



# God With Us in the Last Breath: Finding Hope in Grief



Explore God's comforting presence at life's edge and find hope in Christ during grief's deepest moments.

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## Introduction

**Grief** is a profound and often overwhelming experience that touches every life. It is the response to loss—whether the passing of a loved one, a shattered dream, or a life-altering change. Yet amid this deeply human experience, there is an incredible hope that shines through: the nearness of *Christ with us in our last breath*. This study invites you to discover God’s intimate presence at the very edge of life, where sorrow meets eternal hope.

**God with us in grief** is more than a comforting phrase; it is a living reality. Scripture assures us that nothing separates us from His love—not even death. In moments when despair threatens to overwhelm, Jesus draws near to carry our burdens and soothe our aching hearts. His presence is steadfast, tender, and powerful, offering peace that transcends understanding.

Over the next seven days, we will journey through the Bible’s compassionate response to grief. We will explore how the Lord walks beside us, listens to our laments, and brings healing to our brokenness. Through prayers, reflections, and Scriptures, you’ll be encouraged to embrace God’s presence in your darkest hours—knowing that He is there, faithful until the very last breath.

**Whether you’re supporting others in grief or navigating your own sorrow, may this study bring light to your path. Let us celebrate the reality that Christ, Emmanuel—God with us—is close, comforting, and holding us tight through every tear.** Join us as we encounter the peace and hope that only His presence can provide.





## Day 1: God's Nearness in Sorrow



Day 1: 🌅 God's Nearness in Sorrow

## Your Verse

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

## Supporting Scriptures

- *Romans 8:38-39 – Nothing can separate us from the love of God that is in Christ Jesus our Lord.*
- *Isaiah 41:10 – God strengthens and helps us, even when we feel lost in grief.*



Day 1: ☀️ God's Nearness in Sorrow

## Devotional: Embracing God's closeness in our deepest pain

**Grief can make us feel isolated and alone**, wrapped up in the shadows of loss. Yet, Scripture gently reminds us that God is not distant. The psalmist declares that the LORD is close to the brokenhearted. When our spirits are crushed, God draws near—not with empty platitudes but with abiding presence.

This nearness is not passive; He saves and sustains us through sorrow's storm. Sometimes we expect God to remove pain instantly, but often He stays *\*with\** us in it, bringing comfort that goes beyond words.

As you face your grief, lean into this truth: you are not abandoned. Christ walks closely beside you, your closest companion when life feels hardest. Let His presence be a refuge where your sorrow can rest, and your soul find healing strength.



Day 1: 🌅 God's Nearness in Sorrow

## Reflect and Apply

1. When have you felt God close in a time of sorrow?

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2. How does knowing God saves the brokenhearted change your view of grief?

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3. In what ways can you invite God's presence into your current pain?

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Day 1: ☀️ God's Nearness in Sorrow

## Journaling Prompts

1. Describe a recent experience where you felt God near during sadness.

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2. Write a prayer asking God to reveal His closeness in your grief.

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3. Reflect on the emotions you feel when you remember God's nearness.

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Day 1: 🌅 God's Nearness in Sorrow

## Prayer for Today

**Lord, thank You for being close to me in my brokenness.** When grief presses down hard, help me remember that You are near, ready to save and soothe my heart. Teach me to rest in Your presence and to trust You even when pain feels overwhelming. Surround me with Your peace and fill me with hope as I walk this difficult path. *Thank You, Emmanuel—God with us.* Amen. 🙏❤️🌿





## Day 2: 🕊️ Jesus' Promise of Peace



Day 2:  Jesus' Promise of Peace

## Your Verse

*John 14:27 – Jesus gives us peace, not as the world gives, but a lasting peace for troubled hearts.*

## Supporting Scriptures

- *Philippians 4:7 – The peace of God guards our hearts and minds in Christ Jesus.*
- *Matthew 11:28-30 – Jesus invites the weary to find rest in Him.*



Day 2:  Jesus' Promise of Peace

## Devotional: Receiving lasting peace from Christ amid grief

**Grief breeds anxiety and unrest**, causing our hearts to feel shattered and overwhelmed. In the midst of this turmoil, Jesus offers a peace unlike any other—a peace that the world cannot give or take away.

He intentionally promises His peace to us, especially when life feels chaotic and uncertain. This peace is a calming presence in our soul that doesn't depend on circumstances. It is a divine gift that guards our hearts and minds, protecting us from despair.

When grief weighs heavy, Jesus gently calls us to come to Him—to exchange our burdens for His rest. This invitation is both personal and powerful. Embracing His peace doesn't mean we ignore our sorrow but rather surrender it to the One who holds eternity and every tear in His hands.



Day 2:  Jesus' Promise of Peace

## Reflect and Apply

1. What does Jesus' peace mean to you in times of grief?

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2. How can you accept Jesus' invitation to come to Him with your burdens?

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3. In which areas of your life do you need God's peace to guard your heart?

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Day 2:  Jesus' Promise of Peace

## Journaling Prompts

1. Write about a time when God's peace comforted you during loss.

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2. List ways you can practice resting in Jesus amid anxious feelings.

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3. Express your current feelings and ask Jesus for His peace today.

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Day 2: 🕊️ Jesus' Promise of Peace

## Prayer for Today

**Dear Jesus, thank You for Your gift of peace.** In my grief and anxiety, I choose to rest in Your calming presence. Please guard my heart and mind from despair and fill me with the tranquility only You provide. Teach me to rely on You, laying my burdens at Your feet. Let Your peace, which transcends all understanding, become my stronghold today and always. Amen. 🌿 🕊️ ❤️





## Day 3: Hope Beyond the Last Breath



## Day 3: 🌄 Hope Beyond the Last Breath

## Your Verse

*Revelation 21:4 – God will wipe every tear away; there will be no more death or mourning.*

## Supporting Scriptures

- *1 Thessalonians 4:13-14 – We grieve with hope because of Jesus' resurrection.*
- *John 11:25 – Jesus is the resurrection and the life.*



## Day 3: 🌄 Hope Beyond the Last Breath

## Devotional: Living hope that outshines even death

**The finality of death brings deep sorrow**, but Scripture offers a horizon bright with hope. In Revelation, God promises a future where tears, death, and mourning will be no more.

This hope isn't wishful thinking; it's grounded in the victory of Christ's resurrection. Because Jesus conquered death, those who trust Him share in eternal life. The last breath on earth is not the end but a passage to an everlasting joy that far exceeds our present pain.

Grieving does not mean forgetting or erasing love; instead, it becomes a pathway to hope, anchored in the promise of reunion. Remembering this truth can bring peace and courage to face grief's hardest moments—knowing our loved ones rest in God's tender care.



## Reflect and Apply

1. How does the promise of no more death comfort you?

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2. In what ways can hope in Christ's resurrection transform your grief?

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3. What does eternal life mean to you personally as you mourn?

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Day 3: 🌄 Hope Beyond the Last Breath

# Journaling Prompts

1. Write about your personal hopes for eternity in light of grief.

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2. Describe how Jesus' promise changes your understanding of death.

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3. Record memories of loved ones with a focus on hope and reunion.

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Day 3: 🌄 Hope Beyond the Last Breath

## Prayer for Today

**Heavenly Father, thank You for the hope You provide beyond this life.** Help me to hold fast to Your promises when grief weighs heavily on my heart. Remind me that death is not the final word and that You have prepared a place free from sorrow. Strengthen my faith in Jesus' resurrection power, and comfort me with the assurance of eternal reunion. Amen. ✨ 🙏 🕯️





## Day 4: Comforted to Comfort Others



Day 4: 🧡 Comforted to Comfort Others

## Your Verse

*2 Corinthians 1:3-4 – God comforts us so that we can comfort others experiencing hardship.*

## Supporting Scriptures

- *Romans 12:15 – We are called to mourn with those who mourn.*
- *Galatians 6:2 – Carry each other's burdens.*



Day 4: 🧡 Comforted to Comfort Others

## Devotional: Sharing God's comfort to heal wounds

**Grief not only affects us individually but connects us in shared humanity.** God's comfort is given to us not only to sustain ourselves but also to equip us to comfort others in their pain.

When we are comforted by God's love, we gain empathy and strength to come alongside those who suffer. This sacred exchange transforms grief from isolation into a ministry of compassion that reflects Christ's heart.

As you experience God's healing, consider how He might invite you to be a vessel of comfort. Even small acts of presence, listening, or prayer can bring lasting hope to someone walking through their own valleys. You become an extension of God's grace, light, and love.



Day 4: 🧡 Comforted to Comfort Others

## Reflect and Apply

1. Who has comforted you well in your grief, and how did that impact you?

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2. How might God be calling you to comfort someone else today?

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3. What barriers do you face in reaching out to others in sorrow?

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Day 4: 🧡 Comforted to Comfort Others

## Journaling Prompts

1. Reflect on a time you gave or received comfort during loss.

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2. Write about ways you can show God's love to someone grieving now.

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3. Pray and ask God to prepare your heart to be a comforter.

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Day 4: 🧡 Comforted to Comfort Others

## Prayer for Today

**Lord, thank You for comforting me in my grief.** Please fill me with Your compassion so that I can comfort others in their pain. Help me to listen with empathy, act with kindness, and reflect Your love in all I do. Use my experiences to bring healing and hope to those who are hurting. Teach me to be Your hands and heart in a broken world. Amen. 🙏❤️🌻





## Day 5: 💡 Finding Purpose in Pain



## Day 5: 💡 Finding Purpose in Pain

## Your Verse

*Romans 8:28 – God works all things for good for those who love Him.*

## Supporting Scriptures

- *James 1:2-4 – Trials produce perseverance and maturity.*
- *Psalms 30:5 – Weeping may last for a night, but joy comes in the morning.*



## Day 5: 💡 Finding Purpose in Pain

## Devotional: Trusting God's purpose amid grief

**Grief challenges us to find meaning when everything feels broken.** Though the pain is real and raw, God promises to work even our hardest trials for our good and His glory.

This does not minimize our sorrow but invites us to trust God's sovereign hand shaping a bigger story. Through grief, perseverance grows, faith deepens, and character is refined.

Joy may feel distant, but God assures us that morning will come. Embracing this truth helps us to hold on with hope and courage, knowing that grief is part of a journey toward healing and restoration.



Day 5: 💡 Finding Purpose in Pain

## Reflect and Apply

1. How have you seen God bring good from a difficult experience?

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2. What is one way grief is shaping your character or faith?

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3. How can you cultivate hope when pain feels overwhelming?

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Day 5: 💡 Finding Purpose in Pain

# Journaling Prompts

1. Write about lessons God might be teaching you through grief.

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2. Record ways you have seen God's goodness despite suffering.

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3. Pray for trust in God's purpose as you walk through pain.

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Day 5: 💡 Finding Purpose in Pain

## Prayer for Today

**Father, help me trust You in my grief.** Though I do not understand all the pain, I believe You work all things for good. Strengthen my faith to persevere and grow through this trial. Teach me to wait expectantly for the joy You promise, and use my suffering for Your glory and my growth. Amen. 🌱 🙏 ✨





## Day 6: 🛏 Resting in God's Presence



## Day 6: 🛏 Resting in God's Presence

## Your Verse

*Matthew 11:28 – Jesus invites the weary to come and find rest.*

## Supporting Scriptures

- *Psalm 23:4 – Even through the darkest valley, God's presence comforts us.*
- *Hebrews 4:9-10 – We enter God's rest by trusting Him.*



Day 6: 🛏 Resting in God's Presence

## Devotional: Finding restful refuge in Christ

**Grief can exhaust body, mind, and spirit.** Jesus' invitation to come to Him and find rest is especially precious during these times.

Resting in God's presence means more than physical sleep; it is a deep soul rest rooted in trust and surrender. God's comforting presence is a refuge that renews weary hearts and restores hope.

Even in our darkest valleys, we are never alone. His shepherding hand guides us gently, offering peace and rest amid chaos. As you navigate grief, remember to pause and lean on Jesus, embracing the rest He freely gives.



Day 6:  Resting in God's Presence

## Reflect and Apply

1. How do you experience God's rest amid grief?

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2. What prevents you from resting in Jesus during hard times?

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3. How can you create space to receive God's peace daily?

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Day 6: 🛏 Resting in God's Presence

# Journaling Prompts

1. Describe what it feels like to rest in God's presence.

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2. Write a prayer asking Jesus to renew your weary soul.

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3. Reflect on the ways God comforts you during dark moments.

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Day 6: 🛖 Resting in God's Presence

## Prayer for Today

**Jesus, thank You for inviting me to rest in You.** When grief overwhelms and my spirit tires, help me to lean on Your everlasting arms. Restore my soul, calm my heart, and be my refuge in this storm. Teach me to trust You fully and to find peace in Your presence. Amen. 🌿 🛖 💖





## Day 7: ✨ Affirming God's Eternal Presence



## Day 7: ✨ Affirming God's Eternal Presence

## Your Verse

*Hebrews 13:5 - God promises, "I will never leave you nor forsake you."*

## Supporting Scriptures

- *Deuteronomy 31:8 - The LORD goes before us and will never leave us behind.*
- *Psalms 139:7-10 - God's presence is everywhere we go.*



## Day 7: ✨ Affirming God's Eternal Presence

## Devotional: Confidence in God's unwavering presence

**As we close this study on grief**, it is vital to anchor ourselves in God's eternal promise: He will never leave us or forsake us. This promise undergirds all other truths and provides unshakeable confidence amid life's uncertainties.

No matter where grief leads us—through valleys or shadows—the Lord is with us. His presence is constant, surrounding, and ever faithful.

Knowing God's nearness at every breath and beyond empowers us to face loss with courage and hope. Christ, Emmanuel—God with us—remains our refuge and strength, both now and forever.



## Reflect and Apply

1. What does God's promise never to leave you mean in your grief journey?

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2. How can you remind yourself daily of His presence?

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3. What steps will you take to embrace God's faithfulness going forward?

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Day 7: ✨ Affirming God's Eternal Presence

# Journaling Prompts

1. Write a letter to God affirming your trust in His presence.

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2. Describe moments when you felt especially aware of God's nearness.

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3. Pray for ongoing assurance in God's unwavering companionship.

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## Day 7: ✨ Affirming God's Eternal Presence

## Prayer for Today

**Father, thank You for Your everlasting presence.** Your promise to never leave or forsake me strengthens my heart. Help me to carry this truth daily, especially when grief threatens to overwhelm. May I walk forward with confidence, knowing You are always with me—my constant refuge and friend. Amen. 🌅🙏🌟





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