



Finding Hope Through Grief



Journey through grief with Scripture's comfort and strength when life's mudslides crush all you have known.



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Introduction

Grief is a profound and often overwhelming experience that touches every life at some point. Whether caused by loss, change, or trauma, it can feel like a devastating mudslide that crushes the foundations of what we once knew, leaving us disoriented, broken, and searching for hope. In these moments, it may seem that nothing stands firm, but Scripture offers a profound source of comfort, strength, and renewal.

This seven-day study will walk you through the journey of grief, acknowledging the pain and raw emotions that come with loss, while drawing from God's Word to help you find healing and hope amid the rubble. Each day we will reflect on Scriptures that remind us that grief is not the end of the story — God walks with us, understands our sorrow, and promises restoration.

While the devastation might feel all-consuming, **this study encourages you to lean into God's presence rather than away from it.** The Bible does not shy away from expressing grief and tears, but it also proclaims God's faithfulness to lift us up and rebuild what has been shattered. Together, let's explore how to navigate the darkest valleys with faith and grace, finding new strength in our Savior when mudslides crush everything we knew.

Be assured that you are not alone in your journey. God's Word is full of examples and promises to carry you through the pain toward hope and renewal.





Day 1: 😞 Facing the Crushing Weight of Grief



Day 1: 😞 Facing the Crushing Weight of Grief

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: 😞 Facing the Crushing Weight of Grief

Devotional: God Draws Near to the Brokenhearted

Grief often feels overwhelming and isolating. When life's mudslides wipe away what we held dear, our spirits can feel crushed under an unbearable weight. But the psalmist declares a comforting truth: God is near to the brokenhearted. He does not abandon us in our darkest moments. Instead, *He draws close* to soothe our pain and begin the healing process.

It's important to acknowledge the rawness of grief without trying to dismiss or minimize it. God does not expect us to be stoic; He meets us where we are, even in brokenness. His presence is a refuge when all else seems lost, and His power can restore even the most shattered hearts. Remember, there is hope in knowing that God's saving grace extends to those crushed in spirit.

As you begin this journey, lean into God's nearness and allow yourself to bring your sadness honestly before Him. You are not alone—He walks with you through every tear and tremble.



Day 1: 😞 Facing the Crushing Weight of Grief

Reflect and Apply

1. Where do you feel the weight of grief most heavily in your life right now?

2. How does knowing that God is close to the brokenhearted change your perspective on your pain?

3. What emotions do you hesitate to bring before God, and why?



Day 1: 😞 Facing the Crushing Weight of Grief

Journaling Prompts

1. Write about the specific ways grief has felt like a 'mudslide' in your life.

2. Describe a time you sensed God's presence during a difficult season.

3. List some feelings you want to bring honestly to God as you start healing.



Day 1: 😞 Facing the Crushing Weight of Grief

Prayer for Today

Lord, my heart is heavy and broken today. I feel crushed and overwhelmed by the losses and changes I have faced. *Thank You for being close to me even now*, for not turning away. Please help me to sense Your nearness and find comfort in Your presence. Heal my wounds and restore my spirit step by step. Give me faith to trust that You are working even when I cannot see it. Carry me gently through this valley of grief. In Jesus' name, Amen. 🌿 ❤️ 🙏





Day 2: 💧 Tears Are Welcome Here



Day 2: 💧 Tears Are Welcome Here

Your Verse

John 11:35 - "Jesus wept."

Supporting Scriptures

- *Psalm 56:8 - "You keep track of all my sorrows. You have collected all my tears in your bottle."*
- *Revelation 21:4 - "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."*



Day 2: 💧 Tears Are Welcome Here

Devotional: Embracing Tears as God's Comfort

Grief often brings a flood of tears, and that is perfectly okay. When Jesus encountered the grief of losing His friend Lazarus, the shortest verse in the Bible tells us four powerful words: "Jesus wept." Even the Son of God did not hesitate to express His sorrow openly. This validates our own tears as a natural and holy response to loss.

Psalm 56:8 reveals God's tender care in collecting each tear we shed — He notices and values every moment of pain. Rather than viewing tears as weakness, Scripture encourages us to bring our whole selves to God, tears included. They are a language of the heart that communicates our deepest emotions.

Though grief is painful, the Bible also holds a promise of a future where tears will end. Revelation 21:4 speaks of a glorious hope — a time when God will wipe all tears away, and mourning will cease. Until then, your tears are safe with God and reflective of the love poured out in both loss and healing.



Reflect and Apply

1. What feelings do your tears express to God?

2. How might allowing yourself to grieve openly bring healing?

3. What hope does the promise in Revelation 21:4 bring to your current pain?



Day 2: 💧 Tears Are Welcome Here

Journaling Prompts

1. Recall a time when crying helped you process grief or pain. What changed afterward?

2. Write a prayer offering your tears to God, trusting in His care.

3. Visualize the promise of no more tears and describe what that means to you.



Day 2: 💧 Tears Are Welcome Here

Prayer for Today

Father, thank You that I do not have to hide my tears from You. You see each one, and You care deeply about my pain. Help me to feel Your comfort as I grieve honestly. I hold onto the hope that one day You will wipe away every tear and bring everlasting peace. Until then, walk with me tenderly. In Jesus' name, Amen. 😞 ☁️ ❤️





Day 3: Finding Peace Amid Heartache



Your Verse

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

Supporting Scriptures

- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*
- *John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*



Devotional: God's Peace Guards Your Heart and Mind

While grief disturbs our inner world, God offers a peace beyond human understanding. The apostle Paul assures believers that God's peace can guard our hearts and minds even when the storm of sorrow rages. This peace is not circumstantial but a deep, sustaining presence centered in Christ.

Isaiah speaks of perfect peace experienced by those who keep their minds steady in trust — even when feelings waver. Jesus Himself promises a peace unlike anything the world can offer, one that calms fears and quiets restless hearts.

It's normal to feel unrest during grief, but God's peace is available when we consciously turn our thoughts and trust towards Him. It doesn't eliminate the pain but gives strength and security to endure it. Seek this peace today by inviting God to guard your mind and heart in the midst of upheaval.



Reflect and Apply

1. What does God's peace mean to you during grief?

2. How can you practice focusing your mind on God amid painful emotions?

3. In what ways might trusting God bring peace even if circumstances don't change?



Journaling Prompts

1. Describe your current emotional landscape and ask God for His peace over it.

2. Write about a past experience where you felt God's peace during hardship.

3. Make a list of Bible verses that bring you peace and meditate on one today.



Day 3: 🕊️ Finding Peace Amid Heartache

Prayer for Today

Lord, I long for the peace that only You can give. My heart feels heavy with grief, but I choose to trust You today. Guard my mind against fear and doubt, and steady my thoughts in Your love. Fill me with Your transcendent peace that calms the chaos inside. Help me to rest in Your promises and find strength to face each moment. In Jesus' name, Amen. 🕊️ 🛡️ 🙏





Day 4: Hope Springs from Sorrow



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



Day 4: 🌱 Hope Springs from Sorrow

Devotional: Renewed Hope in God's Faithfulness

Grief seems to close doors, but God invites hope to burst forth like new life. The Bible describes hope as a gift from God through the Holy Spirit — it fills us with joy and peace, even in the darkest seasons. It's the anchor that holds us steady and points us toward a future beyond sorrow.

David's words in the Psalms remind us that though we may weep through the night, joy returns with the morning light — a beautiful metaphor for God's restoration after grief. Likewise, Lamentations reveals that God's compassion renews every day, sustaining us when we feel shattered.

Hope does not deny our pain but coexists with it, offering the strength to continue. In moments when you feel crushed by loss, ask God to infuse your heart with hope — a living, breathing assurance rooted in His faithfulness.



Reflect and Apply

1. How can hope change your perspective on grief?

2. What promises of God's faithfulness have helped you endure difficult seasons?

3. Where do you sense God inviting you to trust in hope today?



Journaling Prompts

1. Write about a time when hope helped you overcome despair.

2. List ways God has shown His compassion and faithfulness in your life.

3. Describe what 'rejoicing comes in the morning' means for your healing journey.



Day 4: 🌱 Hope Springs from Sorrow

Prayer for Today

God of hope, fill me with Your joy and peace today. When sorrow feels overwhelming, breathe new life into my soul. Help me to trust You fully, so that hope overflows even when pain remains. Thank You for Your endless compassion and faithful love that renews each morning. Sustain me by Your Spirit and remind me that joy will come. In Jesus' name, Amen. 🌱 🌟 🙏





Day 5: Strength for the Weakest Moments



Your Verse

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

Supporting Scriptures

- *Isaiah 40:31 - "But those who hope in the Lord will renew their strength."*
- *Psalms 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



Devotional: God's Strength Perfected in Weakness

Grief often leaves us feeling weak and vulnerable, but God's grace and power meet us **exactly there**. The apostle Paul reminds us that in our weakness, God's power is made perfect. We don't have to have it all together—our frailty is the stage on which God's strength shines most clearly.

Isaiah promises renewed strength to those who place their hope in the Lord — a renewal that sustains us to keep going when we feel drained. The psalmist proclaims God as our refuge and ever-present help in times of trouble, assuring us that we can find safety and strength in Him.

When the mudslide of grief has crushed what you knew, remember that God's grace is enough. You are not required to carry the weight alone. Lean on Him, and let His power energize your weary spirit for the journey ahead.



Reflect and Apply

1. When have you experienced God's strength in a moment of weakness?

2. What parts of your grief make you feel weak, and how can God's grace meet those areas?

3. How does acknowledging your weakness open the door to God's power?



Journaling Prompts

1. Write about feelings of weakness and ask God to reveal His strength there.

2. Recall a Scripture or experience where God renewed your strength.

3. Describe how you can actively rest in God's grace during difficult times.



Day 5: 🛡️ Strength for the Weakest Moments

Prayer for Today

Lord, I am weak and weary, but Your grace is enough for me. When I feel crushed by grief, remind me that Your power shines brightest in my weakness. Renew my strength and be my refuge in every trouble. Teach me to lean fully on You and trust that Your grace sustains me. In Jesus' name, Amen. 💪 🛡️ 🙏





Day 6: 🏔️ Trusting God's Plan in the Unknown



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

- *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."*
- *Romans 8:28 – "And we know that in all things God works for the good of those who love him."*



Day 6: 🏠 Trusting God's Plan in the Unknown

Devotional: Resting in God's Good Plans

Grief often leaves us facing an uncertain future, and trusting God's plan might feel impossible at times. Yet, God reassures us through Jeremiah that His plans are good, meant to prosper us and give hope, even when circumstances suggest otherwise.

Proverbs teaches us to trust fully, not leaning on our limited understanding but submitting our ways to God. This obedience turns confusion into direction, even when the path ahead is unknown or painful.

Romans reminds us that God works all things together for good for those who love Him—this includes the mudslides that disrupt our lives. Even if we cannot grasp the full picture right now, we can rest in the certainty of God's loving sovereignty and ultimate purpose for our lives.



Reflect and Apply

1. What uncertainties about the future does grief bring up for you?

2. How can you surrender your understanding and fears to God today?

3. How does trusting God's good purpose offer comfort amid loss?



Journaling Prompts

1. Write about the plans and hopes God might be leading you toward now.

2. Reflect on ways you have seen God's good work through difficult times.

3. List steps you can take to trust God more fully in the unknown.



Day 6: 🏔️ Trusting God's Plan in the Unknown

Prayer for Today

God, I confess that I often do not understand what You are doing. The future feels uncertain and scary. But I choose to trust Your plans that are for my good and hope. Help me to lean on You and submit my fears and doubts, knowing You will make my path straight. Carry me through the unknown with peace and assurance. In Jesus' name, Amen. 🌅 🏔️ 🙏





Day 7: 🏔️ Embracing New Beginnings After Loss



Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Supporting Scriptures

- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*
- *Lamentations 3:25 - "The Lord is good to those whose hope is in him, to the one who seeks him;"*



Day 7: 🌱 Embracing New Beginnings After Loss

Devotional: God Makes a Way in the Wilderness

After grief's devastation, God calls us to step into the new things He is doing in our lives. Isaiah invites us to not dwell endlessly on the past losses but to open our eyes to God's fresh work — ways and streams of life bubbling up even in barren places.

When we are in Christ, old things pass away and new life begins, marked by hope and renewal despite prior suffering. This transformation isn't about forgetting pain but about being reshaped and redirected by God's faithful love.

As you conclude this study, embrace that God is making a way forward, even in wilderness seasons. Seek Him daily and trust that from the wasteland, streams of life and strength will arise. God's goodness remains your firm foundation as you move toward new beginnings.



Reflect and Apply

1. What new beginnings do you sense God inviting you toward after your grief?

2. How can you balance remembering the past with embracing God's new work in you?

3. In what ways does hope fuel your trust in God's continuing goodness?



Journaling Prompts

1. Write about what 'a new thing' might look like in your life now.

2. Reflect on how God has transformed you through grief.

3. List practical steps to move toward God's new beginnings with faith.



Day 7: 🌄 Embracing New Beginnings After Loss

Prayer for Today

Lord, thank You that You are making all things new. Help me to release what I have lost and open my heart to the new life You offer. Even in the wilderness, You create streams of hope and strength. I place my hope in You and seek Your presence daily. Guide me forward on Your path of renewal and peace. In Jesus' name, Amen. 🌄 🌿 🙏





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