



Grief: Resting in Mom's Legacy



A 21-day journey to honor your mom's life and prepare your heart through God's comfort and hope in times of grief.



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Introduction

Facing the approaching loss of a beloved mother is one of life's deepest sorrows. This 21-day Bible study is crafted to gently walk alongside you as you navigate the complex emotions of grief, while reminding you to rest in her legacy and God's everlasting presence. As you honor the life your mom has lived, you will find Scriptures that encourage, comfort, and guide your heart toward peace.

Grief is a multifaceted journey—it brings sadness, memories, questions, and sometimes even anger. Yet within this process, God invites you to lean into Him, who is the ultimate source of hope and comfort. The passages and reflections here are meant to help shape your mourning into a sacred space where healing and gratitude can coexist. Your mom's life, love, and impact continue to ripple beyond what your eyes can see.

Throughout these days, you'll explore themes such as God's nearness in your pain, learning to trust His timing, reflecting on your mom's legacy, and finding renewed strength in His word. May each devotional be a balm for your soul, reminding you that though loss is hard, love and remembrance endure eternally. **With God's grace, prepare your heart not only to say goodbye, but to embrace a legacy that lives on.** 🙏🌿





Day 1: 🕊️ Embracing God's Presence in Pain



Day 1: 🕊 Embracing God's Presence in Pain

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.*
- *2 Corinthians 1:3–4 – God comforts us in all our troubles so that we can comfort others.*



Day 1: 🕊️ Embracing God's Presence in Pain

Devotional: Finding God's Nearness in Brokenness

Grief can feel overwhelmingly isolating, as if no one truly understands the depth of your heartache. But this day, God gently reminds you that He is especially close to the brokenhearted. When your spirit feels crushed by sorrow over your mom's impending departure, you are not alone. *The Lord's nearness is a powerful source of comfort and strength in your pain.*

Jesus, knowing grief intimately, offers blessings not for those who avoid sorrow but for those who mourn. His promise of comfort is not empty; it is a present reality for those who lean into Him. How can you shift your perspective today to receive God's nearness amidst your tears?

Pray and rest in the truth that God's arms hold you tightly right now — in this moment of sadness and vulnerability. By opening your heart to His closeness, you invite healing to begin and find peace beyond understanding.



Reflect and Apply

1. In what ways do you sense God's presence during your grief right now?

2. How can mourning be a sacred part of your healing journey?

3. What fears or doubts about grief can you surrender to God's comfort?



Day 1: 🕊 Embracing God's Presence in Pain

Journaling Prompts

1. Write about one moment when you felt God closeness during this difficult time.

2. Describe what mourning looks like for you personally.

3. Record a prayer asking God to help you accept His comfort today.



Day 1: 🕊️ Embracing God's Presence in Pain

Prayer for Today

Heavenly Father, *thank You for being near to me in my brokenness.* When my heart is heavy and sorrow weighs me down, remind me that You are close and ready to comfort. Help me fully rest in Your loving presence and find peace amidst pain. May Your gentle spirit soothe my soul and give me strength for each new day. Teach me to embrace grieving as a step toward healing, trusting in Your unfailing love. **Thank You for carrying me through this season.** In Jesus' name, amen.





Day 2: Holding on to Hope



Day 2: 🌅 Holding on to Hope

Your Verse

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

Supporting Scriptures

- *Psalm 42:11 – Why, my soul, are you downcast? Put your hope in God.*
- *Lamentations 3:22-23 – His mercies never come to an end; they are new every morning.*



Day 2:  Holding on to Hope

Devotional: Choosing Hope Amidst Grief

Grief can cloud the joy and peace that once came naturally, making it hard to envision a hopeful future. Yet God calls you to put your hope in Him, the source of unending joy and peace. As your mom's life draws to a close, you might wrestle with uncertainty or feelings of emptiness. This is when trusting God becomes essential.

Hope is not passive; it is an active choice to believe that God's goodness will sustain you beyond the moment. Like the dawn breaking after darkness, His mercies are renewed each morning, inviting you to begin again.

Today, meditate on God as your hope-keeper. Let Him fill you with joy and peace that defies your circumstances and steadies your heart for the days ahead.



Reflect and Apply

1. How can hope shape the way you experience grief now?

2. What tangible ways can you invite God's peace into your days?

3. Where do you see evidence of God's mercies renewing in your life?



Journaling Prompts

1. List moments where hope has lifted you recently.

2. Write about what joy and peace mean to you at this time.

3. Journal a prayer asking God to strengthen your hope.



Day 2: 🌅 Holding on to Hope

Prayer for Today

Gracious God, *fill my heart with hope and peace today.* Even when I feel overwhelmed by sadness, help me trust in Your faithfulness and goodness. Renew my strength each morning and remind me that Your mercies never end. May I cling to You as the anchor for my soul and find joy in Your promises. Thank You for being my ever-present comfort and guide through grief. Amen.





Day 3: Celebrating Her Legacy



Your Verse

Proverbs 31:25 – She is clothed with strength and dignity; she can laugh at the days to come.

Supporting Scriptures

- *Psalms 112:1-2 – Blessed is the one who fears the Lord, who finds great delight in his commands.*
- *Deuteronomy 6:5-7 – Walk in God's ways and teach your children diligently.*



Day 3: ❤️ Celebrating Her Legacy

Devotional: Honoring Strength and Legacy

Your mom's life is a precious legacy woven with strength, dignity, and love. Recognizing and honoring this legacy is a vital part of preparing your heart. Proverbs 31 depicts a woman of courage and grace, qualities often reflected in mothers whose lives impact generations.

Legacy goes beyond possessions; it is the imprint of faith, character, and love left on hearts around her. Consider how your mother demonstrated wisdom, kindness, or resilience. These characteristics not only shape memories but also inspire your own journey.

Today, pause to celebrate who she is and the positive influence she has shared. Reflect on how you can carry forward her legacy through your own character and faith.



Reflect and Apply

1. What qualities in your mom inspire you the most?

2. How have her faith and character influenced your life?

3. In what ways can you actively carry forward her legacy?



Journaling Prompts

1. Write down stories or memories that reflect her strength and dignity.

2. Describe what her legacy means to you personally.

3. Journal a commitment to live out her values in your own way.



Day 3: ❤️ Celebrating Her Legacy

Prayer for Today

Father of All, *thank You for the beautiful life my mother has lived.* I honor her strength, dignity, and faith, which have shaped me deeply. Help me to treasure her legacy and to live in a way that reflects her love and grace. Give me courage to face tomorrow, knowing You hold her and me in Your care. May our family's story be one of hope and enduring faith. Amen.





Day 4: Finding Peace in God's Promises



Your Verse

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

Supporting Scriptures

- *Philippians 4:6-7 – Do not be anxious about anything; the peace of God will guard your heart.*
- *Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast.*



Day 4:  Finding Peace in God's Promises

Devotional: Receiving Christ's Peace Today

Amid the storm of emotions, Jesus offers a peace that transcends all understanding. This peace differs from what the world offers—it is lasting, deep, and transformative. When facing the sadness of seeing your mom nearing her end, you may feel restless and anxious. Yet God's promise assures us that His peace will guard our hearts like a sentinel.

Entrusting your worries and fears to God opens the door to this divine peace. It requires intentionally focusing your mind on His truths even when circumstances feel overwhelming.

Let today's Scripture be a balm—invite the peace of Christ to quiet your soul and restore hope. As you lean on God's promises, you gain strength to face grief with a steady heart.



Reflect and Apply

1. What anxieties can you hand over to God right now?

2. How can you cultivate a steadfast mind amid grief?

3. In what ways has God's peace shown up in your life before?



Journaling Prompts

1. Write about how peace feels when you experience it from God.

2. List things that cause anxiety and surrender them in prayer.

3. Journal your desire to trust God's promises fully.



Day 4:  Finding Peace in God's Promises

Prayer for Today

Lord Jesus, *thank You for the gift of Your peace.* In moments when my heart races with worry and sorrow, help me to rest in You. Guard me from anxiety and calm my thoughts with Your truth. Teach me to focus on Your promises and find quiet assurance in Your presence. May Your peace anchor my soul throughout this difficult season. Amen.





Day 5: 🙏 Lament: Pouring Out Your Heart



Day 5: 🙏 Lament: Pouring Out Your Heart

Your Verse

Psalm 13:1-2 - How long, Lord? Will you forget me forever? How long will you hide your face from me?

Supporting Scriptures

- *Psalm 42:3 - My tears have been my food day and night.*
- *Ecclesiastes 3:1 - To everything there is a season, a time to weep.*



Day 5: 🙏 Lament: Pouring Out Your Heart

Devotional: Honest Prayer in Grief's Pain

Grief includes moments of raw honesty where you may feel forgotten or abandoned — and that is okay. The Psalms teach us that God welcomes our lament, our honest expressions of pain and confusion. Asking 'How long?' is not a sign of weak faith but a cry for God's healing touch.

Releasing your sorrow through lament opens pathways for your heart to be known by God and moves you toward restoration. Tears are part of your spiritual journey and are not wasted.

Today, give yourself permission to pour out your heart to God in lament, trusting He hears every word and cares deeply. Express your grief openly, knowing it is a sacred step toward peace.



Reflect and Apply

1. Are you afraid to lament before God? Why or why not?

2. How can honest grieving deepen your relationship with God?

3. What emotions do you find hardest to express to God?



Day 5: 🙏 Lament: Pouring Out Your Heart

Journaling Prompts

1. Write a lament prayer expressing your deepest feelings.

2. Describe any fears or barriers you face with honest prayer.

3. Journal how God responds to your laments.



Day 5: 🙏 Lament: Pouring Out Your Heart

Prayer for Today

God of Compassion, *I come before You weary and heavy with sorrow.*

Sometimes I feel forgotten or distant from You. Help me to be honest with my pain and trust that You are listening. Carry my tears and answer my cries in Your perfect timing. Thank You for being present in my grief and for offering hope amid heartache. Amen.





Day 6: Hope Beyond the Tears



Your Verse

Revelation 21:4 - He will wipe every tear from their eyes. There will be no more death or mourning.

Supporting Scriptures

- *Isaiah 25:8 - He will swallow up death forever; the Sovereign Lord will wipe away the tears.*
- *John 11:25 - I am the resurrection and the life. The one who believes in me will live.*



Day 6: 🌈 Hope Beyond the Tears

Devotional: Anchored in Eternal Hope

Your grief looks toward a future where sorrow and death are no more. The hope found in Revelation paints a beautiful promise: God Himself will wipe away every tear. This vision reminds us that the pain you now endure is temporary and will give way to eternal joy and peace.

Even as loss feels overwhelming, these promises inspire a hopeful endurance — a forward glance toward reunion and restoration. Jesus proclaims life beyond death, assuring that your mom's legacy continues beyond this earthly life.

Let this hope strengthen you today, serving as a powerful anchor amid the waves of grief. Trust in God's promise of eternal life that will one day heal all wounds and dry every tear.



Reflect and Apply

1. How does the promise of heaven influence your grief today?

2. What fears about loss can be replaced by hope in Christ?

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



Day 6:  Hope Beyond the Tears

Journaling Prompts

1. Write about what the promise of no more tears means to you.

2. Describe your hope for eternal reunion with your mom.

3. Journal a prayer for trusting God's eternal promises.



Day 6: 🌈 Hope Beyond the Tears

Prayer for Today

Lord God, *thank You for the hope that surpasses all sorrow.* When tears fall, remind me of Your promise to wipe them away. Help me to trust in eternal life where death no longer has power. Strengthen my faith in Your resurrection power and comfort my grieving heart. May Your hope be a bright light shining through my darkness. Amen.





Day 7: Resting in God's Care



Your Verse

Matthew 11:28-30 - Come to me, all you who are weary, and I will give you rest.

Supporting Scriptures

- *Psalms 55:22 - Cast your cares on the Lord and he will sustain you.*
- *1 Peter 5:7 - Cast all your anxiety on him because he cares for you.*



Devotional: Receiving Jesus' Rest and Comfort

The sorrow of anticipating loss can wear you down physically and emotionally. Jesus extends a tender invitation to all who are weary: to come to Him and find rest. This rest is not merely physical sleep but soul-deep peace that refreshes your spirit.

You can cast your cares, anxieties, and burdens onto God because He lovingly sustains and cares for you in every circumstance. When grief threatens to overwhelm, surrender your tired heart to Him and rest moment by moment.

Pause today to accept Jesus' invitation to rest and receive His gentle care. Let His yoke be easy and His burden light, giving you strength to continue.



Reflect and Apply

1. What burdens are you carrying that you need to release to Jesus?

2. How can you practice resting in God daily during grief?

3. What does Jesus' invitation to rest mean for your healing?



Journaling Prompts

1. List the worries or stresses you want to give to God.

2. Describe what rest feels like when you experience it in Christ.

3. Journal a prayer accepting Jesus' invitation to come to Him.



Day 7: 🌿 Resting in God's Care

Prayer for Today

Jesus, I come to You weary and burdened. Thank You for offering rest that renews my soul. Help me to lay down my cares and accept Your gentle yoke today. Teach me to trust Your loving care even when grief feels heavy. Fill me with strength and peace as I walk through this season. Amen.





Day 8: ✨ Remembering with Gratitude



Day 8: ✨ Remembering with Gratitude

Your Verse

Philippians 1:3 – I thank my God every time I remember you.

Supporting Scriptures

- *Psalms 103:2 – Praise the Lord, my soul, and forget not all his benefits.*
- *Ecclesiastes 7:10 – Reflect on the days of old; consider the generations long past.*



Day 8: ✨ Remembering with Gratitude

Devotional: Grateful Remembrance Heals the Soul

In the midst of grief, memories of your mom shine as precious treasures. The Apostle Paul's grateful remembrance reminds us that recalling loved ones with thankfulness sustains our hearts and honors their impact.

Gratitude creates space for joy even within sorrow, helping to balance the ache with appreciation for shared moments and love. Your mother's life is filled with blessings that God used to shape you and others.

Take time today to remember her with a heart of gratitude. Celebrate the ways God's goodness shows through her life and your relationship.



Reflect and Apply

1. What memories of your mom bring you peace and joy?

2. How can gratitude transform your experience of grief?

3. In what ways do you see God's blessings through your mom's life?



Day 8: ✨ Remembering with Gratitude

Journaling Prompts

1. Write down three specific memories you are grateful for.

2. Describe how these memories impact your healing.

3. Journal a prayer of thanks for your mother's love.



Day 8: ✨ Remembering with Gratitude

Prayer for Today

Thankful God, *I praise You for the gift my mom has been in my life.* Help me to cherish memories with gratitude and joy even in sadness. Let Your goodness shine through every remembrance, filling my heart with peace. May my thankfulness deepen my trust in You and keep her legacy alive. Amen.





Day 9: 💡 Wisdom in Grief's Journey



Your Verse

James 1:5 – If any of you lacks wisdom, you should ask God.

Supporting Scriptures

- *Proverbs 3:5-6 – Trust in the Lord with all your heart; He will make your paths straight.*
- *Psalms 119:105 – Your word is a lamp to my feet and a light to my path.*



Devotional: Seeking Divine Wisdom in Grief

Grief often brings questions and decisions that feel overwhelming. You may wonder how best to cope or how to honor your mom's wishes. The book of James encourages us to seek God's wisdom, promising that He will generously provide it.

Wisdom in this season includes trusting God wholeheartedly and allowing His word to guide your steps. Though the future feels uncertain, God's guidance will illuminate your path and provide clarity where confusion reigns.

Invite God to grant you wisdom as you navigate grieving and planning. Depend on His light to discern your next steps with faith and confidence.



Reflect and Apply

1. What decisions are you facing that require God's guidance?

2. How can Scripture serve as a lamp for your current path?

3. Are you willing to trust God with uncertainties you face?



Journaling Prompts

1. Write down questions you want to bring before God for wisdom.

2. Describe Scriptures that have spoken hope or guidance to you.

3. Journal your commitment to seek God's direction.



Day 9: 💡 Wisdom in Grief's Journey

Prayer for Today

God of Wisdom, *I ask for Your guidance in this difficult time.* Grant me insight and clarity as I face decisions and emotions through grief. Help me trust Your word as a steady light, leading my steps. May Your wisdom fill my heart, giving peace amid uncertainty. Thank You for hearing my prayers. Amen.





Day 10: 🌻 Hope in God's Faithfulness



Day 10: 🌻 Hope in God's Faithfulness

Your Verse

Lamentations 3:22-23 – Because of the Lord's great love we are not consumed, for his compassions never fail.

Supporting Scriptures

- *Deuteronomy 7:9 – The Lord your God is faithful to all His promises.*
- *Psalms 36:5 – Your love, Lord, reaches to the heavens.*



Day 10: 🌻 Hope in God's Faithfulness

Devotional: Resting in God's Unchanging Faithfulness

Your heart may feel fragile, but God's faithfulness is unbreakable.

Lamentations reminds us that God's compassions never fail and that His love renews every morning, sustaining us through our darkest moments.

In grief, cling to the truth that God's faithfulness anchors your soul and provides protection from being overwhelmed. Even when circumstances feel out of control, God's promises remain steady and sure.

Let God's unfailing love be your confidence today. Trust that He will carry you gently and faithfully through this difficult path.



Reflect and Apply

1. How have you experienced God's faithfulness in hard times?

2. What promises from God bring you reassurance during grief?

3. How does knowing God's love never fails challenge your fears?



Journaling Prompts

1. Recall a time when God's faithfulness sustained you.

2. Write out Bible promises that encourage your heart.

3. Journal a prayer surrendering your fear and trusting God.



Day 10: 🌻 Hope in God's Faithfulness

Prayer for Today


Faithful God, *thank You for Your endless love and mercy.* In moments when I feel weak, remind me that Your compassions never fail. Help me to trust Your promises fully and lean on Your steadfast care. Carry me safely through grief with Your faithful hands. Amen.





Day 11: Light in the Darkness



Day 11:  Light in the Darkness


Your Verse

Psalm 119:105 – Your word is a lamp to my feet and a light to my path.

Supporting Scriptures

- *John 8:12 – I am the light of the world; whoever follows me will never walk in darkness.*
- *Isaiah 9:2 – The people walking in darkness have seen a great light.*



Day 11:  Light in the Darkness

Devotional: Guided by God's Illuminating Word

Grief can often feel like a dark tunnel with no clear way out. Yet God's Word illuminates every step, guiding you even when the way seems unclear. Psalm 119 reassures that God's word is a lamp, providing light and direction.

Jesus, the Light of the world, promises that those who follow Him will walk in no darkness. This light isn't just for guidance but for comfort and hope amid sorrow.

Hold onto the light God provides through Scripture. Let it lead you forward, dispelling fear and confusion with every step you take.



Reflect and Apply

1. When have you felt God's word lighting your path?

2. How can Scripture help you through moments of darkness?

3. What steps can you take to stay rooted in God's truth?



Journaling Prompts

1. Write about a Bible verse that has brought you comfort.

2. Describe habits that help you keep God's light in focus.

3. Journal a prayer asking for clarity and guidance.



Day 11: 🕯️ Light in the Darkness

Prayer for Today

Lord, *thank You for being my guiding light.* In dark moments of grief, help me to lean on Your Word and follow Your direction. Shine in my heart and clear my path, bringing comfort with Your presence. Keep me close to You as I walk through shadows. Amen.





Day 12: 🌸 Comfort for the Weary Heart



Day 12: 🌸 Comfort for the Weary Heart

Your Verse

Isaiah 40:29-31 - He gives strength to the weary and increases the power of the weak.

Supporting Scriptures

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



Day 12: 🌸 Comfort for the Weary Heart

Devotional: Receiving Strength and Healing from God

Grief can leave you physically, emotionally, and spiritually weary. Isaiah comforts us with the reminder that God renews the strength of the weak and weary. This promise is not vague but personal; God's power can fill you even when you feel depleted.

Jesus invites you to come to Him with your tired soul to find rest. His healing touch is for broken hearts and wounded spirits.

Allow yourself to receive God's comfort and strength. Rest in His presence and let Him restore your soul as you journey through grief.



Reflect and Apply

1. How do you recognize your weariness right now?

2. What steps can you take to accept God's healing and strength?

3. How does God's invitation to come to Him bring you hope?



Day 12: 🌸 Comfort for the Weary Heart

Journaling Prompts

1. Write about moments when God renewed your strength.

2. Describe ways you can rest physically and spiritually.

3. Journal a prayer for healing and renewed power.



Day 12: 🌸 Comfort for the Weary Heart

Prayer for Today

Lord Jesus, *I am weary and faint in my grief.* Please renew my strength and heal my broken heart. Help me to come to You with my burdens and find rest for my soul. Surround me with Your peace and empower me to face each day. Thank You for Your loving care. Amen.





Day 13: ❤️ Navigating Grief's Anger and Doubt



Your Verse

Psalm 73:26 - My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Supporting Scriptures

- *Job 1:21 - The Lord gave and the Lord has taken away; blessed be the name of the Lord.*
- *Habakkuk 3:17-18 - Yet I will rejoice in the Lord.*



Day 13: ❤️ Navigating Grief's Anger and Doubt

Devotional: Trusting God Through Grief's Storm

Anger, doubt, and confusion often accompany grieving, challenging your faith and emotions. Psalm 73 acknowledges human frailty but reaffirms God's strength as an unshakeable portion.

Job's story teaches endurance and worship despite profound loss; Habakkuk shows choosing joy and trust amid suffering. These Scriptures validate your feelings while pointing to God as your steadfast source of strength.

Allow space for your emotions today, but seek God's strength to carry you through the hardest questions. He understands and invites you to trust even when feelings are raw.



Reflect and Apply

1. What doubts or anger are you experiencing now?

2. How does God's strength help you face difficult emotions?

3. In what ways can worship coexist with grief?



Journaling Prompts

1. Write about your honest feelings toward your grief journey.

2. Describe how God has been your strength despite doubts.

3. Journal a prayer surrendering your anger and seeking peace.



Day 13: ❤️ Navigating Grief's Anger and Doubt

Prayer for Today

God of Comfort, *sometimes my heart is full of anger and confusion*. Help me to bring these feelings to You honestly. Be my strength when I feel weak and my hope when doubts arise. Teach me to trust You even when grief feels overwhelming. Thank You for never leaving me alone. Amen.





Day 14: 🌱 Trusting God's Timing



Your Verse

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

Supporting Scriptures

- *Psalm 27:14 – Wait for the Lord; be strong and take heart.*
- *Isaiah 40:31 – Those who hope in the Lord will renew their strength.*



Day 14: 🌱 Trusting God's Timing

Devotional: Embracing God's Perfect Timing

One of the hardest parts of grief is waiting — waiting for healing, answers, or peace. Ecclesiastes reminds us that every season has its appointed time, including the season of loss and mourning.

Patience and trust in God's perfect timing help you endure the painful phases of grief. While waiting, God promises to renew your strength and encourage your heart.

Today, surrender your impatience and lean into God's timing. Trust that He is working even when you cannot see it and that your hope in Him will bring renewed courage.



Day 14: 🌱 Trusting God's Timing

Reflect and Apply

1. How do you react to waiting during grief?

2. What can help you develop patience and trust in God's timing?

3. Where have you seen God work quietly in your life?



Journaling Prompts

1. Write about a time when waiting strengthened your faith.

2. Describe your feelings about the current season of grief.

3. Journal a prayer for patience and renewed strength.



Day 14: 🌱 Trusting God's Timing

Prayer for Today

Patient God, *help me to trust Your timing in this season of loss.* When I grow weary waiting for healing or peace, remind me that You are at work. Renew my strength and encourage my heart as I wait expectantly on You. Teach me to rest in Your perfect plan. Amen.





Day 15: 🌟 Embracing Community Support



Your Verse

Galatians 6:2 – Carry each other's burdens, and in this way you will fulfill the law of Christ.

Supporting Scriptures

- *Ecclesiastes 4:9 – Two are better than one.*
- *Romans 12:15 – Rejoice with those who rejoice; mourn with those who mourn.*



Devotional: Finding Strength Through Others' Support

Grief is often lonely, but God designed us for community and mutual support. Galatians encourages believers to bear one another's burdens, showing Christ's love tangibly.

Surrounding yourself with compassionate friends, family, or faith community can lighten your load and provide healing comfort. Sharing your pain and receiving encouragement is part of grief's healthy process.

Today, consider reaching out for support or offering your heart to others walking through hardship. Together, grief's weight becomes more bearable in God's community.



Reflect and Apply

1. Who can you turn to for comfort in your grief journey?

2. How can you openly share your feelings with trusted people?

3. In what ways can you support others who grieve?



Journaling Prompts

1. List people who have encouraged you lately.

2. Write about what it feels like to share your pain.

3. Journal a prayer for openness to receive and give support.



Day 15: 🌸 Embracing Community Support

Prayer for Today

God of Community, *thank You for placing others in my life to help carry my burdens.* Help me to be open to receiving support and to share love with those also grieving. Teach me to bear burdens with grace and compassion. Surround me with Your caring presence through others. Amen.





Day 16: 🌻 Renewing Joy Amidst Sorrow



Day 16: ☀️ Renewing Joy Amidst Sorrow

Your Verse

Nehemiah 8:10 – The joy of the Lord is your strength.

Supporting Scriptures

- *Psalm 30:5 – Weeping may stay for the night, but rejoicing comes in the morning.*
- *John 16:22 – Your grief will turn to joy.*



Day 16: ☀️ Renewing Joy Amidst Sorrow

Devotional: Finding Strength in God's Joy

Grief's weight can overshadow your capacity to feel joy, but God invites you to discover strength in His joy. Nehemiah reminds us that joy is not absent in sorrow; it is a sustaining power.

The promise that grief will eventually turn to joy offers hope and encouragement for your heart's renewal. Joy may look different now but is still possible through God's presence.

Allow space for small joys today, thanking God for sustaining your soul amid sadness. Let hope grow for the light beyond the night.



Reflect and Apply

1. Where do you sense moments of joy during grief?

2. How can you nurture hope for joy's return?

3. What helps you remember joy is a gift despite pain?



Day 16: ☀️ Renewing Joy Amidst Sorrow

Journaling Prompts

1. Write about a small joy you experienced recently.

2. Describe what God's joy means to you in grief.

3. Journal a prayer asking for renewed hope and joy.



Day 16: 🌻 Renewing Joy Amidst Sorrow

Prayer for Today

Joyful God, *thank You for being the source of my strength and joy.* Even in sorrow, help me to see Your goodness and hold onto hope. Renew my spirit with Your joy and bring healing to my weary heart. Teach me to trust that rejoicing will come after the night. Amen.





Day 17: 🦋 Embracing Transformation Through Grief



Day 17: 🦋 Embracing Transformation Through Grief

Your Verse

2 Corinthians 5:17 – If anyone is in Christ, the new creation has come.

Supporting Scriptures

- *Romans 8:28 – In all things God works for the good of those who love Him.*
- *Psalms 40:1-3 – He lifts me out of the slimy pit.*



Day 17: 🦋 Embracing Transformation Through Grief

Devotional: God's Renewal Through Loss

Grief, though painful, can lead to transformation and new life in Christ. Paul reminds us that in Christ we become new creations. God uses even our darkest times to work for good.

Your journey through loss can be a refining fire that shapes your faith and character. Though the process is difficult, trust that God is lifting you out of despair toward growth and renewal.

Invite God to use grief as a catalyst for spiritual transformation in your life. Open your heart to His renewing work.



Reflect and Apply

1. In what ways have you experienced growth through grief?

2. How can you cooperate with God's transforming work?

3. What new perspectives has this season given you?



Journaling Prompts

1. Write about changes you sense in your heart or faith.

2. Describe areas where you hope God will bring renewal.

3. Journal a prayer inviting transformation.



Day 17: 🦋 Embracing Transformation Through Grief

Prayer for Today

God of New Beginnings, thank You that You make all things new. Help me to trust Your good purposes in grief and open my heart to transformation. Lift me from sorrow into hope and renew my spirit with Your love. Use my pain for Your glory and my growth. Amen.





Day 18: *Extending Grace to Yourself*



Day 18:  *Extending Grace to Yourself*

Your Verse

Ephesians 4:32 – Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Supporting Scriptures

- *Psalm 46:10 – Be still and know that I am God.*
- *Matthew 11:28 – Come to me, all who are weary and burdened.*



Day 18:  Extending Grace to Yourself

Devotional: Kindness and Forgiveness for Yourself

Grieving can bring feelings of guilt, impatience, or harsh self-judgment. God's Word calls you to extend kindness and forgiveness — not only to others but to yourself. Just as Christ's forgiveness is abundant, so should your grace be for your own heart in this vulnerable time.

Stopping to be still and know God helps cultivate patience and self-compassion amidst grief. Allow yourself the space to heal gently without rushing or blame.

Practice extending grace to yourself today—welcoming God's peace and love in your healing.



Reflect and Apply

1. Are you being gentle with yourself as you grieve?

2. What areas do you struggle to forgive in your heart?

3. How can stillness foster self-compassion and trust in God?



Day 18:  *Extending Grace to Yourself*

Journaling Prompts

1. Write a letter of grace to yourself.

2. Describe moments when you felt overwhelmed by self-judgment.

3. Journal a prayer asking God to help you forgive and be kind to yourself.



Day 18:  Extending Grace to Yourself

Prayer for Today

Merciful God, help me to extend the same grace to myself that You give so freely. Teach me to be patient, kind, and forgiving toward my broken heart. When I feel burdened, remind me to be still and rest in Your loving embrace. Heal my spirit gently as You walk with me through grief. Amen.





Day 19: 🌸 Celebrating Her Impact



Day 19: 🌸 Celebrating Her Impact

Your Verse

Hebrews 12:1 – Let us run with perseverance the race marked out for us, fixing our eyes on Jesus.

Supporting Scriptures

- *Philippians 3:13-14 – Forgetting what is behind and straining toward what is ahead.*
- *1 Thessalonians 5:11 – Encourage one another and build each other up.*



Day 19: 🌸 Celebrating Her Impact

Devotional: Running Faithfully, Inspired by Legacy

Your mom's journey and faith have laid a foundation for you to continue. Hebrews encourages us to persevere faithfully, fixing our eyes on Jesus as our guide. Reflecting on her impact can inspire you to run your own race with hope and determination.

Though grief asks you to look back, it also invites you to look forward with encouragement. You can honor her legacy by embracing the call God has for your life.

Today, celebrate her impact by asking how you can carry forward her values in your daily life.



Reflect and Apply

1. How has your mom's faith influenced your journey?

2. What part of her legacy motivates you to persevere?

3. How can you encourage others through your story?



Journaling Prompts

1. Write about lessons learned from your mom's life.

2. Describe your hopes for carrying forward her legacy.

3. Journal a prayer committing your journey to God.



Day 19: 🌸 Celebrating Her Impact

Prayer for Today

Faithful God, thank You for the legacy of faith my mother has passed to me. Help me to run my race with perseverance, fixing my eyes on Jesus. May her influence strengthen and inspire me to live fully for You. Use me to encourage and build others as she did. Amen.





Day 20: ✨ Embracing God's Eternal Promise



Day 20: ✨ Embracing God's Eternal Promise

Your Verse

John 14:2-3 – My Father's house has many rooms... I will come back and take you to be with me.

Supporting Scriptures

- *1 Thessalonians 4:13-14 – We do not grieve like those who have no hope.*
- *2 Corinthians 5:8 – To be absent from the body is to be present with the Lord.*



Day 20: ✨ Embracing God's Eternal Promise

Devotional: Hope in Heaven's Eternal Home

Jesus' promise of a place prepared in heaven offers profound comfort amid grief. Knowing your mom is resting in God's presence empowers hope beyond this life.

Scripture reveals that physical separation is temporary and that reunion awaits. This eternal perspective softens grief's sting and fuels faith.

Carry today this assurance that God's family is eternal and your loved one dwells in everlasting peace. Trust in the promise of joyful reunion in God's presence.



Day 20: ✨ Embracing God's Eternal Promise

Reflect and Apply

1. How does the promise of heaven bring peace to your heart?

2. What hope can you hold onto as you prepare to say goodbye?

3. How does eternal life change your perspective on loss?



Day 20: ✨ Embracing God's Eternal Promise

Journaling Prompts

1. Write about your feelings when you think of heaven.

2. Describe what reunion with your mom will mean to you.

3. Journal a prayer affirming your hope in eternal life.



Day 20: ✨ Embracing God's Eternal Promise

Prayer for Today

Jesus, thank You for preparing a place for my beloved mother. Help me to hold tightly to the promise of eternal life and reunion. Comfort my heart with hope and calm my fears. Thank You that death is not the end and that we will be together again in Your presence. Amen.





Day 21: 🌹 Moving Forward with Peace



Day 21: 🌹 Moving Forward with Peace

Your Verse

Philippians 4:13 – I can do all this through him who gives me strength.

Supporting Scriptures

- *Isaiah 41:10 – Do not fear, for I am with you.*
- *Romans 8:38–39 – Nothing can separate us from the love of God.*



Day 21: 🌹 Moving Forward with Peace

Devotional: Strength and Peace to Carry On

As this study draws to a close, God invites you to move forward with peace and strength. The Apostle Paul stands as an example that with Christ's strength, you can face the future confidently—even through grief.

God's presence dispels fear and assures you that nothing can separate you from His love. As you prepare to say goodbye, carry His peace as your shield and your guide.

Embrace the strength God offers to live well, honor your mom's legacy, and trust in His unending love. May your heart be filled with hope, courage, and peace moving forward.



Reflect and Apply

1. What strength do you sense God providing you now?

2. How can you trust God's presence daily in your grief journey?

3. What does moving forward with peace look like for you?



Day 21: 🌹 Moving Forward with Peace

Journaling Prompts

1. Write about your hopes and fears for the days ahead.

2. Describe how God's love has sustained you during this study.

3. Journal a prayer committing your future into God's hands.



Day 21: 🌹 Moving Forward with Peace

Prayer for Today

Lord, thank You for being my strength and peace. As I prepare to move forward, help me to rely on You daily. Calm my fears and remind me that Your love surrounds me always. Give me courage to live fully and honor my mother's legacy with joy and faith. I trust in Your unending grace. Amen.





Where God's Word Meets Your Daily Life

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