# Healing Journey for Grieving Fathers



A 21-day Bible study guiding grieving fathers through grief and healing, anchored in Scripture and the comfort of Christ.





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#### Introduction

Grieving the loss of a child is a deeply profound and often isolating experience, especially for fathers who may wrestle silently with their pain. This 21-day Bible study is designed to walk alongside fathers who are processing the heartbreaking journey of losing a child, helping them find comfort, understanding, and hope through Scripture. **Men and fathers often face unique challenges in expressing grief**, but God's Word offers tender reassurance, healing, and a path to restoration.

Each day of this study presents carefully selected scriptures that speak to pain, loss, God's faithfulness, and the hope of resurrection. Through reflective devotionals, thoughtful questions, journaling prompts, and prayer, fathers are invited to confront their emotions honestly and lean on the strength of Christ. *This is not just about coping but about healing and finding renewed purpose even through the shadows.* Fathers will discover that they are not alone in their suffering — God is near, attentive, and offers peace that surpasses understanding.

Remember, healing is a process that unfolds differently for each individual. This study encourages patience and grace with oneself and God. Let this time be a sacred space to bring your pain before the Lord, **embracing His promises and trusting His love**. May you find comfort, courage, and restoration as you journey forward.

















#### 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 "So do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: God Is Near When Your Heart Is Broken

Grieving father, your pain is real and the depths of your loss may feel unbearable. Psalm 34:18 reminds us that God is not distant or detached from our suffering — He is close to the brokenhearted. When the weight of your grief feels crushing, *God promises presence and comfort.* He sees your tears and hears the silent cries of your soul. Your pain is acknowledged by the One who made you and loves you dearly.

Allow yourself to feel the hurt without shame or reservation. Sometimes men feel pressure to appear strong or mask their struggles, but God invites you to bring your brokenness honestly before Him. Healing begins with openness and surrender. As you embrace your pain, lean into the assurance that God saves those crushed in spirit, not by erasing your feelings instantly, but by walking with you through them.

Take this moment to acknowledge your hurt and invite God's healing hand. You are not alone; your grief has not gone unnoticed. Trust that His presence will be your sanctuary.







## Reflect and Apply

1.	In what ways have you tried to hide your grief or appear strong?
2.	How does knowing God is close to the brokenhearted change how you relate to your pain?
3.	What does it mean to you that God saves those crushed in spirit?







#### **Journaling Prompts**

1.	Write about the emotions you are experiencing right now.
2.	Describe a moment when you felt God's presence during your grief.
3.	List areas where you want to invite God to bring healing.







#### Prayer for Today

Lord, I come to You with a heavy and broken heart. Father, I feel overwhelmed by my loss, but I thank You that You are near to me. Help me to lean into Your presence and find comfort in Your loving arms. Heal my wounds and lift my spirit when I am crushed. Teach me to be honest with my pain and to trust You will carry me through each difficult day. Let Your peace guard my heart and mind in Christ Jesus. Amen.  $\bigwedge$ 







## Day 2: 🖨 God Understands Our Grief









Day 2: 😞 God Understands Our Grief

#### Your Verse

John 11:35 "Jesus wept."

#### **Supporting Scriptures**

- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."
- 2 Corinthians 1:3-4 "The God of all comfort... comforts us in all our troubles."







Day 2: 😭 God Understands Our Grief

#### Devotional: Jesus Shares in Our Sorrow

When Jesus wept at the death of His friend Lazarus, He showed us that grief is deeply human and part of life's experience. **Even the Son of God mourned the loss of someone He loved.** This tells us that tears and sadness are not signs of weakness but valid expressions of love and loss.

For fathers grieving the loss of a child, it's important to remember that Jesus truly understands your sorrow — He does not expect you to simply 'move on.' Instead, He offers comfort and compassion in the middle of the pain. The Beatitudes promise that those who mourn will be comforted, and the God of all comfort surrounds us with His peace and hope during our darkest times.

Grieving is not a journey you take alone. Jesus walks with you, weeping with you, and gently inviting you into His comforting embrace. Allow Him to share your sorrow and fill your heart with His healing peace.







Day 2: 😞 God Understands Our Grief

## Reflect and Apply

1.	How does it affect you to know that Jesus wept?
2.	In what ways can you allow yourself to mourn without feeling guilt or shame?
3.	Where have you experienced God's comfort during your grief?







Day 2: 😞 God Understands Our Grief

## **Journaling Prompts**

1.	. Write about a time when you felt Jesus was close to you in your grief.
2.	Describe what mourning looks like for you personally.
3.	. List ways you can seek God's comfort this week.







Day 2: 😭 God Understands Our Grief

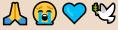
#### Prayer for Today

Jesus, thank You for weeping with me and understanding my pain. Lord, help me not to bury my grief but to bring it honestly before You. Comfort my heart in moments of sorrow, and remind me that mourning is part of healing. Surround me with Your peace and give me strength to face each day. Amen.

















Day 3: V God Is Our Refuge









Day 3: ① God Is Our Refuge

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 9:9 "The LORD is a refuge for the oppressed, a stronghold in times of trouble."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 3: OGod Is Our Refuge

#### Devotional: Finding Safe Shelter in God

#### Loss often leaves us feeling vulnerable, exposed, and without protection.

Psalm 46:1 reassures grieving fathers that God offers refuge — a safe, strong place to hide and find rest amidst the storm of emotions. When feelings swirl and life seems unsteady, God remains an ever-present help.

Recognizing God as your refuge means you can bring your fears, anger, confusion, and sorrow to Him without holding back. He is not overwhelmed by your pain but welcomes you with open arms and steady strength. Turning to God as a refuge doesn't instantly erase sorrow but gives a foundation of security and peace even amid trouble.

Lean into this truth today. Let God's presence shield you and renew your spirit. Trust that He will be your fortress and strength through the healing road ahead.







Day 3: OGod Is Our Refuge

## Reflect and Apply

1.	What does it mean for God to be your refuge in this season?
	How can you practically go to God as a place of safety when grief feels overwhelming?
3.	Where have you found strength when life felt uncertain?







Day 3: OGod Is Our Refuge

## **Journaling Prompts**

1.	Write about what it looks like to find shelter in God.
2	Describe moments when you have felt God's strength recently.
3.	List ways to remind yourself to seek God when emotions are intense.







Day 3: ① God Is Our Refuge

#### Prayer for Today

Father God, You are my refuge and strength. When my soul is shaken, hold me steady in Your care. Help me to run to You first when the pain feels overwhelming. Guard my heart with Your perfect peace and remind me daily of Your steadfast presence. Thank You for being my stronghold in times of trouble. Amen.

















#### Your Verse

Lamentations 3:22-23 "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

#### **Supporting Scriptures**

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







#### Devotional: God's Faithful Compassion Refreshes You

Grief often feels like an endless night, but Scripture reminds us that God's compassions are new every morning. Lamentations 3:22–23 speaks of God's unfailing love and mercy that sustain us through each day. Even when the pain seems relentless, God's faithfulness is a steady source of hope and restoration.

These verses encourage grieving fathers to look for God's mercies anew each day, trusting that He will provide the grace needed to face the moment ahead. Sometimes healing happens slowly, one day at a time. It's okay to have good days and hard days — God's compassion meets you exactly where you are.

Take heart today knowing the Lord's love will never run dry and His strength is made perfect in your weakness. Let Him refresh your soul and carry you forward.







## Reflect and Apply

1.	How can you remind yourself daily of God's fresh mercies?
2.	What does it look like for God's power to be made perfect in your weakness?
3.	Have you noticed moments of grace amidst your grief?







## **Journaling Prompts**

1.	Write about a new mercy or blessing you experienced recently.
2.	Describe how God's faithfulness has sustained you.
3.	List ways to rely on God's grace daily during your healing.







#### Prayer for Today

Lord, thank You for Your endless compassion that renews each day. Help me to embrace new mercies and lean on Your faithfulness when grief overwhelms. Strengthen me in my weakness and fill my soul with hope. I trust Your loving kindness to guide me through this season. Amen. 🙏 🕒 👽















#### Your Verse

Romans 8:18 "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

#### **Supporting Scriptures**

- Hebrews 4:15 "For we do not have a high priest who is unable to empathize with our weaknesses."
- Isaiah 53:3 "He was despised and rejected, a man of suffering, familiar with pain."







#### Devotional: Suffering Is Temporary—Hope Is Eternal

Your suffering feels immense and without end, but Scripture assures us it pales compared to future glory. Romans 8:18 reminds fathers that grief and pain, as deep as they are, are temporary. God's ultimate plan includes life renewed, restoration, and joy beyond measure.

Jesus, our compassionate High Priest, fully understands human weakness and pain. He experienced rejection and agony so He could empathize with every sorrow we bear. Knowing He shares your suffering invites you to pour out your heart to Him freely, trusting He carries the weight with you.

This day, hold onto the hope of eternal healing and reunion. Your grief matters, but it is also part of a larger story of redemption and love that will one day bring you peace beyond what you can imagine.







## Reflect and Apply

1.	What hope does it give you to know your suffering is temporary?
	How does Jesus' experience of suffering help you connect with Him in your grief?
3.	In what ways can you hold on to the promise of future glory today?







## **Journaling Prompts**

1.	Write about how you envision the hope of restoration.
2.	Describe a time Jesus' empathy brought you comfort.
3.	List scriptures or memories that give you strength in sorrow.







#### Prayer for Today

Jesus, thank You for understanding my pain and sharing in my suffering. Help me to cling to the hope of future glory as I walk through grief. Strengthen me today to trust Your compassion and your promises that outlast suffering. Amen. 🙏 📑 💸 😂









Day 6: Rest for the Weary









Day 6: Best for the Weary

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 6: **B** Rest for the Weary

#### Devotional: Jesus Invites You to Rest Your Soul

Grief often leaves the heart and body exhausted, weighed down by heavy burdens. Jesus' invitation in Matthew 11:28 is a balm for weary fathers: come to Me for rest. This rest is not just physical but soul-deep peace and restoration from weariness.

Fathers, it's okay to admit when you are tired — emotionally, mentally, and spiritually. God does not want you to carry the pain alone or harden your heart against the hurt. Instead, He gently calls you to lay down your burdens and trust Him to renew your strength.

Seek moments to pause daily, bringing your sorrows to Jesus and receiving His rest. Let His peace wash over your soul, replenishing you to continue forward step by step.







Day 6: **B** Rest for the Weary

# Reflect and Apply

1.	How do you typically respond when you feel weary from grief?
2.	What does it look like for you to come to Jesus for rest today?
3.	Where can you create space in your day to receive God's peace?







Day 6: Best for the Weary

# **Journaling Prompts**

1.	Write about what Jesus' invitation means to you right now.
2.	Describe ways you can practice resting in God's presence.
3.	List burdens you want to lay before Jesus today.







Day 6: **B** Rest for the Weary

### Prayer for Today

Lord Jesus, I come to You weary and burdened. Help me to rest in Your love and find peace for my soul. Renew my strength and calm my restless heart. Teach me to trust You in every moment and receive the rest only You can give. Amen. 🙏 🛌 💝 😂







# Day 7: Nealing Through God's Hands









Day 7: NHealing Through God's Hands

#### Your Verse

Exodus 15:26 "I am the LORD, who heals you."

### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Jeremiah 30:17 "I will restore you to health and heal your wounds."







Day 7: Nealing Through God's Hands

### Devotional: God's Healing Touch Brings Restoration

Though grief can cause deep wounds, God's healing hand is promised in Scripture. Exodus 15:26 identifies the LORD as our healer, and the Psalms affirm His care for the brokenhearted. You may feel shattered inside, but God's commitment to restoration remains.

Healing doesn't always happen quickly or how we envision it. Sometimes God works slowly, gently mending wounds day by day. Trust that He sees your pain and is actively involved in your healing, even when the process feels invisible to you.

Bring your brokenness honestly before God today. Invite His healing presence to touch the parts of your heart that ache most. Remember, God's love never fails, and He is the ultimate restorer of hope and peace.







Day 7:  $\checkmark$  Healing Through God's Hands

# Reflect and Apply

1.	What wounds do you need to invite God to heal in your heart?
2.	How can you be patient with God's timing in your healing journey?
3.	Where have you seen evidence of God's healing in your life?







Day 7: N Healing Through God's Hands

# **Journaling Prompts**

1.	Write a prayer inviting God's healing touch upon you.
2.	Describe small ways God has been restoring you.
3.	List areas where you need God's restoration most.







Day 7: Nealing Through God's Hands

## Prayer for Today

Heavenly Father, You alone are the ultimate healer. Touch my broken heart and mend the wounds left by loss. Help me to trust Your timing and Your way as You restore my soul. Fill me with hope and peace as I walk this journey of healing. Amen. 🙏 👽 ত









Day 8: TGod Sees Your Tears









Day 8: TGod Sees Your Tears

#### Your Verse

Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in your bottle."

#### **Supporting Scriptures**

- Revelation 21:4 "He will wipe every tear from their eyes."
- Isaiah 25:8 "He will swallow up death forever."







Day 8: Tood Sees Your Tears

### Devotional: God Cherishes Every Tear You Cry

As fathers grieving the loss of a child, tears may flow freely or be tightly held back. Psalm 56:8 powerfully declares that God notices every tear and holds them tenderly. Your sorrow is not overlooked or ignored; it is precious to Him.

God's care is intimate and personal. He collects your tears in a bottle, symbolizing how deeply He values your pain. This imagery offers profound comfort: God is near, comforting, and will one day wipe away the tears that linger.

Allow yourself to feel the pain and cry before God. Don't bottle up your grief or feel pressure to appear stoic. God understands your heart's burden and promises a future where sorrow is no more.







Day 8: 🛣 God Sees Your Tears

# Reflect and Apply

How does knowing God collects your tears impact how you feel about your grief?
What feelings do you have about crying or showing emotion as a man and father?
How can you rest in the promise that God will wipe away every tear one day?







Day 8: 🛣 God Sees Your Tears

# **Journaling Prompts**

1.	Write your feelings about crying and emotion during grief.
2.	Describe what it means to you that God notices each tear.
3.	List your hopes for the future when sorrow will end.







Day 8: TGod Sees Your Tears

## Prayer for Today

**Lord, thank You for seeing every tear I shed.** Help me to be honest with my emotions and trust Your tender care. Comfort my heart in moments of sadness and remind me of the promise that one day You will wipe away all my tears. Amen.









Day 9: 1 Light in the Darkness









Day 9: 1 Light in the Darkness

#### Your Verse

Psalm 18:28 "You, LORD, keep my lamp burning; my God turns my darkness into light."

#### **Supporting Scriptures**

- John 1:5 "The light shines in the darkness, and the darkness has not overcome it."
- Isaiah 9:2 "The people walking in darkness have seen a great light."







Day 9: 🐧 Light in the Darkness

### Devotional: God Turns Grief into Hope and Light

Grief can feel like a deep darkness, overshadowing every part of life. Yet Psalm 18:28 reminds fathers that God keeps our lamp burning and turns darkness into light. Even when it seems impossible, God's light pierces the shadows.

Through the person of Jesus, who is the Light of the world, God offers hope and brightness in the midst of despair. The darkness of loss will not conquer the eternal light and life God provides. This light guides, restores, and points us forward.

Today, rest in God's promise to bring light into your sorrow. Let His unending light shine steadily, helping you navigate the path from grief toward healing.







Day 9: 🗘 Light in the Darkness

# Reflect and Apply

1.	What darkness are you currently facing in your grief journey?
2.	How can you invite God's light to shine in your darkest moments?
3.	What does it mean for you that the darkness cannot overcome the light?







Day 9: 🐧 Light in the Darkness

# **Journaling Prompts**

1.	Write about times you felt God's light during difficult days.
2.	Describe what hope looks like in the darkness.
3.	List ways to keep your spiritual lamp burning.







Day 9: 🐧 Light in the Darkness

### Prayer for Today

Father, thank You for shining Your light in my darkness. Help me to follow Your guidance and trust Your hope when all feels bleak. Keep my lamp burning bright and lead me from sorrow into joy. Amen. 🙏 🐧 🛠









# Day 10: S Casting Your Burdens









Day 10: Casting Your Burdens

#### Your Verse

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the LORD and he will sustain you."
- Matthew 6:34 "Therefore do not worry about tomorrow."







Day 10: Casting Your Burdens

#### Devotional: Give Your Worries to God's Care

Grief can bring many anxieties — fears about the future, feelings of helplessness, and overwhelming concern. But 1 Peter 5:7 offers a gentle and powerful invitation: **cast all your anxieties on God because He cares deeply for you.** 

God does not want you to carry your worries alone or bear the weight of grief without help. When you bring your burdens to Him, He sustains you, offers peace, and provides strength for each day.

Fathers, practicing the simple act of giving your worries to God regularly can free your heart from heavy chains. Trust in His care and let go of the fears that hold you captive, trusting that His love surrounds and sustains you.







Day 10: <a> Casting Your Burdens</a>

# Reflect and Apply

1.	What worries or anxieties are you struggling to release?
2.	How easy or difficult is it for you to cast burdens on God?
3.	What difference would it make to trust God with your cares daily?







Day 10: <a> Casting Your Burdens</a>

# **Journaling Prompts**

1.	Write down anxieties you want to give to God today.
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-	
2.	Describe how you feel after entrusting your worries to God.
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-	
3.]	List steps to remind yourself to cast burdens regularly.
-	
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Day 10: 🛐 Casting Your Burdens

## Prayer for Today

**Lord, I cast my anxieties and burdens on You today.** Thank You for caring for me and sustaining me in my grief. Help me release worry and trust Your loving control of my life. Fill me with peace as I rest in Your care. Amen. 4









Day 11: 7 New Life in Christ









Day 11: 7 New Life in Christ

#### Your Verse

2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Romans 6:4 "We were therefore buried with him through baptism into death... raised to walk in newness of life."







Day 11: " New Life in Christ

### Devotional: God Creates Hope and Renewal

**Even in the deepest grief, God offers new life and hope through Christ.** 2 Corinthians 5:17 declares that when we are in Christ, old things — including overwhelming sorrow and despair — will fade as newness arises.

Fathers carrying heavy grief can find purpose and growth through their pain as God gently shapes them into a new creation. Your identity in Christ remains unshaken, and His work in you is ongoing, promising transformation.

Embrace the hope that renewal is possible and that your life, though forever changed, can still be filled with meaning and God's good works.







Day 11: 🍞 New Life in Christ

# Reflect and Apply

1.	In what ways has your grief changed you?
	How does knowing you are a new creation in Christ speak to your healing?
3.	What new purposes or hopes is God revealing in you?







Day 11: 🍞 New Life in Christ

# **Journaling Prompts**

1.	Write about areas where you sense new life growing.
2.	Describe how your faith supports you amid change.
3.	List ways you want to serve or grow in God's plan.







Day 11: " New Life in Christ

### Prayer for Today

**Jesus, You make all things new.** Thank You for offering me renewal even in my sorrow. Help me to walk forward in newness of life and embrace Your purpose for me. I trust Your transformative love and look to You for hope. Amen.  $\bigwedge$   $\swarrow$   $\hookrightarrow$ 

















Day 12: 🌣 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 "Two are better than one, because they have a good return for their labor."
- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."







Day 12: 🌣 Strength in Community

#### Devotional: God Calls You to Walk Together

**Grieving alone is difficult and often drains strength.** Scripture urges believers to carry each other's burdens, reflecting Christ's law of love. Fathers walking through loss need community — people who understand, support, and walk alongside them.

God created us for relationship and healing often happens best in trusted company. Being honest about pain, sharing tears, and receiving encouragement can revive hope.

Look for godly men or support groups where you can connect, share your journey, and be lifted. Let others help carry your heavy load even as you support them in their struggles.







Day 12: 🍑 Strength in Community

## Reflect and Apply

1.	Are you currently connected with others for support in your grief?
2.	What fears or barriers keep you from reaching out to others?
3.	How can you both receive and offer encouragement in community?







Day 12: 🍑 Strength in Community

## **Journaling Prompts**

1.	Write about the people who have supported you.
2.	Identify barriers that keep you isolated and how to overcome them.
3.	List ways to build or strengthen supportive relationships.







Day 12: 🍑 Strength in Community

#### Prayer for Today

**Lord, thank You for placing community in my life.** Help me to open my heart and allow others to walk with me through grief. Teach me to both receive grace and give strength, fulfilling Your law of love. Amen.  $\bigwedge$   $\heartsuit$   $\heartsuit$ 

















#### Your Verse

Hebrews 6:19 "We have this hope as an anchor for the soul, firm and secure."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 33:20 "We wait in hope for the LORD; he is our help and our shield."







#### Devotional: Firm Hope Holds You Steady

Amid grief's storms, hope can feel elusive, but God promises an anchor for your soul. Hebrews 6:19 paints hope as something firm and secure, holding you fast when life feels unstable.

This hope is not wishful thinking; it is confidence in God's promises, character, and faithfulness. It renews joy and peace as you trust Him daily. Anchoring yourself in God keeps you steady through emotional turbulence.

Reflect today on the hope you have in Christ — a living hope that sustains, encourages, and lifts you above despair.







## Reflect and Apply

1.	What anchors your hope during moments of grief?
2.	How do you maintain joy and peace while grieving?
3.	In what ways can you hold more firmly to God's promises?







## Journaling Prompts

1.	Write about what hope means to you today.
2.	Describe times when God's peace surprised you.
3.	List scriptures that anchor your soul.







#### Prayer for Today

**God of hope, anchor my soul firmly in You.** Fill me with joy and peace as I trust Your unfailing promises. Help me to remain steadfast through the pain and hold on to Your truth. Amen. 🙏 🐞 💙 😂

















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart."







# Devotional: God's Power Shines Through Your Weakness

Grieving fathers may feel weak, drained, and unable to carry the load. Yet God's grace is perfectly designed to meet your weakness, as Paul reminds us in 2 Corinthians 12:9. His power is revealed not in our strength but when we admit our frailty and depend on Him.

This truth liberates you from the pressure to be strong alone. God's grace uplifts and strengthens your heart, enabling you to persevere through pain.

Embrace your vulnerability and ask God to show His power through your weakness today. His strength will sustain you in ways beyond your own capabilities.







## Reflect and Apply

1.	How have you experienced God's grace in your weak moments?
2.	What keeps you from admitting weakness or asking for help?
3.	How can you better rely on God's strength instead of your own?







## **Journaling Prompts**

1.	Write about a time God's grace lifted you.
2.	Describe how weakness can become a doorway to God's power.
3.	List ways to seek God's strength daily.







#### Prayer for Today

**Lord, Your grace is sufficient for me.** Help me to surrender my weakness and receive Your power. Strengthen my heart and sustain me through every painful moment. I trust in Your mighty love. Amen.  $\bigwedge$   $\bigcirc$   $\diamondsuit$ 















#### Your Verse

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

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







#### Devotional: God's Peace Calms the Troubled Heart

**Grief shakes the heart and mind in ways hard to explain.** Yet God offers a peace that transcends human understanding — a supernatural calm that guards your soul.

Philippians 4:7 assures that this peace can rule your heart, protecting you from the turmoil within. Jesus gives His peace as a gift, not as the world gives, reminding you that true serenity is found in Him.

Invite God's peace to settle your mind and heart today. Rest in the assurance that though feelings may rage, His peace reigns supreme.







## Reflect and Apply

1.	What disrupts your peace during grief?
2.	How can you cultivate a heart where Christ's peace rules?
3.	When have you experienced God's peace unexpectedly?







## **Journaling Prompts**

1.	Write about moments when you felt God's peace.
2.	Describe practical ways to calm your heart.
3.	List fears or worries you want God to guard against.







#### Prayer for Today

Lord Jesus, thank You for Your peace that surpasses all understanding. Guard my heart and mind today. Calm the storms within and help me to rest fully in Your presence. Amen. 🙏 😂 💝 🦫









Day 16: Walking Step by Step









Day 16: Walking Step by Step

#### Your Verse

Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Psalm 32:8 "I will instruct you and teach you in the way you should go."
- Isaiah 30:21 "Whether you turn to the right or to the left, your ears will hear a voice behind you."







Day 16: Walking Step by Step

#### Devotional: Trusting God's Guidance Daily

Grief does not come with a clear roadmap, and every day can feel uncertain.

Proverbs 3:5-6 encourages fathers to trust God wholeheartedly and submit their ways to Him. He promises to direct your path and guide your steps through dark valleys.

Though the journey may be slow and sometimes confusing, you don't have to rely on your own understanding. God's wisdom and guidance are available day by day.

Choose to take incremental steps in faith today, trusting that God is leading you, equipping you, and refining you as you walk through grief.







Day 16: 💔 Walking Step by Step

## Reflect and Apply

1.	In what areas of grief do you find it hard to trust God's guidance?
2.	How can daily submission to God help you find direction?
3.	What signs or passages help you recognize God's leading?







Day 16: 💔 Walking Step by Step

## **Journaling Prompts**

1.	Write about a time you sensed God's guidance.
2.	Describe steps you can take to trust God more fully.
3.	List ways to stay attentive to God's voice in daily life.







Day 16: Walking Step by Step

#### Prayer for Today

**God, I trust You with all my heart.** Help me not to lean on my understanding but to submit to Your way each day. Guide my steps and lead me safely through grief. Teach me to hear Your voice clearly. Amen.  $\bigwedge$ 









## Day 17: V God's Unfailing Love









Day 17: V God's Unfailing Love

#### Your Verse

Psalm 136:26 "Give thanks to the God of heaven. His love endures forever."

#### **Supporting Scriptures**

- Romans 8:38–39 "Nothing can separate us from the love of God in Christ Jesus our Lord."
- Lamentations 3:22 "Because of the LORD's great love we are not consumed."







Day 17: V God's Unfailing Love

#### Devotional: Anchored in God's Everlasting Love

Fathers facing grief often wrestle with feelings of abandonment or questioning God's presence. Psalm 136:26 and Romans 8 assure us that God's love endures forever and nothing can separate us from it.

This steadfast love is greater than any sorrow, pain, or circumstance. No matter what you face, God's love remains constant, reliable, and strong. It is an unmovable anchor in your grief.

Today, rest in the assurance of God's love that never fails. Let this truth flood your heart with gratitude and peace.







Day 17: **(**) God's Unfailing Love

## Reflect and Apply

1.	How has your experience of God's love changed during grief?
2.	Are there doubts or fears about God's love you need to bring to Him?
3.	How can remembering God's unending love help you daily?







Day 17: **(**) God's Unfailing Love

## **Journaling Prompts**







Day 17: **(**) God's Unfailing Love

#### Prayer for Today

**Lord, thank You that Your love never fails.** Remind me daily that nothing can separate me from Your care. Fill my heart with gratitude and hope as I experience Your steadfast love in my grief. Amen.  $\bigwedge$ 







# Day 18: Wisdom in Seasons of Sorrow









Day 18: Wisdom in Seasons of Sorrow

#### Your Verse

James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

#### **Supporting Scriptures**

- Proverbs 2:6 "For the LORD gives wisdom; from his mouth come knowledge and understanding."
- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."







Day 18: Wisdom in Seasons of Sorrow

### Devotional: Seeking God's Wisdom in the Pain

Grief can bring confusing emotions and decisions, leaving fathers unsure how to proceed. James 1:5 encourages you to ask God for wisdom — freely given to help navigate any situation.

God's wisdom provides clarity, comfort, and direction, reminding you that seasons change and healing unfolds over time. Trust that God's understanding will reveal the right steps during this painful season.

Turn to God regularly with your questions and be open to His guidance. He delights in providing insight and peace.







Day 18: 🖓 Wisdom in Seasons of Sorrow

## Reflect and Apply

1.	What questions or uncertainties do you want God's wisdom for today?
2.	How comfortable are you asking God for help and guidance?
3.	In what ways can you rest in God's timing and seasons?







Day 18: 🖓 Wisdom in Seasons of Sorrow

## **Journaling Prompts**

1.	Write about times God gave you unexpected wisdom.
2.	Describe your current needs for guidance.
3.	List ways to seek God's wisdom regularly.







Day 18: 

Wisdom in Seasons of Sorrow

### Prayer for Today

**God, I ask for Your wisdom in this difficult season.** Help me to trust Your timing and guidance as I face grief. Give me understanding and peace as I lean on You. Amen.  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 















#### Your Verse

John 14:16 "I will ask the Father, and he will give you another Advocate to help you and be with you forever."

#### **Supporting Scriptures**

- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles."
- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."







### Devotional: The Holy Spirit Comforts Constantly

**Jesus promised the Holy Spirit, the Comforter, to be with you always.** In times of overwhelming grief, the Spirit gently sustains, encourages, and reminds you of God's presence.

The God of all comfort wraps you in His love, standing by you even in darkest valleys. You do not walk this journey alone — the Spirit is your constant companion and source of peace.

Invite the Holy Spirit into your pain today, allowing His comfort to soothe your soul and give strength beyond yourself.







## Reflect and Apply

1.	How aware are you of the Holy Spirit's presence during your grief?
2.	In what ways can the Spirit comfort and strengthen you?
3.	How can you cultivate greater openness to the Holy Spirit's work?







## **Journaling Prompts**

1.	Write about moments you felt God's comfort recently.
2.	Describe how the Holy Spirit encourages you.
3.	List prayers inviting the Spirit's guidance.







### Prayer for Today

**Holy Spirit, come and comfort my heart.** Be my Advocate and constant companion through every sorrow. Help me feel Your presence and rest in Your peace. Amen. 🙏 😂 💝 駼

















Day 20: A Renewed Strength from God

#### Your Verse

Isaiah 40:31 "But those who hope in the LORD will renew their strength." They will soar on wings like eagles."

#### **Supporting Scriptures**

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Psalm 28:7 "The LORD is my strength and my shield."







Day 20: Nenewed Strength from God

#### Devotional: God Lifts You to Soar Again

Hope in the Lord brings renewed strength to face each challenging day. Isaiah 40:31 reassures fathers that as you trust God, He lifts you up like eagles — soaring above grief and pain.

The joy of the Lord becomes your strength, and His protection surrounds you. When you feel weak, weary, or defeated, turn to God for empowerment and courage.

Hold onto this promise and seek His strength to carry you into a future where healing and joy grow daily.







Day 20: 🖰 Renewed Strength from God

## Reflect and Apply

1.	Where do you need God's renewed strength most?
2.	How can you cultivate hope amid your grief?
3.	What does it mean to you to 'soar on wings like eagles'?







Day 20: 🖰 Renewed Strength from God

## **Journaling Prompts**

1.	Write about ways God has strengthened you recently.
2.	Describe your hopes for renewed joy and strength.
3.	List practical steps to foster hope each day.







Day 20: A Renewed Strength from God

### Prayer for Today

















#### Your Verse

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

#### **Supporting Scriptures**

- Revelation 21:4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







### Devotional: Trusting God's Good Plans Ahead

As this 21-day journey draws to a close, take heart in God's promises of hope and a bright future. Jeremiah 29:11 affirms that God has good plans for you — plans meant to prosper and not harm, filled with hope.

This journey through grief may forever mark your life, but God promises restoration, joy, and peace beyond what you see now. Revelation offers a beautiful vision where pain, sorrow, and tears are no longer present.

Keep trusting God with your future, embracing hope as your anchor. God walks with you always, guiding you toward healing and new purpose.







## Reflect and Apply

1.	How has your view of hope and the future changed through this study?
2.	What plans or dreams do you want to entrust to God today?
3.	How can you continue to hold on to God's promises moving forward?







## **Journaling Prompts**

1.	Write a goodbye letter expressing your grief and hope for the future.
2.	Describe how you will continue your healing journey.
3.	List prayers for the days ahead.







### Prayer for Today

**God of hope, I trust Your plans for my future.** Thank You for promising joy, peace, and restoration beyond my pain. Help me to walk each day in hope and faith, knowing You guide my path and hold me close. Amen.  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







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