



# God's Comfort for Women Facing Miscarriage and Loss



A 7-day journey offering hope, healing, and God's presence for women navigating miscarriage and pregnancy loss.

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## Introduction

Welcome to this heartfelt 7-day study focused on women experiencing the profound grief of miscarriage and pregnancy loss. Loss in this form can bring an overwhelming mix of emotions—pain, confusion, sadness, and sometimes even isolation. But you are not alone. This study is designed to gently guide you through Scripture and reflections that reveal *God's unwavering presence and comfort* during this difficult journey.

In these days, we will explore stories of women in Scripture who encountered grief, loss, and deep longing, yet found hope and strength through faith. We'll look at God's promises, His intimate knowledge of your pain, and His tender care for your heart. This study will remind you that your feelings are valid and your grief is honored by God.

Each day includes a primary Scripture passage, additional verses for encouragement, devotional thoughts, questions for reflection, journaling prompts, and a focused prayer to help you lean into God's love. Trust that even in moments of darkness, His light can bring peace and healing. Let's journey together towards hope and renewal.





## Day 1: God Sees Your Grief



Day 1: 🌿 God Sees Your Grief

## Your Verse

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

## Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*



Day 1: 🌿 God Sees Your Grief

## Devotional: Embracing God's Nearness in Pain

When loss cuts deeply, it can feel as though God is distant, but Psalm 34:18 assures us otherwise. God is not far away; He is close to the brokenhearted. He understands the sharp sting of miscarriage and holds you tenderly in your grief. The Lord doesn't minimize your pain or rush your healing process. Instead, He draws near to comfort and save those crushed in spirit.

*This closeness means that your sorrow is seen and cared for by the Creator of life.* As you face the heaviness of this experience, remember that God's nearness is constant and comforting. In moments when words fail, His presence speaks volumes.

Lean into the promise that you are not walking this path alone. Invite God to surround you with His peace and strength today.



Day 1: 🌿 God Sees Your Grief

## Reflect and Apply

1. How have you experienced God's presence during your grief?

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2. What does it mean to you that God draws near to those who are brokenhearted?

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3. In what ways can you allow God's comfort to soothe your spirit today?

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Day 1: 🌿 God Sees Your Grief

## Journaling Prompts

1. Write about a moment when you felt deeply grief-stricken and how you responded.

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2. Describe what it feels like to know God is close to you in your pain.

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3. List ways you want to invite God's comfort into your heart this week.

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Day 1: 🌿 God Sees Your Grief

## Prayer for Today

**Dear Lord,** *thank you for being close to me in my brokenness.* When I feel crushed by loss, help me to sense Your presence and find peace in Your nearness. Carry me through my grief and fill the empty places with Your comfort and hope. Teach me to lean on You, trusting that Your love is a refuge for my weary heart.





## Day 2: God Understands Your Tears



Day 2: 💧 God Understands Your Tears

## Your Verse

*John 11:35 - "Jesus wept."*

## Supporting Scriptures

- *Psalm 56:8 - "Put my tears in your bottle. Are they not in your record?"*
- *Revelation 21:4 - "He will wipe every tear from their eyes."*



Day 2:  God Understands Your Tears

## Devotional: Jesus Shares Your Deepest Sorrows

**John 11:35** is the shortest verse in the Bible, yet profoundly meaningful — ‘**Jesus wept.**’ This moment shows us that Jesus is not distant from human sorrow. He cried alongside Mary and Martha at the loss of Lazarus, demonstrating His empathy and compassion. Your tears are precious to Him.

*Psalm 56:8 reminds us that God collects every tear in a bottle, preserving them as memories of your heartache.* He doesn't ignore your pain or the sadness you carry. And one day, as Revelation 21:4 promises, every tear will be wiped away. But until then, Jesus meets you in the midst of your grief and mourns with you.

Feel the freedom to pour out your sorrow honestly before Him. Let Jesus carry your grief, knowing that your tears speak to a Savior who understands perfectly.



Day 2: 💧 God Understands Your Tears

## Reflect and Apply

1. What does it mean for you that Jesus Himself wept in sorrow?

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2. How do you experience God's care when you cry?

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3. In what ways can you be honest with God about your pain today?

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Day 2:  God Understands Your Tears

## Journaling Prompts

1. Write about a time when you felt comforted knowing Jesus understands your tears.

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2. Describe your emotions during moments of deepest grief.

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3. Express a prayer to Jesus about what you need Him to know right now.

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Day 2: 💧 God Understands Your Tears

## Prayer for Today

**Lord Jesus,** *thank you for weeping with me.* Your tears show me that my sorrow is not overlooked or small. Help me to trust You with my emotions and to cast my burdens upon You. Be my comforter and healer as I walk through this valley. Hold my heart gently and remind me that You are always near.





## Day 3: Hope Beyond Loss





## Day 3: 🌸 Hope Beyond Loss

## 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

- *Romans 15:13 – "May the God of hope fill you with all joy and peace as you trust in him."*
- *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 3: 🌸 Hope Beyond Loss

## Devotional: Clinging to God's Promise of Hope

In the midst of deep loss, **Jeremiah 29:11** offers a powerful reminder: **God has plans filled with hope and a future for you.** Though today's pain can cloud your vision, God's intentions for your life are good and loving. This promise reminds us that loss does not have the final word.

*Romans 15:13 encourages us to trust in God — the ultimate source of hope — who fills our hearts with joy and peace even when circumstances feel dark.* Likewise, **Lamentations 3:22-23** reminds us that God's compassion is unfailing and new each day. His mercies give us strength to face the unknown one morning at a time.

Hold tightly to these promises and allow God to renew your spirit. Healing looks different for each person and takes time. But your hope in Him is steadfast and can grow through every season.



Day 3: 🌸 Hope Beyond Loss

## Reflect and Apply

1. How has God's promise of hope spoken to your heart recently?

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2. What fears or doubts do you want to surrender to God's good plans?

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3. How can you nurture trust in God during your healing process?

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Day 3:  Hope Beyond Loss

## Journaling Prompts

1. Write about what hope looks like to you right now.

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2. List ways God has shown His compassion and new mercies to you.

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3. Reflect on how trusting God might change your perspective on loss.

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Day 3: 🌸 Hope Beyond Loss

## Prayer for Today

**Faithful God,** *thank you for the hope You offer despite my pain.* Help me to trust Your plans for my life and lean on Your promise of a future. Fill me with joy and peace that surpasses my current circumstances. Renew my heart each day and remind me that Your love is unchanging.





## Day 4: Peace in His Presence



## 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."*



Day 4: ☺ Peace in His Presence

## Devotional: God's Peace Guards Your Heart

When grief feels overwhelming, **Philippians 4:7** introduces us to a peace **unlike any other** — **God's peace that surpasses human understanding**. This peace isn't dependent on our circumstances. Instead, it's a divine guarding over our hearts and minds as we rest in Christ.

*Isaiah 26:3 explains that those who keep their minds focused on God experience perfect peace.* This active trust in Him is a choice to invite peace even amid chaos and sadness. Jesus promises in **John 14:27** that His peace is a gift, one that remains despite storms.

In your moments of sorrow and uncertainty, turn your heart to God's presence. Breathe in His peace. Let it soothe anxieties and bring calm to your soul.





## Reflect and Apply

1. Where do you currently sense the need for God's peace in your life?

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2. What practical ways can you cultivate focus on Christ amid grief?

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3. How might you invite God's peace to guard your heart today?

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Day 4: ☞ Peace in His Presence

# Journaling Prompts

1. Describe how God's peace feels or looks to you.

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2. Recall a difficult time when you experienced God's peace.

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3. Write a prayer asking for His peace to cover your heart.

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Day 4: 🕊️ Peace in His Presence

## Prayer for Today

**Lord Jesus,** *please wrap me in Your peace.* When my heart feels restless and overwhelmed, remind me of the calm You promise. Guard my mind from despair and help me to fix my thoughts on You. Thank You for being my peace in every situation.





## Day 5: Strength for Today



Day 5: 🌸 Strength for Today

## Your Verse

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

## Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *Psalms 73:26 - "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*



Day 5: 🌸 Strength for Today

## Devotional: God's Strength Sustains Your Heart

Grief can leave us feeling broken and exhausted, but God promises to give **strength to the weary**. Isaiah 40:29 assures us that when we feel weak, God fills us with renewed power. This divine strength is not just physical but emotional and spiritual — exactly what's needed during times of loss.

*Paul shares in 2 Corinthians 12:9 that God's grace is sufficient, and His power is made perfect in our weakness.* Our limitations do not hinder God but create space for Him to work mightily within us. Psalm 73:26 echoes this truth: even when our hearts fail, God is our everlasting strength and portion.

Allow yourself to lean fully on God for strength today. Rest in His grace and surrender your weakness to His mighty power.



Day 5: 🌸 Strength for Today

## Reflect and Apply

1. What areas of your life feel particularly weak or weary right now?

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2. How can you depend more on God's strength rather than your own?

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3. Recall a time when God's power was evident in your weakness.

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Day 5: 🌻 Strength for Today

## Journaling Prompts

1. Write about what it feels like to rely on God's strength.

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2. List ways you can invite God's grace into your broken places.

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3. Pray for renewed strength to face each day with hope.

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Day 5: 🌸 Strength for Today

## Prayer for Today

**Gracious God,** *my soul is weary, and I need Your strength.* Please empower me to face the pain and challenges ahead. Remind me that in my weakness, Your grace shines brightest. Be my refuge and renewed power each day.





## Day 6: 🌸 Your Child Seen by God



Day 6: 🌸 Your Child Seen by God

## Your Verse

*Psalm 139:13-14 – "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made."*

## Supporting Scriptures

- *Jeremiah 1:5 – "Before I formed you in the womb I knew you."*
- *Job 1:21 – "The Lord gave and the Lord has taken away; blessed be the name of the Lord."*



Day 6: 🌸 Your Child Seen by God

## Devotional: Honoring Your Child in God's Care

**Psalm 139:13–14** reveals the beautiful truth that God intimately knows and lovingly forms every life. Even in loss, the child you carried is precious to Him, knit together with purpose and wonder. Your grief honors the deep love in your heart.

*Jeremiah 1:5 affirms that God knew your child even before formation, reflecting His sovereign care.* Though the pain of loss is profound, **Job 1:21** reminds us that God is still worthy of trust — He gives life and can also take away, but His goodness remains.

Allow space to grieve and honor your child's place in your story. Trust that God holds them tenderly and that their life mattered deeply.



Day 6: 🌸 Your Child Seen by God

## Reflect and Apply

1. How does knowing God formed your child impact your grief?

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2. What feelings arise when you reflect on your child's life and God's care?

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3. How might you commemorate your child's memory in a way that honors both your pain and God's love?

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Day 6: 🌸 Your Child Seen by God

## Journaling Prompts

1. Write a letter to your child expressing your love and hopes.

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2. Reflect on God's intimate knowledge of your child and yourself.

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3. Describe ways you can find comfort in God's sovereign care.

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Day 6: 🌸 Your Child Seen by God

## Prayer for Today

**Compassionate Father,** *thank you for knowing and loving my child even beyond what I see.* Hold my child close and comfort my heart as I grieve. Help me to remember that life, though brief, is sacred in Your eyes. Surround me with Your peace and grace.





## Day 7: New Beginnings in God's Love





Day 7: 🌅 New Beginnings in God's Love

## Your Verse

*Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"*

## Supporting Scriptures

- *2 Corinthians 5:17 - "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 in God's Love

## Devotional: Embracing Hope and Healing Ahead

As you conclude this study, Isaiah 43:18–19 encourages you to release past hurts and look forward with hope. God promises to do a new thing — a renewal that brings healing, purpose, and peace. Though the pain of loss remains, it does not define the entirety of your story.

*2 Corinthians 5:17 reminds you that in Christ, you are made new — every day holds the potential for growth and restoration.* Psalm 30:5 acknowledges the reality of tears but offers the hope of rejoicing that follows the night. God is faithful to bring morning light to your soul.

Step forward trusting that God is working a beautiful new chapter in your life, filled with His enduring love and presence.



Day 7: 🌅 New Beginnings in God's Love

## Reflect and Apply

1. What new hope do you sense God inviting you to embrace?

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2. How can you carry the lessons from your grief into a renewed future?

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3. In what ways do you need God's help to move forward with faith?

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Day 7: 🌅 New Beginnings in God's Love

## Journaling Prompts

1. Write about your hopes for healing and new beginnings.

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2. List ways God has been faithful to you through loss.

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3. Pray for courage to trust God's future plans for your life.

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Day 7: 🌅 New Beginnings in God's Love

## Prayer for Today

**Heavenly Father,** *thank you for making all things new.* Help me to release the pain that holds me back and to embrace the future You have planned. Fill me with hope, courage, and Your infinite love as I walk forward. May rejoicing come in my mornings.





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