



Finding Peace in Grief



A 7-day journey to find comfort and strength
through Scripture, prayer, and reflection amidst
grief and loss.



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Introduction

Grief is a profound journey, one that touches every heart, especially those who have faced devastating loss like refugees after natural disasters. When floodwaters sweep away homes, memories, and security, the weight of sorrow can feel overwhelming. Yet, in these moments, Scripture offers a beacon of hope and an invitation to find peace through God's presence.

Prayer circles become powerful gatherings where believers come together to uplift, encourage, and intercede for those affected. These circles not only bring communal strength but also remind us that none of us walk through grief alone. This 7-day study dives deep into God's Word to explore themes of comfort, restoration, hope, and renewal.

Each day includes a carefully selected scripture, devotional reflections, and prayer prompts designed to nurture your heart and empower your ministry. Whether you are a refugee searching for solace or a member of a prayer circle supporting others, this plan will equip you to embrace God's peace that surpasses all understanding.

Let us embark on this sacred journey together, drawing near to God in our grief, and trusting that His steadfast love will strengthen us through every flood and storm.





Day 1: God's Comfort in Sorrow



Day 1: 🕊️ God's Comfort in Sorrow

Your Verse

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

Supporting Scriptures

- *2 Corinthians 1:3-4 - "God of all comfort, who comforts us in all our troubles..."*
- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*



Devotional: God's Nearness Brings Comfort

Grief can isolate and crush our spirits, especially after traumatic events like floods that displace families and shatter lives. Yet, God's Word reminds us that He is intimately close to the brokenhearted. Psalm 34:18 paints a vivid picture: *The LORD is not distant but near to those who hurt and suffer*. This nearness means you are never truly alone in your grief.

Prayer circles embody this truth by creating spaces where wounded hearts can share burdens and receive collective comfort. Just as God comforts us individually, He works through community to restore hope.

When sorrow feels overwhelming, remember that God desires to save and uplift you. God's comfort is not abstract — it is tangible, present, and powerful. Today, draw near to Him with your pain and experience His healing embrace.



Reflect and Apply

1. How have you experienced God's nearness during your times of grief?

2. In what ways can your prayer circle be a source of comfort for those brokenhearted?

3. What practical steps can you take today to lean into God's promises when you feel crushed in spirit?



Journaling Prompts

1. Write about a moment when you felt God's comfort in your grief.

2. List people or resources that bring you encouragement during hard times.

3. Describe how being part of a prayer circle has impacted your healing journey.



Day 1: 🕊️ God's Comfort in Sorrow

Prayer for Today

Lord, thank You for being near to us when our hearts are broken. In the midst of loss and pain, help us to feel Your loving presence and to find comfort in Your promises. Guide our prayer circles to be sources of hope and healing for refugees and all who mourn. May Your peace guard our hearts and minds. *In Jesus' name, Amen.* 🙏❤️🕊️🌿





Day 2: 🌈 Hope Beyond the Flood



Day 2:  Hope Beyond the Flood

Your Verse

Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him..."

Supporting Scriptures

- *Isaiah 43:2 – "When you pass through the waters, I will be with you..."*
- *Lamentations 3:22-23 – "His mercies never come to an end; they are new every morning..."*



Day 2:  Hope Beyond the Flood

Devotional: Trusting God's Hope in Hardship

After devastation, hope can feel distant, almost unreachable. Yet, Scripture shines a light into the darkest moments with the promise that God is the very source of hope. Romans 15:13 prays that God will fill us with joy and peace as we trust Him — an invitation to place our confidence in a loving God who restores.

Isaiah 43:2 reassures us that even in overwhelming waters of loss, God walks alongside us. This divine presence amid trials brings a profound hope that sustains prayer circles and individuals alike.

As refugees face rebuilding lives after floods, hope is both a gift and a choice. Allow God's mercies, new every morning, to refresh your spirit. Let the collective faith of your prayer group fuel hope that transforms grief into strength.



Reflect and Apply

1. What does hope look like to you after experiencing great loss?

2. How can trusting God change your perspective in times of despair?

3. In what ways can your prayer circle encourage hopeful endurance among those suffering?



Journaling Prompts

1. Reflect on a time when hope helped you persevere.

2. Write a prayer asking God to renew hope in your heart and community.

3. Identify actions your group can take to foster hope for flood-affected refugees.



Day 2: 🌈 Hope Beyond the Flood

Prayer for Today

Heavenly Father, fill us with hope that overflows even in the hardest times. Help us to trust You deeply when the future is uncertain and the pain is raw. Bless our prayer circles so they may become beacons of hope to refugees rebuilding after disaster. Renew us each morning with Your mercies. *In Jesus' name, Amen.* 🌅🙏💧🌟





Day 3: Strength for the Weary



Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- *Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."*
- *Nehemiah 8:10 - "The joy of the LORD is your strength."*



Devotional: Receiving Divine Strength in Trials

Exhaustion often accompanies grief, especially after crisis and displacement. Physically, emotionally, and spiritually weary individuals may feel drained beyond measure. God's Word offers assurance that He renews strength for those who call upon Him.

Isaiah 40:29 assures us that God actively provides the power needed to endure. Psalm 46:1 paints God as a refuge whose strength is readily available in every trouble. This strength is not just physical, but the deep, sustaining power needed to persevere through grief.

In prayer circles, this promise transforms interactions. As we gather to pray and uplift refugees, we ourselves are empowered and renewed by God's joy and strength (Nehemiah 8:10). Today, surrender weariness to God and invite His renewing energy to uplift your soul and the souls of those you support.



Reflect and Apply

1. What areas of your life feel the most weary right now?

2. How can you practically rely on God's strength when you feel weak?

3. How might your prayer circle share and reflect God's strength to others?



Journaling Prompts

1. Describe a moment when God gave you unexpected strength.

2. Write about ways to incorporate rest and spiritual renewal in your routine.

3. List encouragements to remind your prayer group of God's strength.



Day 3: 🛡️ Strength for the Weary

Prayer for Today

Lord, when we feel weak and overwhelmed, remind us that You are our strength and refuge. Infuse us with Your power, especially as we minister to those who are weary and hurting. Help us to draw on Your joy as a sustaining source. May our prayer circles be filled with Your mighty strength. *Amen.* 💪





Day 4: Restoring Brokenness



Your Verse

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

Supporting Scriptures

- *Jeremiah 30:17 - "I will restore you to health and heal your wounds..."*
- *Revelation 21:4 - "He will wipe every tear from their eyes..."*



Devotional: God's Healing Touch on Our Wounds

Loss often leaves wounds deeper than what the eye can see — broken hearts and shattered hope. Yet, healing is a promise that God tenderly offers to all who seek Him. Psalm 147:3 declares one of the most comforting truths: God personally heals and binds the broken.

Even when physical rebuilding is slow, God works in the hidden places of the heart. Jeremiah 30:17 affirms that God is committed to restoration — not just survival but flourishing. Revelation 21:4 holds the ultimate promise that God will one day wipe away every tear.

Within prayer circles, these promises animate our prayers with faith and expectancy. We advocate for the holistic healing of refugees — body, mind, and soul. Today, invite God to touch your broken places and to strengthen your resolve to support others through healing.



Reflect and Apply

1. What areas do you need God to heal in your own life?

2. How does knowing God heals broken hearts encourage your support for others?

3. What role can prayer circles play in offering healing and restoration?



Journaling Prompts

1. Write about a personal experience of healing after loss.

2. List specific wounds you want to surrender to God.

3. Describe ways your group can create a safe healing space.



Day 4: 🌱 Restoring Brokenness

Prayer for Today

Father, we thank You that You heal the brokenhearted and bind up our wounds. We ask for Your restorative touch on every hurting heart, especially those impacted by floods. May Your healing power flow through our prayers and actions. Bring wholeness and hope where there is pain. *In Jesus' name, Amen.* ❤️ 🙏 🌟 🌱





Day 5: ✨ Encouragement in Community



Your Verse

Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds..."

Supporting Scriptures

- *Ecclesiastes 4:9-10 - "Two are better than one..."*
- *Galatians 6:2 - "Carry each other's burdens..."*



Day 5: ✨ Encouragement in Community

Devotional: Strengthening Each Other Through Community

Grief can be isolating, but God calls us into loving community. Hebrews 10 encourages believers to inspire and support one another, especially when the weight of sorrow is great. Prayer circles reflect this by forming a tangible expression of God's grace through shared encouragement.

Ecclesiastes reminds us that we are better together; when one falls, others can lift them up. Refugees facing trauma need a network of support that goes beyond words — acts of kindness, listening ears, and prayers are life-giving.

Galatians 6 charges us to carry one another's burdens, making the yoke lighter. In your prayer circle, examine how spiritual encouragement and practical help can weave into your outreach. Remember that community itself is a powerful pathway to healing.



Reflect and Apply

1. How has community helped you in times of grief?

2. What can your prayer circle do to foster deeper connections among refugees?

3. How can you personally practice carrying others' burdens in tangible ways?



Journaling Prompts

1. List ways community has softened your grief pains.

2. Write ideas for activities or outreach your group could initiate.

3. Reflect on a time you felt upheld by others in difficulty.



Day 5: ✨ Encouragement in Community

Prayer for Today

Lord, thank You for the gift of community that strengthens us when we are weak. Help our prayer circles to be places of encouragement, where love and good deeds abound. Teach us to carry each other's burdens and reflect Your kindness in every action. *Amen.* 🧡 🙏 🤝 🌻





Day 6: Peace That Surpasses Understanding



Day 6:  Peace That Surpasses Understanding

Your Verse

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

Supporting Scriptures

- *John 14:27 - "Peace I leave with you; my peace I give you..."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*



Day 6: 🕊️ Peace That Surpasses Understanding

Devotional: Receiving God's Peace Amidst Chaos

In the midst of chaos and loss, peace may seem out of reach. Yet Paul reminds us that God's peace surpasses human understanding. It is a guarding force over our hearts even when circumstances are overwhelming.

Jesus promises His peace not as the world gives, but a profound calm rooted in His presence. This peace becomes vital for refugees facing uncertainty every day.

Prayer circles can become a sanctuary where this divine peace is experienced and shared. As you meditate on these scriptures today, ask God to fill you with His serene calm and to help you extend it to others. Let His peace rule in your heart and mind, transforming fear into trust.



Reflect and Apply

1. What does God's peace look like in your life during hardship?

2. How can you create space for God's peace in your prayer circle meetings?

3. How can experiencing God's peace affect how you support others in grief?



Journaling Prompts

1. Recall a moment when you experienced God's peace in a storm.

2. Write about obstacles to peace you are facing and surrender them.

3. Describe how you can invite God's peace into your community efforts.



Day 6: 🕊️ Peace That Surpasses Understanding

Prayer for Today

Father, thank You for Your peace that calms our anxious hearts. Help us to receive this peace fully and to share it with those walking through grief and uncertainty. May Your peace guard our minds and empower our prayers and actions. *In Jesus' powerful name, Amen.* 🕊️ 🙏 ✨ ❤️





Day 7: New Beginnings and Restoration



Day 7: 🌱 New Beginnings and Restoration

Your Verse

Isaiah 61:3 - "...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning..."

Supporting Scriptures

- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come..."*
- *Psalms 30:5 - "Weeping may stay for the night, but rejoicing comes in the morning."*



Day 7: 🌱 New Beginnings and Restoration

Devotional: Embracing God's Promise of Renewal

Every ending brings possibility for a new beginning. Isaiah 61 proclaims God's ability to transform mourning into joy and ashes into beauty. This promise is essential for refugees and all who have suffered great loss after floods.

Becoming a new creation in Christ means that past grief does not define us. Though the night may bring tears, Psalm 30 encourages us that joy will come with the morning.

Prayer circles celebrate this hope by standing with refugees as they move toward restoration and new life. Take heart in God's faithfulness and prepare your heart to embrace the healing and renewal He brings.



Reflect and Apply

1. What new beginnings is God inviting you to embrace?

2. How can your prayer circle foster a spirit of restoration among those you serve?

3. How does the hope of transformation affect your view of grief?



Journaling Prompts

1. Write about a renewal or fresh start you have experienced through God.

2. List ways your group can encourage joy replacing mourning.

3. Reflect on how God's promises inspire your hope for the future.



Day 7: 🌱 New Beginnings and Restoration

Prayer for Today

Gracious God, thank You for the beautiful promise of new beginnings. Help us to trust that ashes are not our end, but that You bring restoration and joy. Empower our prayer circles to be vessels of hope and renewal for refugees and all in mourning. Let rejoicing rise with each new day. *In Jesus' name, Amen.* 🌱 🙏 🌅 ❤️





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