



Grief: Scriptures for Holding Hands One Last Time



Find comfort and guidance through Scripture during final moments of connection with loved ones facing loss.



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Introduction

Grief is one of life's most profound and deeply personal experiences. When we face the moment of saying goodbye, whether through illness, accident, or the quiet passing of time, the emotional weight can feel overwhelming. Yet, even in those final moments, Scripture offers a gentle hand to hold, words to soothe, and promises that bring peace.

This 3-day study is designed to walk alongside you or someone you love during *those sacred last moments* — the “holding hands one last time” when hearts connect deeply, and farewells are tender. The Bible does not shy away from grief; instead, it embraces it with honesty and hope. Years before modern psychology, the psalmists, prophets, and Jesus Himself acknowledged sorrow and loss, providing a timeless guide on how to face these pain-filled times with faith.

Each day of this study focuses on a scriptural passage that reflects the intimate experience of grief and final connection. You will find devotional insights that encourage reflection on God's presence even in the shadow of death, practical questions to deepen your understanding, and journaling prompts to express the whirlwind of emotions that final moments inspire. Most importantly, these Scriptures remind us that grief is held in the hands of a loving God — one who promises peace, comfort, and eternal reunion.

Whether you are supporting a loved one, preparing your own heart, or simply seeking hope amid loss, this study invites you to experience God's



compassionate embrace in your grief journey. Let us approach these moments together, with faith, love, and the assurance that holding hands one last time is never truly the end.





Day 1: God's Comfort in Our Deepest Pain



Day 1: 🤝 God's Comfort in Our Deepest Pain

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 comforts us in all our troubles, so we can comfort others.*
- *Matthew 5:4 – Blessed are those who mourn, for they will be comforted.*



Day 1: 🤝 God's Comfort in Our Deepest Pain

Devotional: God's Near Presence in Our Heartache

When grief overwhelms, we can find solace in knowing God is near. Psalm 34:18 offers a tender reminder that the Lord is especially close when our hearts are broken and our spirits crushed. This isn't a distant comfort but an intimate presence — a hand held firmly in the midst of pain.

Grief often feels isolating, yet Scripture reveals that God's nearness transforms isolation into intimate connection. He sees every tear, understands our silence, and wraps us in gentle love. The promise is not that suffering disappears instantly, but that we are not alone *in the suffering*.

In this passage, we also see a divine purpose: God's comfort prepares us to become sources of comfort for others. When we experience God's peace amid grief, we gain a deeper empathy, enabling us to reach out to those facing similar trials.

Consider who in your life needs comfort today — and how God's compassion equips you to be a bearing light even when your own heart is tender.



Day 1: 🙏 God's Comfort in Our Deepest Pain

Reflect and Apply

1. How does knowing God is close in brokenness change your understanding of grief?

2. In what ways has God comforted you during a painful time?

3. How might your experience of comfort enable you to support someone else facing loss?



Day 1:  God's Comfort in Our Deepest Pain

Journaling Prompts

1. Describe a moment when you felt God's presence during grief.

2. Write about the feelings you have when you think of holding hands one last time.

3. Reflect on how you can be an instrument of God's comfort to others.



Day 1: 🙌 God's Comfort in Our Deepest Pain

Prayer for Today

Lord, in this time of deep sorrow, thank You for being close to my broken heart. Help me to feel Your comforting presence, even when pain seems overwhelming. Teach me how to lean into Your peace and to be a source of comfort for others walking through grief. May I hold on to Your promises and remember that in You, I am never alone. Amen. 🙏 🙌 ❤️





Day 2: 🧡 Embracing God's Peace in Final Moments



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. Do not let your hearts be troubled and do not be afraid.

Supporting Scriptures

- *Philippians 4:7 – God's peace will guard your hearts and minds in Christ Jesus.*
- *Isaiah 41:10 – Do not fear, for I am with you; I will strengthen and help you.*



Devotional: Receiving the Peace Jesus Gives

As we approach the tender final moments with a loved one, fear and unrest may rise sharply. John 14:27 offers a powerful reassurance from Jesus Himself: He gives a peace that transcends worldly understanding, a calm in the storm that calms both heart and soul.

This peace is not mere absence of conflict but the settled assurance that God holds the future. It is a peace that can sustain us through sorrowful goodbyes and moments charged with emotion.

During those final connections, this peace can help us anchor our hearts and quiet the fears that come with loss. Philippians reminds us that God's peace actively guards our hearts and minds — like a protective shield against despair and anxiety. Isaiah 41:10 strengthens this truth with a promise that God is with us, giving strength and help right when we need it.

Embracing God's peace allows us to fully cherish these moments of holding hands — where love, faith, and eternal hope meet — even as we prepare to say goodbye.



Reflect and Apply

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

2. How can God's peace help soften the fear or anxiety that arise in final moments?

3. In what ways can you cultivate this peace while staying present with your loved one?



Journaling Prompts

1. Write about fears or worries you have about final moments with someone you love.

2. Describe how God's peace has manifested in your life during hard times.

3. Reflect on any changes in your heart after reading John 14:27.



Day 2: 🧡 Embracing God's Peace in Final Moments

Prayer for Today

Dear Jesus, thank You for Your gift of peace — a peace unlike any the world can give. In these moments that feel heavy with loss, help me to receive Your calm, to release fears, and to rest securely in Your love. Strengthen my heart and help me to embrace every precious second with my loved one, confident in Your presence and promises. Amen. 🙌❤️🙏





Day 3: Hope Beyond Goodbye



Day 3: 🌅 Hope Beyond Goodbye

Your Verse

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

Supporting Scriptures

- *1 Thessalonians 4:13-14 - We do not grieve like those who have no hope.*
- *Romans 8:38-39 - Nothing can separate us from the love of God in Christ Jesus.*



Day 3:  Hope Beyond Goodbye

Devotional: Hope That Transcends Farewell

Goodbyes are unbearably difficult, yet Scripture offers us a hope that stretches beyond the pain of parting. Revelation 21:4 paints a glorious picture of the future, where God will remove all sorrow, death, and tears. This vision promises that grief is not the final chapter.

For those holding hands one last time, these words offer a reminder that death is a passage — an entrance into a reality where mourning ends, and eternal peace begins. Paul reassures believers in 1 Thessalonians that while grief is real and deep, it is accompanied by hope rooted in the resurrection of Jesus.

This hope transforms how we experience loss, providing strength to face today's pain with assurance that God's love will never let us go. Romans declares that absolutely nothing can separate us from the love of God — a love that conquers even death.

May this hope illuminate your heart and bring light to your final moments of connection, reminding you that goodbye is only for now.



Day 3:  Hope Beyond Goodbye

Reflect and Apply

1. How does the hope described in Revelation 21:4 influence your experience of grief?

2. What does it mean to grieve with hope, rather than without?

3. How can the assurance of God's unending love impact your farewell moments?



Day 3:  Hope Beyond Goodbye

Journaling Prompts

1. Write about the hope you hold for life beyond death.

2. Describe what eternal peace means to you as you think of a loved one's passing.

3. Reflect on ways to share this hope with others who are grieving.



Day 3: 🌅 Hope Beyond Goodbye

Prayer for Today

Heavenly Father, thank You for the hope that outshines even the darkest grief. Help me to cling to Your promises of eternal life, where tears are wiped away and sorrow no longer holds sway. Comfort my heart as I face farewell, and fill me with courage and peace that come only from You. May Your unfailing love be my constant guide and refuge. In Jesus' name I pray, amen. 🌅 ❤️ 🙏 ✨





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