



Finding Peace in Grief's Pause



A 7-day journey to discover God's peace when life's airspace closes and grief interrupts our plans.



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Introduction

Grief is a profound experience that touches every heart at some point. Whether through loss, disappointment, or unexpected interruption of life's plans, grief can feel like a storm that closes the airspace of our lives, leaving us searching for peace in the midst of confusion and pain. *Finding Peace in Grief's Pause* offers a 7-day journey grounded in Scripture to help us navigate this challenging terrain.

Throughout this study, you will encounter God's promises, comfort, and sustaining presence. We will explore passages revealing how God understands our sorrow, offers renewal for broken hearts, and provides peace that surpasses understanding—even when life seems impossible to resume as before.

As you walk through these days, take heart in knowing your emotions are acknowledged, and that God is near—especially in moments when airspace feels closed, when life is interrupted, and grief feels overwhelming. With each day, you will find encouragement to lean on God's steadfast love and trust that He works through grief to bring profound hope and peace.

May this study be a balm to your soul, helping you transition from heartache toward healing, with God as your unfailing refuge.





Day 1: 🌅 Embracing the Reality of Grief



Day 1: 🌅 Embracing the Reality of Grief

Your Verse

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

Supporting Scriptures

- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*
- *Revelation 21:4 - "He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain."*



Day 1: ☀️ Embracing the Reality of Grief

Devotional: God Near to the Brokenhearted

Grief is real and raw. When life's airspace closes—when plans stall and loss interrupts our rhythms—it's natural to feel crushed in spirit. Yet, Psalm 34:18 reminds us that God is not distant in these times. *He is close to the brokenhearted.* The divine presence surrounds our sorrow and offers saving comfort.

Jesus himself acknowledged mourning and promised comfort (Matthew 5:4). Our human response to interruption and loss is not something we should suppress or bypass. Grieving is part of God's design for healing. The sorrow we carry is both a painful shadow and a sacred space where God draws near.

End your day recognizing it is okay to mourn, to feel the weight of grief. Let your heart open to the God who wipes away tears and promises a future where pain is no more (Revelation 21:4). In embracing grief, you begin the path toward peace.




Reflect and Apply

1. How have you experienced God's presence in moments of grief or interruption?

2. What feelings arise when you acknowledge your current grief instead of pushing it away?

3. How does knowing God comforts those who mourn change your view of your pain?



Day 1:  Embracing the Reality of Grief

Journaling Prompts

1. Write about a recent experience where you felt life was interrupted by grief.

2. Describe how you perceive God's nearness in your current situation.

3. List ways you can lean on God during your moments of brokenness.



Day 1: 🌅 Embracing the Reality of Grief

Prayer for Today

Lord, thank You for being close to my broken heart. In this time of grief and interruption, help me to trust that You are present and comforting. Teach me to embrace my sorrow and lean on Your steadfast love when the airspace of my life feels closed. Bring peace to my soul and renew my hope each day. *In Jesus' name, Amen.* 🙏❤️✍️





Day 2: ☁️🌧️ Allowing the Storm to Teach



Day 2: ☁️ Allowing the Storm to Teach

Your Verse

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

Supporting Scriptures

- *John 16:33 - "In this world you will have trouble. But take heart! I have overcome the world."*
- *Isaiah 61:3 - "...to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning."*



Day 2: ☁️ Allowing the Storm to Teach

Devotional: Trusting the Dawn Beyond the Night

Grief often feels like a stormy night that drags on. The long hours of tears and silence can tempt us to lose hope. Yet, Psalm 30:5 reminds us that grief is not the end of the story—it's part of God's process of restoration.

Jesus said in John 16:33 that trouble is part of life, but His victory ensures we are not overcome. The night of weeping eventually gives way to the morning of rejoicing. God promises transformation, turning ashes to beauty and mourning into joy (Isaiah 61:3).

Allow the storm to teach you patience and trust. As the night passes, fix your eyes on the dawn God is preparing. The interruption you face is temporary and has a divine purpose that leads to renewal.



Reflect and Apply

1. How do you usually respond during long seasons of grief or trouble?

2. What aspects of God's promises give you hope amid your current storm?

3. In what ways might this difficult season be shaping something new in your life?



Day 2: ☁️ Allowing the Storm to Teach

Journaling Prompts

1. Describe what 'morning' or new hope might look like beyond your grief.

2. Write about past experiences where God brought joy after hardship.

3. List fears or doubts that appear during your grief and surrender them to God.



Day 2: ☁️ Allowing the Storm to Teach

Prayer for Today

God, thank You that even when I am overwhelmed by grief, Your victories overshadow my troubles. Strengthen my faith to wait patiently through the night of sorrow, trusting that joy will come in the morning. Transform my mourning into beauty as only You can. Help me find peace during this storm.

Amen. 🌙 ✨ 🌈





Day 3: Finding Peace Beyond Understanding



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."*
- *John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*



Devotional: Peace That Protects the Heart and Mind

Grief disrupts our peace, but God offers a profound peace that goes beyond our understanding. Philippians 4:7 reveals that this divine peace can guard both hearts and minds even when situations feel impossible.

Isaiah 26:3 emphasizes steady faith as a path into God's perfect peace. Moreover, Jesus promised a gift of peace unlike anything the world can offer (John 14:27). Our hearts can rest in Him despite chaos or interruption.

Inviting God's peace does not always remove pain immediately but transforms how we experience it. Peace does not mean absence of grief but presence of God amid the grief. Today, open your heart to receive this supernatural peace that guards and restores.



Reflect and Apply

1. When have you experienced God's peace in a difficult circumstance?

2. What does the 'peace of God' mean to you in your grief journey?

3. How can you actively seek and hold onto God's peace today?



Journaling Prompts

1. Write about times when anxiety or turmoil tried to overtake you and God's peace prevailed.

2. Describe ways to 'steadfastly' set your mind on God in the midst of grief.

3. List practical actions you can take to invite God's peace daily.



Day 3: 🕊️ Finding Peace Beyond Understanding

Prayer for Today

Lord, during this time of grief, I ask for Your peace to fill my heart and mind. Help me to trust in Your presence when things don't make sense. Guard me from fear and anxiety, and anchor me in Your perfect and transcendent peace. May this peace sustain me through every interruption and night. *Thank You for Your unfailing love. Amen.* 🕊️ ❤️ 🙏





Day 4: God's Comfort for the Weary



Day 4: 🌿 God's Comfort for the Weary

Your Verse

2 Corinthians 1:3-4 - "The God of all comfort, who comforts us in all our troubles..."

Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Psalms 147:3 - "He heals the brokenhearted and binds up their wounds."*



Day 4: 🌿 God's Comfort for the Weary

Devotional: Rest and Healing for the Weary Heart

In grief's interruption, weariness grips our souls deeply. Yet God is known as the God of all comfort (2 Corinthians 1:3–4). He doesn't merely observe our pain from afar—He intimately comforts us in our troubles and equips us to comfort others.

Jesus invites those who are weary to come to Him for rest (Matthew 11:28). This rest goes beyond physical sleep—it is a soul-rest that revives and heals.

Psalm 147:3 beautifully describes God's healing touch on the brokenhearted. As you sit with your grief today, allow yourself to receive His comfort. Let Him tend your broken places and restore your strength slowly but surely.



Reflect and Apply

1. How can you better accept God's comfort instead of resisting it?

2. What does 'rest' from Jesus look like in your current grief?

3. Have you experienced God healing wounds over time? How so?



Day 4:  God's Comfort for the Weary

Journaling Prompts

1. Write a letter to God expressing your weariness and need for comfort.

2. Reflect on a moment when God provided rest to your soul.

3. Consider ways you can extend comfort to others who are grieving.



Day 4: 🌿 God's Comfort for the Weary

Prayer for Today

Dear God, I feel weary and burdened by grief. Thank You that You are my Comforter, healing my broken heart and binding my wounds. Help me to come to You for rest and renewal even when life feels interrupted. Teach me to receive Your peace and share Your comfort with others. *In Jesus' name, Amen.* 🌿 ❤️ 😊





Day 5: Hope Anchored in God's Promises



Your Verse

Hebrews 6:19 - "We have this hope as an anchor for the soul, firm and secure."

Supporting Scriptures

- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*
- *Jeremiah 29:11 - "For I know the plans I have for you," declares the LORD... plans to give you hope and a future."*



Day 5:  Hope Anchored in God's Promises

Devotional: Holding Fast to God's Secure Hope

Grief can make the future seem uncertain and hopeless. Yet Scripture offers an anchor for the soul: hope in God's faithfulness (Hebrews 6:19).

This hope is not wishful thinking but a confident trust grounded in God's promises. Romans 15:13 encourages us to be filled with joy and peace as we trust in God, the source of hope.

Jeremiah 29:11 reminds us that God has good plans—plans for hope and a future—even when life feels interrupted and unclear. Holding onto God's promises gives stability amid shifting circumstances. Today, anchor your soul in these truths and allow hope to take root again.



Reflect and Apply

1. Where do you currently find hope amid your grief?

2. How does anchoring your soul in God's promises affect your outlook?

3. What steps can you take to nurture hope daily during interruption?



Journaling Prompts

1. List God's promises that encourage you in your grief.

2. Write about what it means to have hope as an anchor in your life.

3. Reflect on ways God's plans have unfolded in unexpected but good ways.



Day 5: 🚢 Hope Anchored in God's Promises

Prayer for Today

Lord, thank You for the hope that anchors my soul securely in You. Help me to trust Your good plans for my life when the future feels uncertain. Fill me with joy and peace as I rely on Your promises rather than circumstances.

Strengthen my hope as I navigate this season of grief. *In Jesus' powerful name, Amen.* 🚢 ✨ 🙏





Day 6: 🌻 Embracing New Beginnings



Your Verse

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

Supporting Scriptures

- *Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."*
- *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..."*



Day 6: 🌻 Embracing New Beginnings

Devotional: Trusting God's New Beginnings

Although grief interrupts, it also sets the stage for new beginnings. God promises to do a new thing, even when we cannot yet see it (Isaiah 43:19). Life's seasons shift, and healing unfolds in times appointed by God (Ecclesiastes 3:1).

Lamentations 3:22–23 remind us that God's compassion refreshes us each day. Every morning brings an opportunity to move forward, even if small steps, toward what God is renewing.

As you near the end of this study, reflect on God's faithfulness to bring transformation from grief. Embrace His new beginnings—trusting the process, even when you cannot fully perceive the changes yet. Peace and restoration are on the horizon.



Day 6: 🌻 Embracing New Beginnings

Reflect and Apply

1. What new beginnings might God be preparing in your life?

2. How does knowing that seasons change bring comfort amid grief?

3. In what ways can you participate in God's renewal process today?



Day 6: 🌻 Embracing New Beginnings

Journaling Prompts

1. Write about hopes or dreams you want to embrace as you heal.

2. Reflect on past seasons where God brought new life after difficulty.

3. Describe small steps you can take to welcome God's new work.



Day 6: 🌻 Embracing New Beginnings

Prayer for Today

Gracious God, thank You that You are continually doing new things in my life. Help me to perceive Your work even when life seems interrupted by grief. Teach me to trust in the changing seasons and to find hope each morning in Your unfailing compassion. Lead me forward into Your peace and restoration.

Amen. 🌻 🌿 🌅





Day 7: 💖 Living in the Hope of Resurrection



Day 7: ❤️ Living in the Hope of Resurrection

Your Verse

1 Thessalonians 4:13 – "We do not grieve like the rest of mankind, who have no hope."

Supporting Scriptures

- *John 11:25 – "I am the resurrection and the life. The one who believes in me will live, even though they die."*
- *Romans 8:38–39 – "Nothing can separate us from the love of God..."*



Day 7:  Living in the Hope of Resurrection

Devotional: Hope Rooted in Resurrection Love

Our grief differs because of the hope we have in Christ's resurrection. 1

Thessalonians 4:13 tells us we do not grieve as those without hope. Jesus declared Himself the resurrection and life, offering eternal life to all who believe (John 11:25).

This truth transforms how we face loss and interruption. Death and grief have not won the final victory. Romans 8:38–39 assures us that nothing can separate us from God's unfailing love—not even death.

As this study concludes, hold firmly to the hope of resurrection and everlasting life. Allow this hope to reshape your grief into a confident expectation that all will be made new. Live today in this hope, knowing God's love never fails.



Day 7: ❤️ Living in the Hope of Resurrection

Reflect and Apply

1. How does the hope of resurrection change your perspective on grief?

2. What fears or doubts does this hope address for you personally?

3. How can you share this hope with others who are grieving?



Day 7:  Living in the Hope of Resurrection

Journaling Prompts

1. Write about your beliefs concerning eternal life and resurrection.

2. Reflect on ways God's love has sustained you through grief.

3. Consider how you might encourage someone else with hope from Scripture.



Day 7: ❤️ Living in the Hope of Resurrection

Prayer for Today

Heavenly Father, thank You for the hope of resurrection through Jesus Christ. Help me to grieve with hope, not despair, knowing that death is not the end. Strengthen me with Your unfailing love that nothing can separate me from. Empower me to live boldly in this hope and to share it generously with others.

In Jesus' name, Amen. ❤️ 🙏 ✨





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