 'letting go' means to you in this season.
2.	Describe areas where you struggle to trust God fully.
3.	List scriptures or promises that strengthen your faith.







Day 10: 🔥 Letting Go, Holding Faith

### Prayer for Today

Faithful God, help me to trust You when letting go is hard. Strengthen my confidence in what I hope for and assure me in what I cannot see. Guide my steps so I do not rely on my own understanding. Fill me with peace as I surrender to Your loving plan. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Isaiah 40:29–31 "He gives strength to the weary and increases the power of the weak."







#### Devotional: Finding Rest Amid Life's Burdens

Grief can exhaust the soul, leaving us weary and burdened. Jesus offers a gentle invitation to come to Him for true rest. This rest is more than physical —it is a deep soul-rest, where healing begins.

Psalm 62:1 reminds us that our souls find salvation and rest in God alone. When the world feels heavy, and burdens too much to bear, allow yourself to lean fully into God's care. His strength uplifts the weak and renews the tired.

Today, listen for Jesus' invitation and take time to rest your heart in Him.







# Reflect and Apply

1.	Where do you currently seek rest in your grief?
2.	What does Jesus' offer of rest mean to you personally?
3.	How can you create space to receive God's restorative care daily?







# **Journaling Prompts**

1.	Write about times when you have experienced God's rest.
-	
	List ways you can intentionally rest and recharge emotionally and spiritually.
-	
3.]	Reflect on how resting in God changes your perspective on grief.
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### Prayer for Today

**Jesus, I come to You weary and burdened.** Thank You for offering rest to my soul. Help me to lay my cares at Your feet and find strength in Your presence. *Renew my spirit and give me peace as I trust in Your care.* Amen.









# Day 12: 6 Seeing God's Faithfulness









Day 12: Geeing God's Faithfulness

#### 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; great is your faithfulness."

#### **Supporting Scriptures**

- Deuteronomy 7:9 "The Lord your God is faithful to all his promises and loving toward all he has made."
- Psalm 89:1 "I will sing of the Lord's great love forever; with my mouth I will make your faithfulness known through all generations."







#### Devotional: Trusting God's Unfailing Love Daily

When grief clouds our vision, it can be hard to recognize God's faithfulness.

Yet Lamentations reminds us His mercies are new every morning, and His compassion never fails. Even in the pain, God remains constant and loving.

Remembering God's faithfulness helps us anchor hope in His unchanging character. His promises endure through every storm, and His love pursues us relentlessly. Singing of His faithfulness is an act of trust and praise amid sorrow.

Today, look for evidence of God's faithfulness—even in small moments—and rest in the assurance of His faithful love.







# Reflect and Apply

1.	In what ways have you experienced God's faithfulness in grief?
2.	How does remembering God's daily mercies encourage your heart?
3.	What can you do to cultivate gratitude for God's constant love?







## **Journaling Prompts**

1.	List moments where God's compassion sustained you recently.
2.	Write a short praise song or poem about God's faithfulness.
3.	Reflect on how trusting God changes your outlook on grief.







### Prayer for Today

**Lord, thank You for Your unwavering faithfulness.** Even when I am overwhelmed, Your compassion meets me every morning. Help me to trust Your love more deeply and praise You in every season. *Keep my heart anchored in Your goodness and grace.* Amen.  $\triangle$   $\heartsuit$   $\curlywedge$ 









# Day 13: For Growth Through Grief









Day 13: For Growth Through Grief

#### Your Verse

James 1:2-4 - "Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

#### Supporting Scriptures

- Romans 5:3-5 "Suffering produces perseverance; perseverance, character; and character, hope."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 13: For Growth Through Grief

### Devotional: Perseverance and Hope in Trials

**Grief is a trial that tests our faith and endurance.** James encourages us to consider such trials as opportunities for growth. The struggles refine us, producing perseverance, character, and deeper hope.

Paul echoes this in Romans, showing how suffering molds our character and fills us with hope that does not disappoint. When we feel weak, God's grace is enough to sustain and empower us, revealing His perfect power.

Embrace this difficult season as a fertile ground for growth and hope—God is working in you even now.







Day 13: 🎸 Growth Through Grief

# Reflect and Apply

1.	How has grief tested your faith and perseverance?
2.	What character qualities have grown through your experiences?
3.	Where do you see hope emerging in your journey?







Day 13: 🎸 Growth Through Grief

# **Journaling Prompts**

1.	Write about lessons learned through your grief.
2.	List ways God's grace has shown strength in your weakness.
3.	Reflect on the hope you carry forward despite pain.







Day 13: Forough Grief

### Prayer for Today

**God, thank You for using my trials to grow perseverance and hope.** Help me to rejoice in Your refining work and trust that Your power is made perfect in my weakness. *Strengthen my faith as I continue to walk forward with You.* Amen.











# Day 14: God's Unchanging Love









Day 14: W God's Unchanging Love

#### Your Verse

Romans 8:38–39 – "Neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- Jeremiah 31:3 "I have loved you with an everlasting love."
- Ephesians 3:17-19 "Know the love of Christ that surpasses knowledge."







Day 14: God's Unchanging Love

#### Devotional: Anchored in Everlasting Love

In grief, it's easy to feel distant from love and hope. Yet God's love is unshakable and eternal, as Romans assures us. Nothing in life or death can separate us from His tender, powerful love.

Jeremiah proclaims this as an everlasting love, reminding us that God's affection is constant and sure. Ephesians encourages us to grasp the vastness of Christ's love, which brings fullness and peace beyond understanding.

Rest today in the security of God's unchanging love—let this truth be your anchor.







Day 14: W God's Unchanging Love

# Reflect and Apply

How does knowing God's love never fades bring comfort?
In what ways can you be reminded of this love daily?
How can embracing God's love change your grief experience?







Day 14: W God's Unchanging Love

## **Journaling Prompts**

1.	Write a letter to yourself about God's everlasting love.
2.	List Bible verses that remind you of God's faithfulness in love.
3.	Describe how you can share God's love with others around you.







Day 14: God's Unchanging Love

### Prayer for Today

Father, thank You for Your unchanging and everlasting love. Hold me close when grief makes me feel alone. Help me to know and trust that nothing can separate me from Your love in Christ. *Let this be my stronghold and hope now and forever.* Amen.  $\heartsuit$   $\bigwedge$   $\blacksquare$ 









# Day 15: 🗱 Wisdom in Surrender









Day 15: 💥 Wisdom in Surrender

#### 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 37:5 "Commit your way to the Lord; trust in him and he will do this."
- Matthew 11:29 "Take my yoke upon you and learn from me, for I am gentle and humble in heart."







Day 15: 🞇 Wisdom in Surrender

### Devotional: Trusting God When We Don't Understand

Surrender is difficult when we don't understand why loss has come. We want answers and clarity but often are met with uncertainty. Proverbs reminds us to trust fully in God and not rely on our limited understanding.

When we submit our ways to Him, God promises to guide our paths. Jesus invites us to learn from His gentle and humble heart, carrying our burdens with grace.

Practice surrender today by choosing trust over control, allowing God's wisdom to lead your steps.







Day 15: 🞇 Wisdom in Surrender

# Reflect and Apply

1.	What areas of grief feel confusing or uncertain for you right now?
2.	How can you lean on God's understanding instead of your own?
3.	What does submission to God look like in your daily life?







Day 15: 🞇 Wisdom in Surrender

# **Journaling Prompts**

1.	Write about your struggles with surrender and trust.
2.	List ways God has guided you in past uncertain seasons.
3.	Reflect on how Jesus' humility inspires your faith journey.







Day 15: 💥 Wisdom in Surrender

### Prayer for Today

**Lord, teach me to trust You with all my heart.** Help me to surrender my need for understanding and submit to Your guidance. Let me learn from Jesus' gentle heart as I walk this path of grief. *Lead me and make my path straight.* Amen.

















#### Your Verse

John 14:16–17 – "I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth."

#### **Supporting Scriptures**

- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles."
- Romans 8:26 "The Spirit helps us in our weakness."







#### Devotional: Relying on the Holy Spirit's Comfort

**Grief can leave us feeling weak and helpless.** God promises a Comforter—the Holy Spirit—to stand with us always. In John 14, Jesus assures us that this Spirit will never leave, offering help and truth.

The Spirit ministers deep comfort in our pain, understands our weakness, and intercedes when we cannot pray. This divine presence empowers us to persevere and find peace amid sorrow.

Open your heart to receive the Holy Spirit's comfort and guidance today. You are never alone.







## Reflect and Apply

1.	How do you experience the Holy Spirit's presence in your grief?
2.	In what ways can you lean more on the Spirit's help daily?
3.	What does it mean for you that God is your ultimate Comforter?







## **Journaling Prompts**

1.	Write about moments when the Holy Spirit brought peace.
2.	Describe how you can invite the Comforter into your daily struggles.
3.	Reflect on the difference it makes to know God's Spirit dwells within you.







### Prayer for Today

Holy Spirit, thank You for being my constant Comforter. In my weakness and sorrow, come near and fill me with peace and strength. Help me to trust Your guidance and feel Your presence. *Be my advocate and helper today and always.* Amen. 😂 🙏 👄 💙

















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 61:3 "That they may be called oaks of righteousness, the planting of the Lord, that he may be glorified."
- John 16:22 "You will see me again and your hearts will rejoice."







#### Devotional: God's Promise of Renewal and Joy

While grief often feels endless, God promises renewal. Psalm 30:11 paints a hopeful picture: God replaces mourning with dancing and sorrow with joy. This does not minimize the pain but shows God's power to bring new life.

Isaiah calls believers to be strong and flourishing oaks—roots deep in God's righteousness. Jesus assures His followers that joy will return and hearts will rejoice again.

Hold onto this promise of restoration. Let God's gifts of joy revive you when you're ready.







# Reflect and Apply

1.	What small joys have surfaced during your grief?
2.	How can you prepare your heart to receive God's renewal?
3.	What does rejoicing look like amidst ongoing sorrow?







## **Journaling Prompts**

1.	Write about moments when you felt joy despite grief.
2.	List ways God has begun to restore your spirit.
3.	Reflect on how you envision joy returning in your life.







### Prayer for Today

God, thank You for turning my mourning into dancing. When the time is right, fill me with joy and new life. Help me to root myself in Your righteousness and trust Your renewal. *Bring hope and rejoicing to my heart today.* Amen. Amen.

















Day 18: A Walking by Faith, Not Sight

#### Your Verse

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

#### **Supporting Scriptures**

- Hebrews 12:2 "Fixing our eyes on Jesus, the pioneer and perfecter of faith."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







### Devotional: Trusting God When the Path is Unclear

**Grief often clouds our vision and makes the future uncertain.** 2 Corinthians reminds us to live by faith, not by sight. This means trusting God's promises even when we cannot see the full path ahead.

Hebrews encourages focusing on Jesus—the source and perfecter of our faith. His example empowers us to keep walking forward. God's Word is a lamp that lights the way step-by-step through dark seasons.

Choose today to rely on faith over feelings, allowing God's light to guide your uncertain journey.







# Reflect and Apply

1.	What fears arise when you think about the unknown ahead?
2.	How can you fix your eyes more fully on Jesus during grief?
3.	What tools help you walk by faith in difficult seasons?







# **Journaling Prompts**

1.	Write about times you walked by faith, not sight.
2.	List scriptures or reminders that help guide your path.
3.	Reflect on how fixing your eyes on Jesus changes your grief journey.







### Prayer for Today

**Lord, help me to live by faith and not by what I see.** Fix my eyes on Jesus and guide my steps with Your light. When the path is unclear, be my lamp and my strength. *Lead me forward with hope and courage.* Amen. 1.

















#### Your Verse

Philippians 4:6 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

#### **Supporting Scriptures**

- 1 Thessalonians 5:17 "Pray continually."
- Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."







#### Devotional: Finding Peace Through Constant Prayer

**Prayer is a lifeline through grief.** Philippians encourages us to replace anxiety with prayer, offering every worry and need to God with a thankful heart.

Prayer is more than requests—it is a continual conversation with our loving Father. Jesus invites us to ask, seek, and knock with confidence that God hears and responds.

Commit to deepening your prayer life today, finding peace in God's presence through each conversation.







# Reflect and Apply

1.	How does prayer affect your experience of grief and anxiety?
2.	In what ways can you make prayer a constant habit?
3.	What thanksgiving can you offer God even in the midst of sorrow?







# **Journaling Prompts**

1.	Write a prayer expressing your current feelings honestly.
2.	List ways you can incorporate prayer into your daily routine.
3.	Reflect on answered prayers or comfort received through prayer.







### Prayer for Today

God, thank You for inviting me to bring every concern to You. Help me to pray continually and release anxiety through conversation with You. Fill me with gratitude and peace as I seek Your presence daily. *Hear my heart and guide me with Your mercy.* Amen.  $\bigwedge$   $\Longrightarrow$   $\swarrow$ 

















#### 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**

- Psalm 33:22 "May your unfailing love be with us, Lord, even as we put our hope in you."
- Jeremiah 29:11 "I know the plans I have for you... plans to give you a future and a hope."







### Devotional: Overflowing with Joy and Peace

**Hope can feel distant in the shadow of loss.** Romans 15:13 invites us to ask God to fill us with joy and peace as we trust Him. This hope isn't mere optimism but a supernatural overflow brought by the Holy Spirit.

Put your hope in God's unfailing love and His good plans for your future. Even when the road feels uncertain, He is working all things for your good and His glory.

Today, receive God's joy and peace anew, allowing hope to flow abundantly in your heart.







# Reflect and Apply

1.	What areas of your heart are ready to receive hope again?
2.	How can you nurture joy and peace in the midst of grief?
3.	What promises from God encourage you to trust Him with your future?







# **Journaling Prompts**

1.	Write about what hope looks like for you right now.
2.	List joyful or peaceful moments you've experienced recently.
3.	Reflect on God's promises for your future and restoration.







### Prayer for Today

God of hope, fill me with joy and peace as I place my trust in You. Let my heart overflow with the power of the Holy Spirit, renewing my strength and faith. Thank You for Your unfailing love and good plans. Help me embrace hope again today. Amen.

















Day 21: 🛠 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."

#### **Supporting Scriptures**

- Isaiah 43:18–19 "Forget the former things; do not dwell on the past... I am doing a new thing!"
- Hebrews 10:23 "Let us hold unswervingly to the hope we profess."







Day 21: What Moving Forward with Faith

#### Devotional: Pressing On Toward God's Future

As this 21-day journey draws to a close, it's important to remember that healing is ongoing. Paul encourages us to forget what lies behind and strain forward toward what lies ahead. Grief may always be a part of your story, but God is doing a new work in your life.

Isaiah describes God making a new way where none seemed possible. Holding onto hope firmly allows you to press on with faith, embracing God's future with confidence.

Today, choose to move forward step-by-step, trusting God's grace and purpose for your life.







Day 21: 🛠 Moving Forward with Faith

# Reflect and Apply

1.	What does 'moving forward with faith' look like for you now?
2.	How can you hold onto hope amid ongoing grief or challenges?
3.	What new things might God be calling you to embrace?







Day 21: 🧩 Moving Forward with Faith

# **Journaling Prompts**

1.	Write about your hopes and goals for the coming months.
2.	Describe how you plan to integrate faith into your future steps.
3.	Reflect on the ways God has renewed you throughout this study.







Day 21: 🛠 Moving Forward with Faith

### Prayer for Today

Lord, help me to forget what lies behind and press on toward You. Give me strength and courage to embrace the new things You are doing. Help me hold unswervingly to hope and walk faithfully into the future You have prepared. Thank You for Your constant presence and love. Amen.  $\bigwedge$ 







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