Grief When Dad Is Dying: A 21-Day Journey for Sons and Daughters



A compassionate 21-day study helping sons and daughters navigate grief as they face a father's imminent loss.





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Introduction

Grief is a profound and deeply personal journey, especially when it arises from the impending loss of a father. Sons and daughters often face unique emotions — from confusion and sorrow to guilt and hope — as they prepare their hearts and minds for the inevitable. This 21-day Bible study has been crafted specifically to walk alongside you through these difficult days, offering God's comforting Word and reflective questions to help you process your experience.

In these pages, you will encounter Scripture that speaks to loss, love, sorrow, strength, and hope — all tailored to your unique situation. Each day provides a space for reflection, prayer, and journaling, so you can freely express your thoughts and feelings as you lean on God's presence. This is not just about mourning your father's earthly absence but also about embracing the legacy, lessons, and love he has imparted, as well as the healing grace God offers amidst your grief.

Remember, grief is not a linear path, and every feeling you experience is valid and welcomed here. Through Scripture and prayer, you will find ways to honor your father's life, confront your fears and doubts, and gradually discover peace in God's promises. Your journey through these 21 days is designed to be one of both honest sorrow and hopeful restoration.

Let each day be a step toward embracing God's compassion and the comfort He freely provides to those who mourn. May you feel seen, understood, and







deeply loved throughout this time.















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."







Devotional: God's Nearness in Brokenness

Starting this journey when your father is dying can feel unbearably heavy.

You may already sense a tidal wave of emotions: fear, anger, sadness, or numbness. But *Psalm 34:18* reminds us powerfully that God is not distant in your sorrow; He is near to the brokenhearted. This intimacy of God's presence offers a safe place to bring your raw emotions, even when words fail.

In Matthew 5:4, Jesus acknowledges the deep mourning we endure and promises comfort, not as an abstract concept, but as a living, tangible hope. You are not walking alone — your grief is shared by the divine heart that understands human pain fully. This knowledge can be the foundation for the days ahead.

Reflect on how often you may have felt alone in your sadness. What might it mean today to believe God is right there with you in these moments—even when the weight of impending loss feels crushing? As you begin this study, invite God to carry your heart, hold your fears, and guide your understanding through His Word.







Reflect and Apply

1.	How do I currently feel about my father's illness and impending death?
2.	Where do I sense God's presence in the midst of my pain right now?
3.	What fears or questions do I hesitate to bring before God?







Journaling Prompts

Write about a recent moment where your heart felt especially heavy or broken.
List any emotions you are experiencing without judgment or explanation.
Describe how you imagine God's nearness to you in this difficult time.







Prayer for Today

Dear Heavenly Father, thank You for being close to me when my heart is broken and my spirit feels crushed. Help me to lean into Your presence and find comfort in Your nearness, even when the pain seems overwhelming. Give me courage to face each new day with hope, trusting that You are my refuge and strength. Surround me with Your peace and let me feel Your loving arms holding me close during this dark time. In Jesus' name, Amen.









Day 2: SEmbracing Your Emotions Honestly









Day 2: W Embracing Your Emotions Honestly

Your Verse

Ecclesiastes 3:1,4 - "There is a time for everything... a time to weep and a time to laugh."

Supporting Scriptures

- Genesis 50:10 "Joseph wept when his father died."
- John 11:35 "Jesus wept."







Day 2: W Embracing Your Emotions Honestly

Devotional: It's Okay to Feel and Express Your Grief

Grief carries many faces: sorrow, anger, relief, confusion, or even numbness. All these emotions are natural. *Ecclesiastes 3:1,4* teaches that life's seasons are purposeful — there are appointed times to experience different feelings.

We see examples right in Scripture of heartfelt grieving. Joseph's tears at his father's death (Genesis 50:10) highlight a son's love breaking into sorrow. Jesus Himself wept at Lazarus's death (John 11:35), revealing that expressing grief is not a sign of weakness but a profound reflection of our humanity.

When your father is dying, you might feel overwhelmed by the intensity of emotions swelling inside. You may want to suppress them to appear strong or protect others. But the Bible invites you to honestly embrace and give voice to your feelings — both to God and to trusted companions.

Let grief flow without guilt or shame. Your tears, your questions, and even your silences are part of your healing process. Remember, God's heart is tender toward your suffering and understands every nuance of your pain.







Day 2: 😂 Embracing Your Emotions Honestly

Reflect and Apply

1.	Which emotions feel strongest for me today? Why?
2.	Have I been holding any feelings inside that need to be expressed?
3.	How can I safely share my emotions with God and others?







Day 2: W Embracing Your Emotions Honestly

Journaling Prompts

1.	Describe a moment recently when you felt overwhelmed with emotion.
2.	Write a letter to God sharing your feelings openly.
	Reflect on times when you saw Jesus or others expressing grief; how does that encourage you?







Day 2: W Embracing Your Emotions Honestly

Prayer for Today

Lord Jesus, thank You for showing me that it's okay to cry and to feel deeply. Help me to be honest with my emotions and not to hide them from You. Give me the courage to share my feelings and the peace that comes from letting grief be part of my journey. Hold me tightly in this storm. Amen.

















Your Verse

Isaiah 41:10 – "So do not fear, for I am with you... I will strengthen you and help you."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: God's Strength When You Feel Weak

Facing your father's illness can leave you feeling powerless and exhausted. Yet God promises not only His presence but His strength when you are weak (Isaiah 41:10).

Psalm 46:1 calls God our refuge and strength — a safe place we can run to when everything feels chaotic. And Paul in Philippians 4:13 reminds us that our ability to endure comes through Christ's power in us.

When you feel drained, physically or emotionally, invite God to renew your spirit. Lean into His strength, even if it feels invisible or distant at moments. Strength from God often arrives gently through quiet moments of trust and surrender.

Remember, you are not expected to carry this burden alone. Let God's strength be your anchor as you continue navigating the hard realities of your father's condition.







Reflect and Apply

1.	Where in my life do I most need God's strength right now?
2.	How have I experienced God's help during previous difficult times?
3.	What might it look like for me to daily receive God's strength?







Journaling Prompts

1.	Write about a time when God helped you through weakness.
2.	List ways you can remind yourself of God's promise to be your strength.
3.	Describe what it feels like to surrender control to God.







Prayer for Today

Father God, *I feel weak and weary, but I trust in Your promise to be my strength.* Help me to rest in Your presence and rely on Your power when I cannot go on alone. Fill me with peace and courage for today and the days ahead. Amen.



















Your Verse

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

Supporting Scriptures

- Ecclesiastes 7:9 "Do not be quickly provoked in your spirit, for anger resides in the lap of fools."
- Ephesians 4:26 "In your anger do not sin."







Devotional: Bringing Anger to God Without Sinning

Anger is a natural, sometimes confusing part of grief. You might feel angry at the situation, at God, or even at your father, especially if things remain unresolved. The psalmist's cry in Psalm 13:1 reflects honest anguish and frustration with God's apparent silence.

Scripture acknowledges human anger but warns us to be careful not to sin in our anger (Ephesians 4:26). Your feelings are valid; God wants you to bring them openly to Him rather than bury them.

Unexpressed or misdirected anger can cause bitterness or harm relationships, but when laid before God, it can become a path toward healing. Ask God for wisdom to recognize when anger is becoming destructive and how to channel it into hope and transformation.

Remember, venting your honest feelings to God is part of the healing journey; He welcomes your cries, frustrations, and questions without condemnation.







Reflect and Apply

1.	What anger am I feeling about my father's illness or the situation?
2.	How have I expressed or suppressed this anger?
3.	How can I bring my anger before God without sinning?







Journaling Prompts

Write a letter to God expressing your anger honestly.
Reflect on any anger you feel toward others and how it affects you.
Describe what forgiveness might look like in this context.







Prayer for Today

God, *I'm angry and confused. Sometimes I feel You are silent.* Help me not to sin in my anger but to bring it to You honestly. Teach me how to walk through this fiery emotion with wisdom and grace. Give me peace in the storm. Amen.



















Your Verse

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

Supporting Scriptures

- Revelation 21:4 "He will wipe every tear from their eyes."
- John 14:1–3 "Let not your hearts be troubled... I go to prepare a place for you."







Devotional: Clinging to God's Promise of Hope

Amidst grief, hope may feel distant or unimaginable. Yet, God invites us to trust in Him as the source of true and lasting hope. Romans 15:13 prays that God fills us with joy and peace as we place our trust in Him.

Revelation 21:4 offers a future promise where God will wipe away all tears — a vision of eternal restoration. Jesus comforts His disciples in John 14 by promising He is preparing a place where we will be reunited.

Though your heart aches now, this hope points beyond your present pain to a healing that surpasses understanding. Clinging to these promises does not diminish your sorrow but complements it with assurance that loss is not the final word.

Let hope anchor your soul today, giving you strength to move forward one step at a time.







Reflect and Apply

What does hope mean for me in the midst of my grief?
How do God's promises of eternal life and restoration comfort me?
What steps can I take to grow in trusting God during this time?







Journaling Prompts

1.	Write about what hope looks and feels like for you personally.
2.	Reflect on a time when hope sustained you before.
3.	List Bible verses or prayers that inspire hope in your heart.







Prayer for Today

Lord of Hope, *fill my heart with joy and peace as I trust in Your promises.* Help me hold on to Your eternal assurance when the pain feels overwhelming. Thank You for the hope of eternity and the comfort of Your presence every day. Amen.











Day 6: Besting in God's Peace









Your Verse

John 14:27 - "Peace I leave with you; my peace I give you."

Supporting Scriptures

- Philippians 4:6-7 "Do not be anxious... and the peace of God... will guard your hearts."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Devotional: Receiving God's Lasting Peace

Fear and uncertainty often accompany grief, especially when a father's life nears its end. Jesus speaks tenderly in John 14:27 to give us a peace different from the world's—a deep, abiding peace for our hearts and minds.

Philippians 4:6–7 encourages turning worries into prayers, trusting that God's peace will protect us. *Colossians 3:15* further calls us to let this peace be the ruling force in our hearts amidst turmoil.

Resting in God's peace doesn't mean pain vanishes instantly. Instead, it offers a calm center, a secure refuge you can return to when everything else feels chaotic.

Today, try pausing regularly throughout your day to breathe deeply and invite God's peace into the current moment. This practice can help you regain balance amid emotional storms.







Reflect and Apply

1.	When do I experience the most anxiety or restlessness?
2.	How can I practice inviting God's peace into my daily life?
3.	What distractions keep me from resting in God's presence?







Journaling Prompts

1.	Describe a recent moment when you felt God's peace.
2.	Write about what 'peace' means to you in your current situation.
3.	Create a personal prayer asking God for His peace regularly.







Prayer for Today

Jesus, Prince of Peace, *thank You for the gift of Your peace that calms my troubled heart.* Help me to rely on Your presence when fears arise and to find rest in You each day. Guard my heart with Your peace that surpasses understanding. Amen.



















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







Devotional: God's Guidance Through Confusion

Grief often brings confusion, making decisions feel daunting and clarity elusive. James 1:5 invites believers to ask God for wisdom—an essential gift in times of uncertainty.

Proverbs 3:5–6 reminds us to trust God fully, not leaning on our own understanding, and He will guide us. *Psalm 119:105* paints the comforting image of God's Word as a guiding light in dark places.

During your father's illness, many choices may arise — medical, emotional, relational. Rather than struggling alone, turn to God in prayer and Scripture for insight and peace.

Sometimes wisdom comes quietly, through a word, a feeling of peace, or counsel from trusted friends. Stay open to God's leading.







Reflect and Apply

1.	What decisions or challenges feel most overwhelming to me right now?
2.	How do I normally seek guidance in difficult times?
3.	In what ways can I invite God's wisdom daily?







Journaling Prompts

1.	Write about a recent decision you struggled with.
2.	List ways you can seek God's guidance this week.
3.	Reflect on a time when God guided you clearly.







Prayer for Today

Lord, *I need Your wisdom to navigate this difficult season.* Teach me to trust You completely and to listen closely to Your voice. Illuminate my path with Your Word and give me clarity for each step I face. Amen.

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Day 8: **()** Trusting God Amid Uncertainty

Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart... He will make your paths straight."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."
- Psalm 9:10 "Those who know your name trust in you."







Day 8: 1 Trusting God Amid Uncertainty

Devotional: Choosing Trust When Fear Persists

Uncertainty about your father's health and future can stir up fear and doubt. Trusting God amidst this is not always easy, but Proverbs 3:5–6 encourages wholehearted reliance on Him, promising He will direct your path.

Isaiah 26:3 offers assurance that God grants perfect peace when our minds and hearts fixate on Him. *Psalm 9:10* reminds us that knowing God personally strengthens our trust.

Choosing trust is a daily act — sometimes a moment-by-moment decision to believe God even when circumstances feel out of control. The more you dwell on God's character — His love, faithfulness, and power — the more your heart can rest secure.

Today, practice repeating Scripture to anchor your trust and quiet anxiety.







Day 8: ① Trusting God Amid Uncertainty

Reflect and Apply

1.	What fears about my father's illness do I find hardest to surrender?
2.	How does trusting God differ from simply hoping things will get better?
3.	How can I cultivate a deeper knowing of God as trustworthy?







Day 8: ① Trusting God Amid Uncertainty

Journaling Prompts

1.	Write about your fears and how you want to hand them over to God.
2.	List qualities of God that encourage your trust.
3.	Describe a past experience that showed you God's faithfulness.







Day 8: ① Trusting God Amid Uncertainty

Prayer for Today

Father, *I struggle with fear and uncertainty, but I choose to trust You.* Help me fix my heart on Your goodness and guide my steps through this unknown valley. May Your peace guard my mind and soul as I rely fully on You. Amen.



















Day 9: 🚨 Remembering Joyful Moments

Your Verse

Philippians 4:4 - "Rejoice in the Lord always."

Supporting Scriptures

- Psalm 126:5 "Those who sow with tears will reap with songs of joy."
- Ecclesiastes 3:4 "A time to weep and a time to laugh."







Day 9: 🚨 Remembering Joyful Moments

Devotional: Honoring Happy Memories Amid Sadness

Grief does not erase the joyful memories you shared with your father. Paul encourages us in Philippians 4:4 to rejoice in the Lord always, reminding us that joy and sorrow coexist.

Psalm 126:5 offers hope that those who sow in tears will one day reap joy. Likewise, Ecclesiastes tells us there is a season for laughter alongside tears.

Take time to reflect on the precious moments filled with laughter, love, and learning from your dad. Remembering these is not denying pain but embracing the full spectrum of your relationship and God's blessings.

These memories can serve as emotional strength and encouragement, reminding you of God's goodness through your father's life.







Day 9: 😂 Remembering Joyful Moments

Reflect and Apply

1.	What are some of my happiest memories with my dad?
2.	How do joyful memories balance my grief?
3.	How can I celebrate my father's legacy amid pain?







Day 9: 😂 Remembering Joyful Moments

Journaling Prompts

1.	Write about a treasured joyful moment with your father.
2.	List qualities or lessons your dad taught you that bring you happiness.
3.	Reflect on how you can keep these memories alive.







Day 9: 😂 Remembering Joyful Moments

Prayer for Today

Thank You, God, *for the joyful moments I shared with my dad.* Help me hold these memories close and find comfort in the love You revealed through him. May my heart rejoice even amid sadness, trusting in Your eternal joy. Amen.









Day 10: 🂝 Seeking Support and Community









Day 10: 🌣 Seeking Support and Community

Your Verse

Galatians 6:2 - "Carry each other's burdens."

Supporting Scriptures

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







Day 10: 🌣 Seeking Support and Community

Devotional: You Are Not Alone in Your Grief

Grief can feel isolating, but God designed us for community. Galatians 6:2 reminds us to carry each other's burdens, offering practical love and presence.

Ecclesiastes 4:9 highlights the strength found in companionship, and Romans 12:15 calls us to enter into others' joys and sorrows.

Reaching out can be hard when sadness weighs heavily, but sharing your pain with trusted friends, family, or counselors can lighten your load and provide encouragement.

This day, consider who you can connect with honestly about your grief. Let God's love flow through others to bring healing and hope.







Day 10: 🎔 Seeking Support and Community

Reflect and Apply

1.	Who in my life can I turn to for support during this time?
2.	What fears or barriers keep me from seeking help?
3.	How can I be a supportive friend to others who are grieving?







Day 10: 🌣 Seeking Support and Community

Journaling Prompts

List people who have offered support or whom you want to connect with.
Write about any hesitations or fears about sharing your grief.
Reflect on ways to build or deepen your support network.







Day 10: 🌣 Seeking Support and Community

Prayer for Today

God, thank You for creating me to live in community. Help me to reach out for support and to let others come alongside me. Use me to carry burdens for others as well. Surround me with compassionate love and understanding. Amen.









Day 11: Figure 21: Embracing God's Unchanging Love









Day 11: @ Embracing God's Unchanging Love

Your Verse

Romans 8:38-39 - "Nothing can separate us from the love of God."

Supporting Scriptures

- Jeremiah 31:3 "I have loved you with an everlasting love."
- Psalm 136:26 "His love endures forever."







Day 11: @ Embracing God's Unchanging Love

Devotional: Anchored in God's Eternal Love

The shifting tides of grief can shake your heart, but God's love remains steadfast. Romans 8:38–39 powerfully reassures that nothing can separate us from God's love — not death, pain, or separation.

Jeremiah 31:3 speaks of God's everlasting love, and Psalm 136 continually praises His enduring faithfulness.

Your father's life was marked by this divine love, and you too are held in it deeply. When confusion, doubt, or loneliness creep in, remember that God's love is an unshakable foundation that upholds you always.

Draw close to Him today and rest in the secure embrace of His eternal affection.







Day 11: <a> Embracing God's Unchanging Love

Reflect and Apply







Day 11: <a> Embracing God's Unchanging Love

Journaling Prompts

1.	Write about a moment you felt deeply loved by God.
2.	List attributes of God's love from Scripture.
3.	Reflect on what it means to be loved 'everlastingly.'







Day 11: @ Embracing God's Unchanging Love

Prayer for Today

Lord, *thank You for Your unchanging, everlasting love.* Help me lean into this love when I feel shaken by grief. Remind me that nothing can separate me from You, and in Your love, I am safe and secure. Amen.









Day 12: Finding New Growth Through Grief









Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Romans 5:3-4 "Suffering produces perseverance; perseverance, character; and character, hope."
- James 1:2-3 "Consider it pure joy... whenever you face trials."







Devotional: Transforming Pain into Spiritual Growth

Though grief is painful, it can also be a powerful catalyst for growth in faith and character. Paul's words in 2 Corinthians 12:9 reveal that God's grace shines brightest in our weakness, providing strength beyond ourselves.

Romans 5:3-4 shows a process where suffering produces perseverance, which builds character and leads to hope—a profound spiritual transformation. James challenges believers to consider trials as opportunities for joy because of the growth they yield.

This does not minimize your pain but offers a hopeful perspective that God can use even your sorrow to shape you into a person marked by resilience, deeper faith, and hope.

Open your heart to God's grace working in the midst of grief to renew and sustain you on this journey.







Reflect and Apply

1.	How has this season of grief changed me so far?
2.	In what areas of faith or character do I see growth?
3.	What might God be teaching me through these trials?







Journaling Prompts

1.	Write about ways you have grown spiritually or emotionally.
2.	List lessons learned in this grief journey.
3.	Reflect on how you can embrace God's grace in weakness.







Prayer for Today

Gracious God, thank You that Your power is made perfect in my weakness. Help me see the growth You are forming in me through this difficult time. Give me patience and hope as I trust in Your transforming grace. Amen.

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Your Verse

Isaiah 55:8-9 - "My thoughts are not your thoughts... as the heavens are higher than the earth."

Supporting Scriptures

- Romans 8:28 "In all things God works for the good of those who love Him."
- Psalm 115:3 "Our God is in heaven; he does whatever pleases him."







Devotional: Peace in God's Greater Plan

It's natural to wrestle with 'Why?' when facing your father's illness and loss. Isaiah 55:8–9 reminds us that God's wisdom and plans surpass ours beyond understanding.

Romans 8:28 offers assurance that God works all things together for good for those who love Him. Psalm 115:3 emphasizes God's sovereign authority and perfect will.

Though we may not see the full picture now, trusting God's sovereignty invites peace — the kind that doesn't depend on understanding but on faith in His goodness and control.

Rest in knowing that even the hardest circumstances are under God's loving rule and purpose.







Reflect and Apply

1.	What questions or doubts do I have about God's plan?
2.	How can I deepen my trust in God when I don't understand?
3.	What truths about God's sovereignty comfort me today?







Journaling Prompts

1.	Write about struggles with understanding your situation.
2.	Reflect on ways God has shown His sovereignty in your life.
3.	List Scripture verses that speak about God's control.







Prayer for Today

Heavenly Father, *help me to trust Your wisdom and sovereignty even when I don't understand.* Give me peace to rest in Your perfect plans and loving control over all things. Strengthen my faith through the unknown. Amen.

















Your Verse

2 Corinthians 1:3-4 - "God comforts us in all our troubles..."

Supporting Scriptures

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil."
- Matthew 11:28 "Come to me, all you who are weary... and I will give you rest."







Devotional: Resting in God's Tender Care

When grief feels unbearable, God invites you to come to Him for comfort and rest. Paul describes God as the "Father of compassion and the God of all comfort" who soothes us amid troubles.

Psalm 23:4 portrays God as a shepherd walking with us through life's darkest valleys. Jesus personally invites the weary to find rest in Him (Matthew 11:28).

Allow yourself to receive this divine comfort today. You don't have to be strong or fixed to come as you are. God's gentle presence is enough to begin healing weary souls and tired hearts.







Reflect and Apply

Have I invited God to comfort me honestly today?
What keeps me from fully resting in His care?
How can I lean into God's comfort during moments of pain?







Journaling Prompts

1.	Describe a time when you felt God's comfort deeply.
2.	Write about what prevents you from accepting God's rest.
3.	Reflect on ways to practically seek God's presence daily.







Prayer for Today

Lord, *I come to You tired and hurting.* Thank You for being my comfort and refuge. Help me rest in Your love and presence, allowing You to heal my heart gently. Amen.











Day 15: Forgiveness Heals the Heart









Day 15: 💓 Forgiveness Heals the Heart

Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other."

Supporting Scriptures

- Colossians 3:13 "Forgive as the Lord forgave you."
- Matthew 6:14 "If you forgive others, your heavenly Father will forgive you."







Day 15: 💓 Forgiveness Heals the Heart

Devotional: Letting Go Through Forgiveness

Grief can stir up painful memories, regrets, or unresolved conflicts, especially around a father's life. The Bible encourages forgiveness as a pathway to freedom and healing.

Ephesians 4:32 and *Colossians 3:13* remind us that forgiveness flows from the grace God shows us. Jesus teaches that forgiving others is connected closely to the forgiveness we receive.

Forgiveness doesn't mean forgetting or excusing hurtful things but releasing the hold they have on your heart and allowing God's grace to restore you.

Consider any areas where forgiveness is needed—toward your father, yourself, or others—and invite God to help you take this difficult but liberating step.







Day 15: 🗑 Forgiveness Heals the Heart

Reflect and Apply

1.	Are there any hurts or regrets I need to bring to God for forgiveness?
2.	What fears or barriers do I have about forgiving?
3.	How might forgiveness open a path for healing in my grief?







Day 15: Torgiveness Heals the Heart

Journaling Prompts

Reflect on God's forgiveness in your own life.
Describe what letting go through forgiveness feels like or could feel like.







Day 15: 💓 Forgiveness Heals the Heart

Prayer for Today

God of Grace, *help me forgive as You have forgiven me.* Soften my heart where bitterness or pain resides and fill me with Your compassion. Set me free through forgiveness and renew my spirit. Amen.



















Your Verse

Jeremiah 29:11 – "I know the plans I have for you... plans to give you hope and a future."

Supporting Scriptures

- Philippians 3:13 "Press on toward the goal..."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Devotional: Hope and Strength for Your Tomorrow

Even as you grieve, God has plans for your future—a future filled with hope. Jeremiah 29:11 assures us that God holds plans to prosper and sustain us.

Philippians 3:13 encourages pressing forward despite past pain, and Isaiah 40:31 promises renewed strength for those who trust God.

Moving forward may feel daunting, but you do not do it alone. God equips you with hope and stamina for each step.

Seek His guidance in discovering new purpose and meaning beyond the immediate pain, trusting that He leads you into restoration and joy.







Reflect and Apply

1.	What hopes do I hold for my life beyond my father's illness?
2.	How can I courageously move forward while honoring my grief?
3.	In what ways might God be calling me to grow or serve?







Journaling Prompts

1.	Write about dreams or goals you want to pursue.
2.	Reflect on fears about the future and how God can help.
3.	Describe a step you can take toward healing and purpose.







Prayer for Today

Father, *thank You for Your good plans for my future.* Give me strength and courage to move forward with hope. Guide my steps and renew my heart as I trust in You. Amen.



















Your Verse

Psalm 27:14 – "Wait for the LORD; be strong and take heart and wait for the LORD."

Supporting Scriptures

- Ecclesiastes 3:1 "There is a time for everything."
- Galatians 6:9 "Do not become weary in doing good."







Devotional: Learning to Wait and Trust God's Timing

Grief is a process with no quick timeline. Psalm 27:14 encourages waiting on God with strength and courage.

Ecclesiastes 3:1 reminds us life unfolds in seasons and moments, and each has its purpose. Galatians 6:9 encourages perseverance without growing weary.

Being patient with your grief and God's timing allows for genuine healing rather than rushing through emotions or stages.

Today, practice embracing the present moment, trusting the journey God sets before you.







Reflect and Apply

1.	Am I impatient with my grief or healing process?
2.	How can I cultivate patience and trust today?
3.	What does God's timing mean to me in this situation?







Journaling Prompts

1.	Write about times when waiting was difficult but worthwhile.
2.	List ways to find strength while waiting on God.
3.	Reflect on how impatience might hinder healing.







Prayer for Today

Lord, *teach me to wait patiently on You.* Strengthen my heart and help me to trust in Your perfect timing. Keep me from growing weary and fill me with hope as I journey through grief. Amen.



















Your Verse

Proverbs 20:7 - "The righteous lead blameless lives; blessed are their children after them."

Supporting Scriptures

- Deuteronomy 6:5-7 "Impress them on your children."
- Psalm 145:4 "One generation commends your works to another."







Devotional: Carrying Forward a Father's Influence

Honoring your dad's life and legacy is a vital part of healing. Proverbs 20:7 blesses children who carry on the godly influence of their parents.

Deuteronomy 6:5-7 charges families to teach and remember God's ways across generations. Psalm 145:4 celebrates the passing of God's works from one generation to another.

Reflect on your father's gifts, teachings, and character traits you wish to carry forward. This act of remembrance connects your story with God's ongoing story and offers meaning beyond loss.







Reflect and Apply

1.	What characteristics or lessons from my father do I cherish?
2.	How can I keep his memory alive in positive ways?
3.	What role does my faith play in honoring his legacy?







Journaling Prompts

1.	Write about your father's influence on your life.
2.	List qualities you want to emulate or remember.
3.	Reflect on family traditions or stories worth preserving.







Prayer for Today

God, thank You for the life and legacy of my father. Help me to honor him by living according to Your truth and grace. May his influence continue to inspire and bless me and those around me. Amen.











Day 19: 🗘 Embracing Lament









Day 19: 🐧 Embracing Lament

Your Verse

Lamentations 3:22-23 - "His compassions never fail... new every morning."

Supporting Scriptures

- Psalm 42:3 "My tears have been my food day and night."
- Psalm 73:26 "God is the strength of my heart and my portion forever."







Day 19: 🗘 Embracing Lament

Devotional: Finding Hope in Honest Lament

Lament is an honest expression of grief, sorrow, and questioning toward God. In Lamentations 3:22–23, we find hope in God's unending compassion renewed each day.

Psalm 42 openly shares the pain of tears and longing for God. Psalm 73:26 speaks of God as the eternal strength amid frailty.

Allow yourself to lament freely to God—your many emotions, frustrations, and doubts are welcomed. This raw dialogue fosters healing and draws you closer to God's sustaining love.







Day 19: 🐧 Embracing Lament

Reflect and Apply

1.	Have I allowed myself to truly lament before God?
2.	What feelings am I afraid to bring into the open?
3.	How does lament deepen my relationship with God?







Day 19: 🗘 Embracing Lament

Journaling Prompts

1.	Write a lament prayer expressing your current feelings.
2.	Reflect on the comfort found in God's compassion.
3.	Describe how honest lament can lead to hope.







Day 19: 🗘 Embracing Lament

Prayer for Today

Merciful God, *hear my lament and hold my broken heart.* Help me to be honest with You about my pain and doubts. Renew my hope each morning by Your compassion. Be my strength in weakness. Amen.















Your Verse

Psalm 89:1 - "I will sing of the LORD's great love forever."

Supporting Scriptures

- Lamentations 3:21–23 "Great is Your faithfulness."
- Hebrews 10:23 "He who promised is faithful."







Devotional: Giving Thanks Amid Trials

Even in grief, God's faithfulness shines as a stronghold. Psalm 89:1 invites us to sing praise for God's steadfast love forever.

Lamentations 3:21–23 proclaims God's great faithfulness renewed every morning. Hebrews 10:23 calls believers to hold firmly to this promise.

Gratitude doesn't erase difficulty but shifts focus to the unchanging, trustworthy nature of God. Celebrating His faithfulness fills the soul with hope and resilience.

Today, list ways God has been faithful through this journey.







Reflect and Apply

1.	What evidence of God's faithfulness can I see in my life?
2.	How does remembering His faithfulness impact my grief?
3.	In what ways can I cultivate gratitude despite pain?







Journaling Prompts

1.	Write down moments showing God's faithfulness recently.
2.	Reflect on songs, prayers, or Scripture that celebrate God's love.
3.	Describe a way you can express thanksgiving today.







Prayer for Today

Faithful God, *thank You for loving me with unchanging faithfulness.* Help me to remember Your promises every day and to praise You even in hard times. Fill me with gratitude and hope. Amen.

















Your Verse

Numbers 6:24-26 - "The LORD bless you and keep you..."

Supporting Scriptures

- Isaiah 41:13 "I will uphold you with my righteous right hand."
- Philippians 4:7 "The peace of God, which transcends all understanding."







Devotional: A Blessing for Your Journey Ahead

As this 21-day study comes to a close, remember God's blessing and assurance linger with you. Numbers 6:24-26 offers a timeless benediction of God's protection, favor, and peace.

Isaiah 41:13 promises God will uphold you and never leave you alone. The "peace which surpasses all understanding" in Philippians 4:7 is your constant companion on this journey.

Your father's impending loss marks a deep transition, but God's presence and blessings provide the foundation for your next steps.

Carry this blessing in your heart, trusting God to guide and restore you continually.







Reflect and Apply

1.	How has this study helped me face grief differently?
2.	What promises of God will I hold onto going forward?
3.	How can I continue to seek God's peace and presence daily?







Journaling Prompts

1.	Write a personal blessing or prayer for your journey ahead.
2.	Reflect on key lessons learned during this study.
3.	Describe ways to maintain connection with God after this study.







Prayer for Today

Lord, *I thank You for walking with me through this journey.* Bless me and keep me; may Your face shine upon me and be gracious to me. Fill me with Your peace and uphold me with Your loving hand as I move forward. Amen.





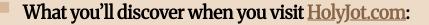




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