Finding Hope in Grief: When You Feel Forgotten After a Disaster



A compassionate 7-day study offering comfort and hope through Scripture for those feeling forgotten in their grief after disaster.





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Introduction

Grief is a profound journey that touches the depths of our soul. When disaster strikes, the waves of loss can feel overwhelming, and often, we may feel forgotten or alone in our pain. This Bible study is crafted to walk alongside you through those moments when the world seems silent and God's presence feels distant. You are not forgotten.

God understands your pain intimately, as Scripture reveals many who suffered and cried out in their pain. This study invites you to find solace in the truth that God's love and comfort never abandon us, even in the darkest valleys.

Over the next 7 days, we will explore powerful Scriptures and devotional reflections that acknowledge your grief while pointing to hope. You will engage with healing truths and gentle reminders that God is near, with you in every tear and every ache of your heart.

Let this be a time of honest lament, surrender, and renewal. May it nurture your soul, strengthen your faith, and open your eyes to the compassionate arms of God holding you tight, never letting go. You are seen. You are loved. You are deeply known.









Day 1: Sorrow









Day 1: SGod Sees Your Sorrow

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."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: Sod Sees Your Sorrow

Devotional: God Near in Your Deepest Pain

When tragedy strikes, the weight of grief can feel unbearable and isolating. You might feel like you are invisible to the world and even forgotten by God. But the great comfort of Psalm 34:18 is that **God is never distant from your broken heart.** He draws near even when your spirit is crushed.

Fear and despair may fill your mind, but God's promise in Isaiah 41:10 reminds us that we are not alone — His presence is constant, offering strength and courage. The wounds of loss may be fresh and raw, yet God is the perfect healer who tenderly binds each hurt.

Take a moment to breathe deeply and remember: your tears are precious to Him. Your pain matters because you are deeply loved. In these moments, allow God to be your refuge and comfort. Lean into His presence and rest in His unfailing care. You are not forgotten. **You are held.**







Day 1: 😂 God Sees Your Sorrow

Reflect and Apply

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Day 1: 😂 God Sees Your Sorrow

Journaling Prompts

1.	Write about a time God made His presence known to you in a difficult moment.
2.	Describe what being 'crushed in spirit' feels like for you today.
3.	List ways you can invite God's healing touch into your grief.







Day 1: W God Sees Your Sorrow

Prayer for Today

Lord, when I feel overwhelmed by sorrow and think that I am forgotten, remind me You are close to my broken heart. Help me to trust Your healing presence and comfort my crushed spirit. Strengthen me to lean on You, and fill me with Your peace that surpasses all understanding. *Thank You for never leaving me, even in my darkest moments.* Amen.

















Day 2: 🥬 Rest in God's Compassion

Your Verse

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

Supporting Scriptures

- Psalm 62:5 "Yes, my soul, find rest in God; my hope comes from him."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."







Day 2: Best in God's Compassion

Devotional: Finding Rest Amidst Heavy Burdens

Grief often leaves us feeling weary and heavily burdened, as though the weight of loss is too much to bear alone. Jesus invites you to **come to Him with those burdens**—no matter how heavy or complex—and discover true rest for your weary soul.

This invitation is tender and personal. Matthew 11:28 offers a safe place where exhaustion meets mercy and tired hearts find renewal. It's not a promise to erase pain immediately but to provide ongoing strength and peace.

In Psalm 62:5, the psalmist encourages his soul to rest in God alone because hope solely comes from Him. You are welcome to bring your grief before God's throne of grace, to ask for help without fear or shame, and to receive the compassion only He can offer (Hebrews 4:16).

This rest is not inactivity but a powerful surrender of your burdens to the One who truly cares for you. Invite Jesus to lift your heavy loads today. Be still, and embrace His merciful presence.







Day 2: 🥦 Rest in God's Compassion

Reflect and Apply

What burdens are you carrying that feel too heavy?
How can you practically 'come to Jesus' with your grief today?
What does it mean to you to find rest in God during a hard season?







Day 2: 🥦 Rest in God's Compassion

Journaling Prompts

1.	Describe how grief has affected your sense of rest and peace.
2.	Write a prayer releasing your burdens to Jesus.
3.	Record any moments when you felt God's mercy in your grief.







Day 2: 🥬 Rest in God's Compassion

Prayer for Today

Dear Jesus, thank You for inviting me to bring my weariness to You. I am exhausted and burdened, but I choose to rest in Your loving arms. Please give me grace and mercy now when I am in need. Help me to trust that You are working even when I cannot see it. *You are my hope and my peace.* Amen.



















Your Verse

Psalm 56:8 – "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."

Supporting Scriptures

- John 11:35 "Jesus wept."
- Revelation 21:4 "He will wipe every tear from their eyes."







Devotional: God Values Every Tear You Cry

In times of deep loss, it can feel like our tears are unnoticed or meaningless. Yet, Psalm 56:8 assures us that **God collects every tear with intimate care**. Each sorrow is precious to Him and carefully remembered.

Jesus exemplified this empathy when He wept at the death of His friend Lazarus (John 11:35). His tears reveal that sorrow is not a sign of weakness but a profound expression of love and compassion.

The promise in Revelation 21:4 offers incredible hope: God will one day wipe every tear away, bringing an end to all suffering and pain. Until then, He walks closely with you, sharing in your grief.

Rest in this truth today: your tears matter and are a powerful language of your wounded heart. God knows your pain and holds it tenderly. You are never forgotten in your sorrow.







Reflect and Apply

1.	How might knowing God treasures your tears change how you grieve?
	What does Jesus weeping teach you about the nature of grief and God's empathy?
3.	How does the promise of Revelation 21:4 encourage your heart today?







Journaling Prompts

1.	Write about a time you felt your grief was noticed or comforted.
2.	Describe your tears and what they express to God.
	Imagine God holding your tears in His hands—what does this bring up inside you?







Prayer for Today

Holy Father, thank You for valuing every tear I shed. When sorrow feels overwhelming, remind me that You collect each one with love. Help me to trust that You understand my pain deeply and will one day wipe away all tears. Until then, be my comfort and strength. Amen. \lozenge \heartsuit \swarrow

















Your Verse

Romans 8:18 - "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

Supporting Scriptures

- 2 Corinthians 4:17 "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Devotional: Looking Toward the Promise of Glory

When disaster has left deep scars, it can be hard to see past the pain and loss. Yet Scripture calls us to hold onto hope — an unshakeable confidence that current suffering does not have the final word.

Paul writes in Romans 8:18 that our present sufferings are incomparable to the glorious future God has prepared. This promise reminds us there is a greater story unfolding, one in which pain is transformed into eternal joy and peace.

Similarly, 2 Corinthians 4:17 describes our hardships as 'light and momentary' in contrast to the eternal glory to come. Even if the night is dark and weeping lingers, Psalm 30:5 encourages us that morning will bring rejoicing.

Cling to this hope today — a hope that is not wishful thinking but rooted in the faithfulness of God. This hope strengthens you to continue walking through grief with courage because God is working a future filled with healing beyond what we can imagine.







Reflect and Apply

1.	How can hope shape your perspective on current struggles?
2.	What does the promise of future glory mean for your grief journey?
3.	In what ways might God be preparing you through this suffering?







Journaling Prompts

1.	Write about a hope or promise that brings you comfort in grief.
	Imagine the 'morning' after your night of weeping—what does that look like?
3.	List ways God has shown faithfulness to you, even in pain.







Prayer for Today

Father, thank You for the hope that shines beyond my present suffering. Help me to fix my eyes on Your eternal promises and trust that You are working all things for good. Give me courage to hold onto hope when my heart hurts deeply. I praise You for the joy that will come in the morning. Amen. \triangle

















Your Verse

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

Supporting Scriptures

- Nahum 1:7 "The Lord is good, a refuge in times of trouble."
- Psalm 91:2 "I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.""







Devotional: Safety and Strength in God Alone

Disasters can shatter our sense of safety and security, leaving us vulnerable and fearful. In these moments, God offers Himself as a steadfast refuge — a shelter of protection and strength.

Psalm 46:1 declares God as an ever-present help when trouble is near, assuring us that we do not have to face grief or fear alone. This refuge is both a place and a person: God Himself is our stronghold.

Nahum 1:7 echoes this message by emphasizing God's goodness and reliability as a refuge especially in difficult times. Trust in Him is the foundation for peace in uncertainty (Psalm 91:2).

When disaster shakes your world, find your refuge in God. He is the immovable fortress that guards your heart. Run to Him with your fears, anxieties, and sorrow, and rest safely in His mighty care.







Reflect and Apply

1.	What does it mean to you that God is your refuge and strength?
	Where do you tend to seek safety during times of trouble? How might God invite you to come to Him instead?
3.	How can trusting God as your fortress change your response to grief?







Journaling Prompts

1.	Describe times when God has been your refuge.
2.	Write about your fears and how you can give them to God.
3.	List Scriptures that remind you of God's protection.







Prayer for Today

Lord, You are my refuge and strength. When disaster and grief surround me, be my stronghold. Help me to seek Your shelter instead of looking elsewhere for security. Guard my heart and grant me peace as I trust in Your unfailing protection. Amen. ① 🙏 💪

















Your Verse

John 1:5 - "The light shines in the darkness, and the darkness has not overcome it."

Supporting Scriptures

- Psalm 18:28 "You, Lord, keep my lamp burning; my God turns my darkness into light."
- Isaiah 9:2 "The people walking in darkness have seen a great light."







Devotional: God's Light Pierces Your Darkest Night

Grief often feels like an all-encompassing darkness that can cloud our vision and hope. Yet, Scripture reveals a powerful truth: **God's light never fails to shine in the darkest places.**

John 1:5 assures us that darkness has not and will never overcome God's light. Even in the bleakest moments, the light of God's presence breaks through, guiding and comforting us.

Psalm 18:28 reminds us that God keeps our lamp burning and transforms our darkness into light. Isaiah 9:2 echoes this promise, offering hope that those walking through shadowed valleys will see a great light.

When grief feels overwhelming, invite God's light to illuminate your path. Allow His brightness to dispel fear, confusion, and despair. You are not trapped in darkness — God's light is stronger and eternal.







Reflect and Apply

1.	How have you experienced light in your dark times?
2.	What darkness do you need God to turn into light right now?
3.	How can you actively seek God's light during your grief?







Journaling Prompts

1.	Write about times God brought clarity or peace in hard moments.
	Describe what it means for you that darkness cannot overcome God's light.
3.	List ways you can let God's light guide you moving forward.







Prayer for Today

Lord, thank You that Your light shines brightly even in my darkest hours. When grief feels overwhelming, please illuminate my path and fill me with hope. Help me to trust that darkness will not defeat me because You are with me. Amen. 1

















Your Verse

Jeremiah 29:11 – "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Joel 2:25 "I will restore to you the years that the swarming locust has eaten."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Hope for a Renewed Tomorrow

After the storm of grief, God promises restoration and renewal. Jeremiah 29:11 powerfully assures us that God's plans are for our welfare and hope, even when we cannot see the way forward.

Joel 2:25 beautifully speaks of restoration — God can reclaim the time and joy lost to disaster and grief, offering a future filled with purpose and peace.

Isaiah 40:31 encourages us to place our hope in the Lord, promising renewed strength to keep moving forward. Trust that God is working through your pain to bring healing and new beginnings.

Today, embrace the hope of restoration. Though grief changes us, God's grace renews us and guides us toward a future anchored in His love and faithfulness.







Reflect and Apply

1.	What hope does God's promise for your future give you today?
2.	How can you release your past losses into God's restorative care?
3.	What does renewal mean for you personally in the context of grief?







Journaling Prompts

1.	Write a letter to God about your hopes for healing and restoration.
2.	List ways God has been faithful in bringing renewal in your life.
3.	Describe what trusting God's plans looks like for you now.







Prayer for Today

Gracious God, thank You for Your plans to prosper me and give me hope and a future. Help me to trust Your restoration in the midst of loss. Renew my strength and help me to walk boldly into the future You have prepared. I place my hope in You. Amen.







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