# Healing Hearts: Finding Comfort in Grief



A 7-day journey offering hope and healing through Scripture for families recovering from wildfire loss.





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### Introduction

Grief is a profound journey that touches every corner of our hearts, especially when faced with devastating loss like fleeing wildfire zones. In moments of overwhelming loss and displacement, families often grapple not only with what has been lost externally but also the deep internal sorrow that follows. This 7-day Bible study plan is crafted to guide you and your family through the tender process of healing. *Each day offers verses, reflections, and prayers that encourage comfort, hope, restoration, and peace* amidst turbulent emotions.

Wildfires can destroy homes, possessions, and familiar places, leaving behind ashes of brokenness, uncertainty, and pain. Scripture, however, reminds us that God is near to the brokenhearted and offers rest for weary souls. Throughout this study, you'll discover practical encouragement and spiritual strength for navigating grief as a family, finding solace not just in words but in the eternal promises of God's compassion and faithfulness.

Allow these reflections to be a balm for your spirit, reminding you that while the loss is deep, God's love and healing are deeper. May you find renewed hope each day, seeing God's hand restoring and rebuilding life from the ashes — one step, one prayer, one Scripture at a time.

















Day 1: Sod Near to the Brokenhearted

### Your Verse

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

### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: SGod Near to the Brokenhearted

### Devotional: Feeling God's Presence Amidst Pain

When devastating events uproot our lives, feeling God's nearness can seem distant. Yet, Psalm 34:18 reassures us that God is especially close during our hardest moments—when our hearts feel shattered. For families who fled wildfire zones, grief isn't just a passing sadness; it's an overwhelming presence that can be isolating and heavy.

But *God does not abandon us*. He offers His presence as a healing balm to those crushed in spirit. Even if external circumstances feel chaotic, God's closeness is a steady anchor. Knowing this truth invites us to lean into His comfort rather than retreat into pain alone.

Today, recognize that your feelings of sorrow and despair are seen by God. He honors your grief and promises healing, step by step. Open your heart to receive His nearness and allow Him to carry your heaviness.







Day 1: W God Near to the Brokenhearted

### Reflect and Apply

1. l	n what ways have you sensed God's presence during your grief?
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	How might acknowledging God's closeness change the way you face your pain today?
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	What does it mean for you personally that God 'saves those crushed in spirit'?
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Day 1: W God Near to the Brokenhearted

### **Journaling Prompts**

1.	Describe a moment recently when you felt closest to God during this season of grief.
	Write down any fears or doubts you have about God's nearness in your pain.
	List ways you can remind yourself daily that God is close to your broken heart.







Day 1: Sod Near to the Brokenhearted

### Prayer for Today

**Lord, in this season of deep sorrow, thank You that You are near to my broken heart.** Help me to sense Your comforting presence even when pain feels overwhelming. Teach me to lean on You and to trust that You are healing every wound at Your perfect pace. Surround my family with Your peace and hope, and restore what has been lost. *Amen.*  $\bigwedge$ 









Day 2: A Hope Beyond the Ashes









### Your Verse

Isaiah 61:3 "...To bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning..."

### **Supporting Scriptures**

- 2 Corinthians 4:17 "For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."
- Lamentations 3:22–23 "Because of the LORD's great love we are not consumed, for his compassions never fail..."







### Devotional: Finding Joy and Beauty After Loss

Wildfires leave behind ashes — literal and figurative — but Scripture promises hope beyond destruction. Isaiah 61:3 portrays God's promise to exchange ashes for beauty and mourning for joy. While the pain is real and valid, this verse reminds us that God works restoration that can transform grief into a renewed sense of life.

For families displaced by disaster, this hope is crucial. It doesn't minimize your loss but offers a future where joy returns. God's promise of beauty amidst ashes invites you to imagine a new chapter where healing begins to blossom despite deep scars.

Allow yourself to envision that better future, trusting that God's restoration unfolds in both monumental and small ways — a smile, shared prayer, gentle comfort among loved ones. Today, hold onto hope that God is actively turning loss into new life.







### Reflect and Apply

	What does 'a crown of beauty instead of ashes' mean for your family's journey?
2.	How can you hold onto hope even when mourning feels overwhelming?
	In what ways can you support each other in finding small moments of joy today?







### **Journaling Prompts**

1.	Write about what hope looks like to you right now.
2.	Recall a time when God brought something beautiful from a hard situation in your life.
3.	List things you can do as a family to encourage one another during this healing process.







### Prayer for Today

God, thank You for the promise of hope that looks beyond ashes and mourning. Help us to see glimpses of joy appearing even now. Restore our hearts and renew our spirit, giving us strength to face each day with courage. Teach us to embrace Your healing and to trust in Your perfect restoration. *Amen.*  $\triangle$   $\bigcirc$ 

















Day 3: \( \rightarrow \) Tears That God Understands

### Your Verse

John 11:35 "Jesus wept."

### **Supporting Scriptures**

- Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in your bottle."
- Revelation 21:4 "He will wipe every tear from their eyes..."







### Devotional: Embracing Tears as Part of Healing

Jesus' shortest verse, "Jesus wept," reveals His profound empathy for our pain. He understands all the tears shed in grief, including those poured out by displaced families mourning lost homes, memories, and security.

Your tears are precious to God. Psalm 56:8 paints a tender picture of God collecting every tear, showing that He is intimately aware of your pain. It is okay—and even holy—to express sorrow as part of healing. Tears do not signify weakness but authentic humanity.

As you navigate grief, do not suppress your feelings or rush past your tears. Allow yourself to grieve openly, knowing Jesus fully enters your brokenness and walks alongside you with compassion. His promise in Revelation 21:4 will come true — a day when sorrow is no more and all tears are wiped away.







### Reflect and Apply

	How do you respond internally when you cry or feel overwhelmed by grief?
2.	What comfort do you find in knowing Jesus Himself wept?
	How might embracing your tears help the healing process instead of avoiding them?







### **Journaling Prompts**

Write about the last time your grief led you to tears and how you felt afterward.
Describe how knowing God sees and values your tears affects your view of grief.
List ways you can create safe space for yourself and family members to express emotions.







### **Prayer for Today**

**Lord Jesus, thank You for understanding my sorrow and weeping alongside me.** Help me not to fear my tears or try to hide my pain. Teach me to bring my honest emotions before You, trusting You hold each one dear. Comfort my family with your presence as we grieve together, and strengthen our hearts with Your hope. *Amen.*  $\Diamond$   $\swarrow$ 

















Day 4: V God as Our Refuge and Strength

### Your Verse

Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."

### **Supporting Scriptures**

- Nahum 1:7 "The LORD is good, a refuge in times of trouble."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Day 4: **(**) God as Our Refuge and Strength

### Devotional: Finding Safety and Strength in God

In the aftermath of loss, feeling safe and strong can seem impossible. Psalm 46:1 provides a powerful promise that God is our refuge and strength in every trouble — including the trauma and uncertainty caused by wildfires.

God's refuge is more than a hiding place; it's the presence where fear loses its grip and strength is restored. Nahum 1:7 reminds us that God's goodness surrounds us even when circumstances are frightening. Through Him, we can find the resilience we need to face each day.

Hope in God renews your strength as Isaiah encourages. Rather than relying on your own power alone, lean into His unending resource. God will lift up your weary feet and steady your spirit through storms both literal and emotional.







Day 4: ① God as Our Refuge and Strength

### Reflect and Apply

1.	Where do you currently seek refuge and strength in your grief?
2.	How can trusting God as a refuge change your response to fear and uncertainty?
3.	What practical ways can you turn to God for renewed strength daily?







Day 4: ① God as Our Refuge and Strength

### **Journaling Prompts**

1.	Write about a time God was your refuge in a difficult situation.
2.	List fears or worries you want to surrender to God today.
3.	Create a short prayer asking God to be your stronghold throughout the week.







Day 4: **(**) God as Our Refuge and Strength

### **Prayer for Today**

**Father, thank You for being my refuge and strength.** When fear threatens to overwhelm me, steady my heart and renew my strength. Surround my family with Your protection and help us to trust deeply in Your goodness. In all troubles, may we find safety in Your presence and hope in Your power. *Amen.* 

















### Your Verse

Jeremiah 29:11 "For I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future."

### **Supporting Scriptures**

- Joel 2:25 "I will restore to you the years that the swarming locust has eaten."
- Psalm 23:3 "He restores my soul."







# Devotional: Holding on to God's Promise for the Future

A wildfire can take much, but it cannot take God's promises. Jeremiah 29:11 is a beacon of hope affirming that God's plans for you, even in loss, are good — filled with hope and a future waiting to be embraced.

Restoration is not only about replacing what was lost but about God's deeper work of healing your soul and family bonds. Joel 2:25 speaks powerfully to restoration, promising replacement for what was taken away. Psalm 23:3 also invites us to experience God's renewing care for our weary spirits.

As you move forward, cling to these promises. They remind us that God is a restorer, who can bring life to dry places and fresh beginnings to broken paths. You are not alone; God is actively working restoration for your family.







### Reflect and Apply

1.	What hope do God's promises give you about your family's future?
2.	How can focusing on restoration help you cope with losses still raw?
3.	What small steps can you take to lean into God's renewing work each day?







### **Journaling Prompts**

1.	Describe what restoration looks like for you and your family right now.
2.	Write a prayer surrendering your future to God's good plans.
2	
	List areas in your heart or home where you sense God wants to bring renewal.







### Prayer for Today

**Lord, thank You for Your plans to prosper us and give hope.** When we feel overwhelmed by loss, remind us that You are restoring all things in Your perfect time. Renew our souls and spirits, and help us to trust Your plans as good. Guide our steps toward hope and healing. *Amen.*









### Day 6: 🌣 Strength in Community









Day 6: 🍑 Strength in Community

### Your Verse

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

### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."







Day 6: 🍑 Strength in Community

# Devotional: Healing Together Through Shared Burdens

**Grief can feel isolating, but God designed us for community.** Galatians 6:2 speaks to the healing power of sharing burdens with others, reminding us that we do not walk grief alone.

For families who have fled wildfires, leaning on trusted loved ones, church family, and neighbors provides strength and encouragement. Ecclesiastes highlights how companionship helps prevent falls, and Romans exhorts us to mourn and rejoice together.

Community is a vital part of the healing process. Opening up about struggles and receiving support honors Christ's law of love and fosters restoration. Reach out intentionally today, and allow others to journey alongside you in love and care.







Day 6: 🌣 Strength in Community

### Reflect and Apply

1.	Who in your community can you share your grief with honestly?
2.	What barriers might keep you from asking for or accepting help?
3.	How can you offer support to others hurting around you?







Day 6: 🌣 Strength in Community

### **Journaling Prompts**

1.	Write about a time community helped you through a tough season.
2.	List people you feel safe sharing your feelings with and why.
3.	Reflect on ways you might be more open to receiving or giving help.







Day 6: 🎔 Strength in Community

### Prayer for Today

Father, thank You for the gift of community. Help me to lean on those You have placed around me for support and healing. Remove any barriers to receiving love and help today, and teach me how to carry others' burdens well. May our shared journeys bring comfort and hope. *Amen.* 💝 🙏 💙









### Day 7: 🗱 A Future Filled with Peace









Day 7: 🗱 A Future Filled with Peace

### Your Verse

Philippians 4:7 "...the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







Day 7: 🗱 A Future Filled with Peace

### Devotional: Receiving God's Peace for Tomorrow

After a week focusing on grief and healing, we arrive at the promise of God's peace. Philippians 4:7 offers assurance that God's peace exceeds our understanding and guards our hearts amid uncertainty.

Jesus' gift of peace, as spoken in John 14:27, is not like what the world offers—it is lasting and deep. For families rebuilding after wildfire trauma, this peace can be a steady foundation for hope and future joy.

Today, choose to receive God's peace as a protective guard over your mind and heart. Trust that as you put your hope in Him, joy and peace will overflow, bringing strength and courage for the days ahead.







Day 7: 🞇 A Future Filled with Peace

### Reflect and Apply

1.	What does God's peace mean to you in your current situation?
2.	How can you practically cultivate peace in your family day-to-day?
	What fears or anxieties do you want to surrender to God's peace right now?







Day 7: 🞇 A Future Filled with Peace

### **Journaling Prompts**

1.	Write about moments when you have experienced God's peace before.
	List ways you can remind yourself to lean into God's peace in stressful moments.
3.	Pray and commit to trusting God's plans even when things feel uncertain.







Day 7: 💸 A Future Filled with Peace

### Prayer for Today

**Lord, thank You for the peace that passes all understanding.** Guard my heart and mind with Your peace today and every day. Help me and my family to trust You fully, embracing hope, joy, and courage as we move forward. Fill us with Your peace and renew our spirits. *Amen.* \*







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