



Finding Peace in Grief Amid Climate Collapse



A 7-day journey through Scripture to find hope,
healing, and calm amidst the grief caused by
climate crises.



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Introduction

Grief is a deeply human experience, often stirring our souls when we confront loss. In today's world, the growing climate crises bring a new dimension to grief—a grief that arises from the environmental changes, natural disasters, and loss of ecosystems that can feel overwhelming and relentless. This *Bible study* invites you to journey through seven days of reflection and hope, helping you process your sorrow and find calm in the midst of turmoil.

While the climate crisis may feel like an unstoppable tide, Scripture calls us not only to lament but also to trust in God's sovereignty and comfort. We are reminded that God understands our pain and walks with us through the darkest valleys. Through the Psalms, the teachings of Jesus, and the encouragement of the apostles, this study helps you explore God's promises for restoration, peace, and renewed strength.

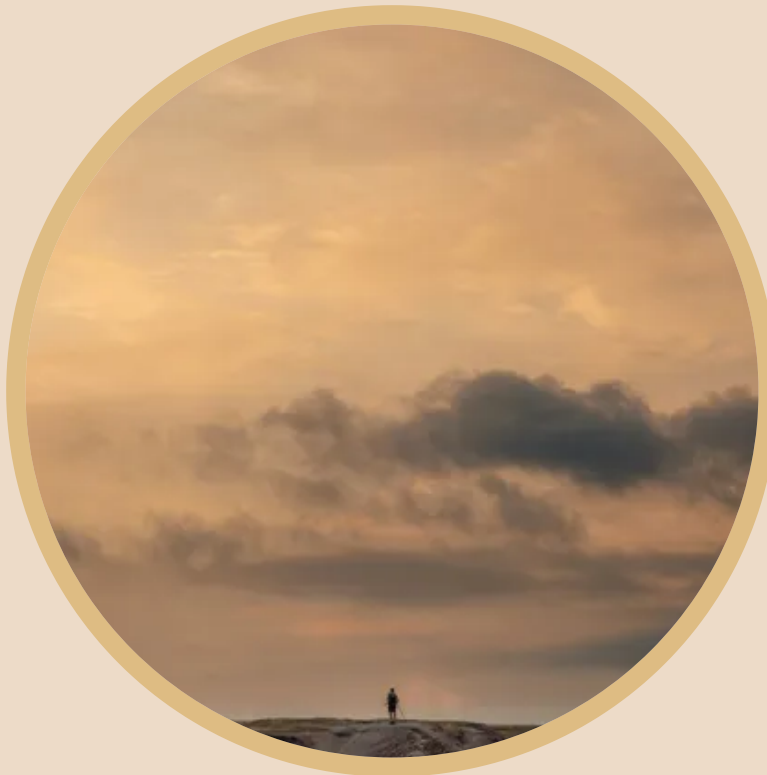
Each day offers you a focal Scripture passage, supportive verses, and a devotional to guide your heart and mind. You will also find reflection questions and journaling prompts to deepen your engagement and prayer encourages your soul to connect intimately with God. May this time of study be a balm to your weary spirit, equipping you to grieve well and to hold on to hope in the face of environmental loss.

Remember, your grief does not go unnoticed by God. He offers comfort to the brokenhearted and peace that surpasses understanding.





Day 1: ☁️ Embracing Honest Lament



Day 1: ☁️ Embracing Honest Lament

Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- *Psalm 42:11 - "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God..."*
- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*



Day 1: ☁ Embracing Honest Lament

Devotional: Honest Lament Opens the Door to Healing

Grieving climate collapse begins with honest lament. It's okay to feel sorrow and even anger over what is being lost in our environment. The Psalmist acknowledges that God is near to the brokenhearted and understands the weight of crushed spirits. As the climate changes and natural disasters increase, the losses we experience can feel vast and personal.

Instead of pushing grief away, Scripture invites us to bring it fully to God. Jesus blesses those who mourn because mourning is a way to open our hearts to God's comfort. Lament is a vital stage in finding peace—it acknowledges the reality of suffering without despairing.

So today, allow yourself to name your grief. Speak to God about the fears, disappointments, and sadness you feel regarding environmental loss. In doing so, you open the door for God's comforting presence to enter your brokenness and begin restoration.



Day 1: ☁️ Embracing Honest Lament

Reflect and Apply

1. What specific environmental losses weigh heaviest on your heart right now?

2. How comfortable are you to bring your grief honestly before God?

3. In what ways can lament foster healing instead of only sorrow?



Day 1: ☁ Embracing Honest Lament

Journaling Prompts

1. Write a letter to God expressing your deepest feelings about climate loss.

2. List the emotions you notice when you think about environmental changes.

3. Reflect on a time when God comforted you through grief—what did that look like?



Day 1: ☁️ Embracing Honest Lament

Prayer for Today

Lord, I come to You with a heavy heart, weighed down by the losses in our world. I thank You that You draw near to me in my brokenness. Help me to bring my grief honestly before You without shame or fear. *Comfort me, renew my hope, and be my refuge in this storm.* Strengthen my spirit to trust You even in uncertainty. May Your peace calm my anxious mind today. Amen. ❤️





Day 2: 🕊️ Finding Rest in God's Presence



Your Verse

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

Supporting Scriptures

- *Psalms 46:10 - "Be still, and know that I am God."*
- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 2:  Finding Rest in God's Presence

Devotional: Resting in God Brings Renewed Strength

The grief from witnessing climate change can leave us exhausted and worn thin. Jesus invites all who are weary and burdened to come to Him for rest. This rest is not simply physical but a deep, soul-level peace that sustains us in turmoil.

In the fast pace of news and urgent environmental crises, finding stillness with God might feel impossible. Yet, Scripture encourages us to pause and remember that God is sovereign and present. When we stop striving to fix everything on our own and enter God's presence, we receive renewal and strength.

Today, consider setting aside a moment to be still before God. Allow His presence to quiet your racing thoughts and fears. Trust that He carries the weight we cannot bear and invites us to lean into His peace.



Reflect and Apply

1. What burdens do you feel most acutely as you grieve environmental loss?

2. How can you practically create space to be still and rest in God today?

3. What does Jesus' invitation to rest mean for you personally?



Journaling Prompts

1. Describe how you feel before and after a moment of stillness with God.

2. List things you can do to pause and breathe when overwhelmed by climate news.

3. Write a prayer asking Jesus to help you experience His rest amid grief.



Day 2: 🕊️ Finding Rest in God's Presence

Prayer for Today

Dear Jesus, I am tired and my heart is heavy with the weight of the world's pain. Thank You for inviting me to come to You and find rest. Help me to pause, be still, and receive Your peace today. Calm my anxious soul and remind me that You are in control. Carry me when I feel too weak to stand. Amen. 🕊️💧🙏





Day 3: 🌅 Hope in God's Renewing Power



Day 3: 🌅 Hope in God's Renewing Power

Your Verse

Isaiah 43:19 - "See, I am doing a new thing! Now it springs up; do you not perceive it?"

Supporting Scriptures

- *Revelation 21:1 - "Then I saw a new heaven and a new earth..."*
- *Romans 8:22 - "For we know that the whole creation has been groaning... waiting for the children of God to be revealed."*



Day 3:  Hope in God's Renewing Power

Devotional: God's Renewal Brings Hope Amid Grief

While grief reminds us of what has been lost, Scripture also points us toward God's promise of renewal. Isaiah proclaims that God is doing a 'new thing'—an invitation to open our eyes and perceive hope beyond current suffering. The vision of a new heaven and new earth in Revelation encourages believers to look forward to God's ultimate restoration.

In the present, creation groans under the weight of brokenness, but this does not signal finality. As children of God, we participate in God's redemptive work, witnessing His renewing power in the midst of decay. This hope fuels resilience amid grief.

Today, reflect on God's capacity to renew and restore far beyond what we can imagine. Allow this hope to kindle strength within you to persevere and to care for creation faithfully.



Day 3:  Hope in God's Renewing Power

Reflect and Apply

1. Where do you see glimpses of new life or restoration in the midst of loss?

2. How does the promise of a new heaven and earth influence your perspective on today's challenges?

3. What does it mean for you to participate in God's renewing work?



Day 3:  Hope in God's Renewing Power

Journaling Prompts

1. Write about a time you witnessed unexpected restoration or healing.

2. List ways you can embody hope and renewal in your daily life.

3. Pray for eyes to see God's new things happening around you.



Day 3: 🌅 Hope in God's Renewing Power

Prayer for Today

God of all renewal, amid the grief of loss, thank You for the hope You offer through new beginnings. Help me to see Your hand at work even when it is hard to perceive. Strengthen my faith to trust in Your promises and to participate in the restoration of Your creation. Fill me with hope today. Amen.





Day 4: 🌱 Trusting God's Sovereign Care



Day 4: 🌱 Trusting God's Sovereign Care

Your Verse

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

Supporting Scriptures

- *Psalm 55:22 - "Cast your cares on the Lord and he will sustain you."*
- *Jeremiah 29:11 - "For I know the plans I have for you, declares the Lord... plans to give you hope and a future."*



Day 4: 🌱 Trusting God's Sovereign Care

Devotional: Relinquishing Anxiety to God's Loving Care

Grieving the state of the climate can cause anxiety and fear about the future. This anxiety can feel heavy and paralyzing. Yet Scripture offers a comforting invitation: cast your worries on God because He cares deeply for you.

God's sovereignty is not distant or uncaring—it is the foundation of our security. When we relinquish our anxieties into His hands, we acknowledge His power and goodness despite challenges. This trust does not dismiss our grief but allows us to live forward with confidence that God is holding everything together.

As you reflect today, ask God to help you release your worries about the environment and its future into His loving hands. Trust in His providence even when answers seem unclear.



Reflect and Apply

1. What anxieties related to climate grief weigh heaviest on your heart?

2. How might casting your cares on God change how you face these fears?

3. What does trusting in God's plans provide that self-reliance cannot?



Journaling Prompts

1. Write down your biggest anxieties and then write a prayer releasing them to God.

2. Reflect on how God has cared for you in past difficulties.

3. Imagine what trusting God looks like amid climate uncertainty.



Day 4: 🌱 Trusting God's Sovereign Care

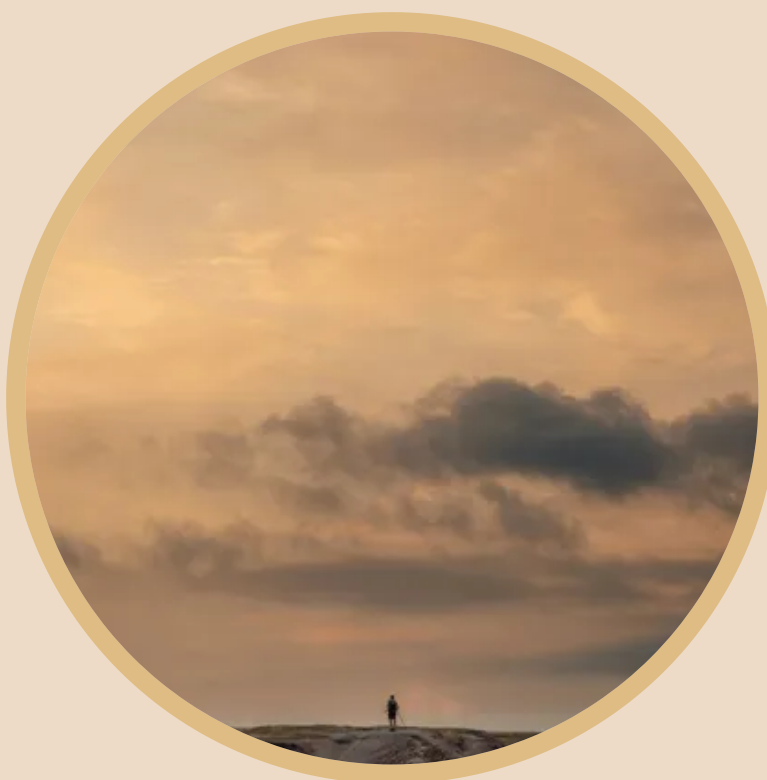
Prayer for Today

Lord Jesus, I bring to You all my anxieties about what I cannot control. Thank You that You care deeply for me and for creation. Help me to cast my worries on You and to rest in Your sovereign plan. Give me courage to trust You daily and to find peace that only You can provide. Amen. 🌱 🙌 🙏





Day 5: 🔥 Holding on to Peace in Chaos



Day 5: 🔥 Holding on to Peace in Chaos

Your Verse

John 16:33 – "In this world you will have trouble. But take heart! I have overcome the world."

Supporting Scriptures

- *Philippians 4:7 – "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 5: 🔥 Holding on to Peace in Chaos

Devotional: Christ's Victory Guards Our Peace

Climate grief often feels chaotic and out of control. It can shake our sense of peace and security. Jesus acknowledges that trouble is part of life but offers a powerful encouragement to take heart, for He has overcome the world.

God's peace is unlike any worldly peace—it transcends our understanding and guards our hearts and minds amidst turmoil. This peace comes as we fix our eyes on Christ, trusting His victory over every challenge.

Today, focus on Jesus' victory and invite His peace to guard your heart amidst the chaos of climate hardships. Remember that peace is not absence of trouble but presence of God.



Day 5: 🔥 Holding on to Peace in Chaos

Reflect and Apply

1. How do you experience peace when faced with overwhelming news about climate change?

2. What steps can you take to keep your mind steadfast on Christ's victory?

3. In what ways can recalling Jesus' overcoming impact your response to grief?



Day 5: 🔥 Holding on to Peace in Chaos

Journaling Prompts

1. Write about a time God's peace guarded you during trouble.

2. List practical ways to remember Jesus' victory in daily life.

3. Pray for a deepening of God's peace in your heart today.



Day 5: 🔥 Holding on to Peace in Chaos

Prayer for Today

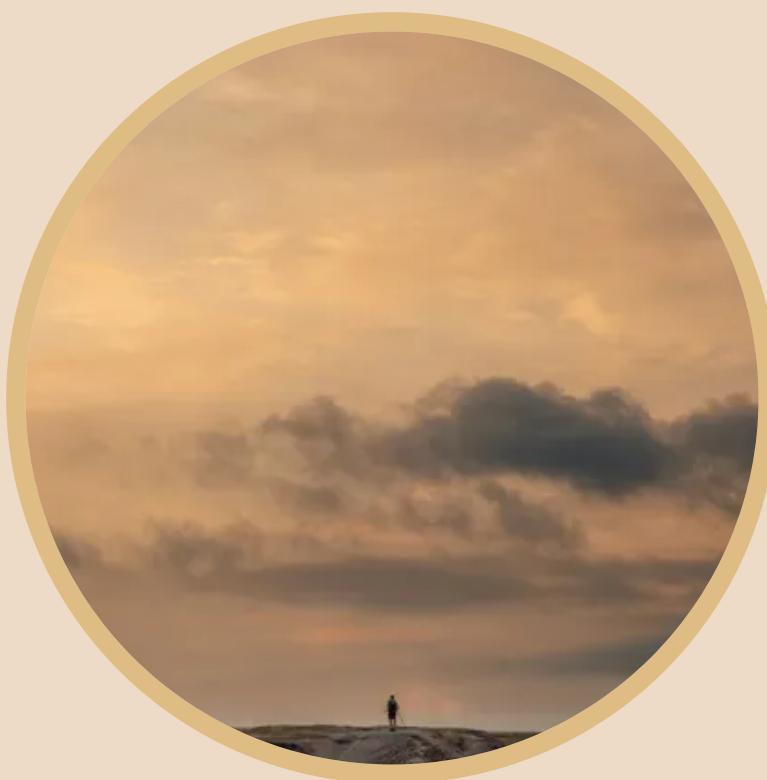
Lord Jesus, life's troubles can feel overwhelming, especially as I grieve the state of our world. Thank You that You have overcome the world and offer peace that surpasses understanding. Guard my heart and mind today. Help me to hold on to Your peace amid chaos and to take heart in Your victory.

Amen. 🔥🙌🙏





Day 6: 🧡 Bearing One Another's Burdens



Day 6: 🧡 Bearing One Another's Burdens

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 – "Two are better than one... if either of them falls down, one can help the other up."*



Day 6: 🧡 Bearing One Another's Burdens

Devotional: Community Lightens the Load of Grief

Grief can feel isolating, especially when the magnitude of loss seems so vast. Scripture invites us not to grieve alone but to bear one another's burdens in community. When we share our struggles, we embody the love of Christ and find practical and emotional support.

Supporting one another strengthens the body of Christ and brings comfort. Sometimes our presence, listening ear, or simple prayers can lighten another's grief. Likewise, allowing others into our sorrow invites healing through shared compassion.

Today, reflect on the ways you can both offer and receive support with others who are grieving. Remember that walking this path together reflects Christ's love powerfully.



Reflect and Apply

1. Who in your life can you turn to for support in your climate grief?

2. How might you provide comfort to someone else grieving environmental losses?

3. What barriers prevent you from sharing grief with others, and how can you overcome them?



Journaling Prompts

1. Write about a time community helped you through a difficult period.

2. List people you trust and can share your feelings about climate grief.

3. Pray for courage to both give and receive support in your grief journey.



Day 6: 🧡 Bearing One Another's Burdens

Prayer for Today

Gracious God, thank You for creating us to live in community and to carry each other's burdens. Help me to be open to receiving support and courageous in offering comfort to others. Teach me to mourn with those who mourn and to rejoice with those who rejoice. May Your love bind us together amid grief and bring healing to our hearts. Amen. 🧡 🧡 🙏





Day 7: 🌈 Living with Hope and Action



Your Verse

James 2:17 – "Faith by itself, if it is not accompanied by action, is dead."

Supporting Scriptures

- *Micah 6:8 – "Act justly and to love mercy and to walk humbly with your God."*
- *Colossians 3:23 – "Whatever you do, work at it with all your heart, as working for the Lord."*



Day 7:  Living with Hope and Action

Devotional: Faith in Action Reflects Living Hope

Hope in God's promises fuels both our spirit and our actions. Faith that grieves without response risks becoming stagnant. James reminds us that faith is made alive through action. Caring for creation is an important way to honor God's design and respond to grief constructively.

Micah calls us to act justly, love mercy, and walk humbly—principles that guide us in responding to climate challenges with integrity and compassion. Our actions, whether big or small, can be acts of worship when done wholeheartedly for the Lord.

Today, consider how your hope in God compels you to acts of stewardship and care. May you find joy in living out your faith through meaningful, purposeful steps that reflect God's heart for creation.



Reflect and Apply

1. What practical steps can you take to care for creation and respond to climate grief?

2. How does your faith inspire and energize your actions?

3. In what ways can your actions testify to hope in God?



Day 7:  Living with Hope and Action

Journaling Prompts

1. Make a list of small, achievable actions to care for the environment.

2. Reflect on how your faith motivates your choices in daily life.

3. Write a prayer committing your actions and hope to God.



Day 7: 🌈 Living with Hope and Action

Prayer for Today

Lord, thank You for filling me with hope and calling me to faithful action. Help me to live out my faith with compassion, justice, and humility. Empower me to care for creation and to be a light in times of grief. May all I do bring glory to Your name and reflect Your renewing love. Amen. 🌈 🌿 🙏





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