# Healing Together: A 21-Day Family Grief Journey



Walk with God through grief and loss, discovering hope, healing, and restoration for your family in 21 days.





#### Table of contents

<u>Introduction</u>	4
<u>Day 1: * Finding God's Presence in Loss</u>	6
Day 2: Speaking Truth in Grief	12
Day 3: Casting Burdens on God	18
Day 4: S Embracing Each Person's Grief	24
Day 5: X Hope Beyond the Pain	30
Day 6: Forgiving Ourselves and Others	36
Day 7: O God's Strength in Weakness	42
Day 8:   Patience in the Healing Process	48
Day 9:  Receiving Comfort from God	54
Day 10: Seeking God's Guidance Together	60
Day 11:  Building Unity Through Shared Grief	66
Day 12: \delta Finding Peace in God's Sovereignty	72
<u>Day 13: Creating a Healing Home Environment</u>	78
Day 14: Nurturing Growth Amid Grief	84
<u>Day 15:  Encouraging One Another Daily</u>	90
Day 16: Restoring Joy and Laughter	96











#### Introduction

The loss of a loved one profoundly impacts families, shaking their foundations and leaving deep wounds. Grief is a deeply personal journey, yet it also touches the collective heart of a family unit. In this 21-day Bible study, "Healing Together: A 21-Day Family Grief Journey," you and your family are invited to walk with God through the aftermath of death or major family loss, finding comfort, strength, and hope in His Word.

Many families feel fractured or isolated after loss. Each person's grief may manifest differently—some experience silence, others anger or profound sadness. But Scripture offers a unifying truth: God is near to the brokenhearted, and He cares for those who mourn (Psalm 34:18). This study will guide you through passages that remind us of God's faithfulness, His invitation to cast our burdens on Him, and the healing power found in community and prayer.

Over the next 21 days, you will engage with scriptures that address grief, healing, forgiveness, restoration, and hope. Daily devotionals will encourage you to lean into God's presence while being honest about the pain and questions family members may face. Reflection questions will prompt you to consider both personal and collective healing. Journaling prompts will help process emotions and chart your family's growth. And daily prayers will connect your family in seeking God's peace and restoration.







**Remember:** Grief doesn't have a timetable, and healing isn't about forgetting but about embracing hope in God's promises and presence. This journey is about walking side by side—with your family and with God—toward a renewed sense of peace and love.

May this study nurture your hearts and restore your family bonds, allowing God's grace to heal and guide you through this season of loss and toward a hopeful tomorrow.















#### 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."
- 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 to the Brokenhearted

Loss can feel isolating, like we are walking alone through darkness. But the Word of God reminds us that in our deepest sorrows, He is incredibly near. Psalm 34:18 assures us, "The LORD is close to the brokenhearted." When grief crushes our spirit, God does not abandon us; He is present, ready to comfort and save.

As a family grieving a loved one, this promise is a lifeline. Let your hearts rest in God's nearness rather than the void left by loss. It's okay to feel broken, but remember, you are not alone in your sadness. The Creator of all holds you tightly, even when life feels overwhelming.

**Today, focus on inviting God's presence into your family's grief.** Share your feelings openly with each other and with God. Trust that He will meet you there in your pain and begin the healing process together.







### Reflect and Apply

How does knowing God is close to the brokenhearted comfort you personally?
In what ways can your family invite God's presence into your grief together?
What feelings or fears are you hesitant to share with God or your family right now?







#### **Journaling Prompts**

1.	Write about a moment when you felt God's presence during a difficult time.
	List the emotions you and your family are experiencing related to your loss.
3.	Journal a prayer asking God to surround your family with peace and comfort.







#### Prayer for Today

Heavenly Father, thank You for being close to us in our brokenness. We come before You with heavy hearts after our loss. Please bring Your comfort to each family member, heal our wounds, and bind us together through Your love. Help us to sense Your nearness and to lean on You in our grief. Strengthen us to support one another and keep hope alive. In Jesus' name, *amen.* 🙏 🖤 😂

















#### Your Verse

Ephesians 4:25 – "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."

#### **Supporting Scriptures**

- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







#### Devotional: Honest Talk Brings Healing

Grief can stir up confusion, misunderstanding, and sometimes silence among family members. Yet healing requires honest communication. Ephesians 4:25 encourages us to speak truthfully because we are all part of one body—the family God has called us to be.

Honest sharing of feelings, fears, anger, or doubts can feel vulnerable but is essential to healing wounds that grief can deepen. Your family's collective response to loss is strengthened when everyone is given space to voice their hearts. This openness can prevent misunderstandings and foster reconciliation and deeper understanding.

**Today, create room in your family for candid conversations.** Encourage each other to speak truthfully and listen with grace. Vulnerability in grief doesn't weaken you—it builds a stronger, more compassionate family.







### Reflect and Apply

1.	What truths about your grief do you find hardest to share?
2.	How does honest communication affect your family's healing process?
3.	In what ways can you foster a safe space for open sharing at home?







### **Journaling Prompts**

	Write a letter expressing your honest feelings about your loss, whether or not you will share it.
	Journal about a time when open communication helped your family resolve a challenge.
	Make a list of questions or topics your family could discuss to deepen understanding during grief.







### **Prayer for Today**

**Lord,** teach us to speak truth with love and listen with open hearts. Help our family to share our grief honestly and support each other without judgment. Remove any fear that keeps us silent. May Your Spirit guide our conversations toward healing, understanding, and unity. Thank You for being a God who hears even the unspoken. In Jesus' name, *amen*.









Day 3: 3 Casting Burdens on God









#### Your Verse

Psalm 55:22 – "Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken."

#### **Supporting Scriptures**

- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: Surrender Your Burdens to God

In grief, burdens can feel overwhelming and unending. Psalm 55:22 gently reminds us to cast our cares upon the Lord. He promises to sustain us and keep us unshaken despite life's storms.

Grief is not something we must carry alone or try to fix by ourselves. God's invitation is to lay down our worries, our pain, and our fears before Him. This act of surrender does not minimize the reality of your loss; rather, it acknowledges that God is your strong refuge.

Encourage your family today to bring their deepest hurts to God. Pray together, asking Him to take your burdens and fill your hearts with His peace. Trust that He is actively sustaining you even when the path ahead feels uncertain.







### Reflect and Apply

1.	What burdens related to your grief do you struggle to release to God?
	How can your family practically support each other in surrendering these burdens?
	What does it mean to you that God sustains and will not let you be shaken?







### **Journaling Prompts**

1.	Write about the burdens you want to cast on the Lord today.
2.	Describe what peace looks like or feels like after surrendering to God.
3.	Journal a prayer asking God to sustain each family member during this time.







#### Prayer for Today















#### Your Verse

Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."

#### **Supporting Scriptures**

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- 1 Corinthians 12:26 "If one part suffers, every part suffers with it."







#### Devotional: Walk Together in Empathy and Support

Grief does not look the same for every family member. Some may cry frequently, while others may seem to withdraw or become angry. Romans 12:15 calls us to "mourn with those who mourn"—to empathize and share in others' pain fully.

As a family seeking healing, recognizing different grief expressions is vital. It's a part of loving one another well. When one suffers, the whole family unit feels the impact. This creates a powerful call to carry each other's burdens as Christ commanded.

Today, be intentional about embracing the varied ways your family experiences loss. Celebrate small victories or moments of joy with those who find them, and gently support those who are still deeply mourning. Thoughtful empathy builds bridges toward collective healing.







### Reflect and Apply

1.	How does your family currently respond to different grief reactions?
2.	In what ways can you better support others' unique grieving processes?
3.	What feelings arise when mourning isn't expressed the way you expect?







### **Journaling Prompts**

	Write about a time when you felt supported in your grief by someone understanding your feelings.
2.	List ways you can show empathy to each family member this week.
3.	Journal about what it means to mourn and rejoice with others.







#### Prayer for Today

**Lord Jesus,** teach us to mourn with each other fully and to carry one another's burdens. Help our family embrace the different ways each person experiences loss. Fill us with compassion and patience as we walk this journey together. May Your love unify and heal us. In Your name, *amen*. 💝 🐶 🗸









# Day 5: XX Hope Beyond the Pain









Day 5: 🎇 Hope Beyond the Pain

#### Your Verse

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

#### **Supporting Scriptures**

- Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you."
- Revelation 21:4 "He will wipe every tear from their eyes."







Day 5: 🎇 Hope Beyond the Pain

#### Devotional: Trusting God's Plans Brings Hope

**Grief often clouds our vision with pain and uncertainty.** Yet, the Bible offers a beautiful promise of hope that transcends sorrow. Romans 15:13 prays for God to fill us with joy and peace as we trust Him, reminding us that hope is an active choice grounded in God's faithfulness.

Jeremiah 29:11 assures us that God's plans for us are good, even when today feels hard. The future holds restoration, a day when tears will be wiped away (Revelation 21:4). This hope nurtures resilience in broken hearts and breathes life back into weary families.

**Today, focus on holding onto hope together.** Encourage each other with these promises, and choose to trust in God's plans—even when pain persists.







Day 5: 🞇 Hope Beyond the Pain

#### Reflect and Apply

	What hope-filled promise from Scripture do you need to hold onto right now?
2.	How can your family nurture hope during difficult days?
	What fears or doubts challenge your trust in God's plan for your family's future?







Day 5: 🞇 Hope Beyond the Pain

#### **Journaling Prompts**

Write about a moment when hope helped you overcome sadness.
List Bible verses that bring hope to your heart during grief.
Journal a prayer committing your family's future to God's care.







Day 5: 🎇 Hope Beyond the Pain

#### Prayer for Today

**Father of Hope,** fill our hearts with Your joy and peace even amid sorrow. Help us to trust Your good plans and to hold on to hope for brighter days. Give our family strength to persevere, and remind us that You wipe away all tears. We place our future in Your hands. In Jesus' name, *amen.* 💋 🧩 🙏 😂

















#### Your Verse

Colossians 3:13 - "Forgive as the Lord forgave you."

# **Supporting Scriptures**

- Ephesians 4:31–32 "Get rid of all bitterness and anger... Be kind and compassionate to one another, forgiving each other."
- Matthew 6:14 "If you forgive others their sins, your heavenly Father will also forgive you."







# Devotional: Forgiveness Frees Hearts to Heal

After a loss, guilt, regret, or unresolved conflicts can linger, making grief heavier. God calls us to forgive—others and ourselves—as He has forgiven us. Colossians 3:13 challenges us to extend grace even in painful circumstances.

Forgiveness doesn't mean forgetting or excusing hurt, but releasing the grip bitterness holds over our hearts. This act frees your family from the chains of resentment and opens the door to healing relationships.

Today, take time with your family to reflect on any unforgiveness you may be holding onto. Pray for God's strength to forgive and be forgiven. Let His mercy refresh your spirits and restore peace among you.







# Reflect and Apply

	Are there areas where you or family members need to offer or receive forgiveness?
2.	How does forgiveness affect your personal grief journey?
3.	What steps can you take toward forgiving yourself or others?







# **Journaling Prompts**

	Write about someone you need to forgive or from whom you need forgiveness.
2.	Journal how unforgiveness has affected your grief or family relationships.
3.	Pray and write a forgiveness prayer for yourself or others.







# Prayer for Today

















Day 7: V God's Strength in Weakness

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







Day 7: V God's Strength in Weakness

#### Devotional: God's Power Perfects Our Weakness

**Grief can leave us feeling weak and vulnerable.** In 2 Corinthians 12:9, God reminds us His grace is enough and His power is perfected in our weakness. When we feel drained, His strength rises to meet us.

This truth is an encouragement not just for individuals but for families wounded by loss. Instead of striving in our own strength, we can lean into God's sustaining power and rest in His refuge.

**Today, invite this truth to strengthen your family.** Acknowledge your weaknesses honestly, then ask God to fill those gaps with His grace. Trust that He is present and powerful in every hard moment.







Day 7: ① God's Strength in Weakness

# Reflect and Apply

1.	When do you most feel weak during your grief journey?
2.	How can your family lean on God's strength together?
3.	What does it look like to receive God's grace in your weakness?







Day 7: ① God's Strength in Weakness

# **Journaling Prompts**

1.	Write about a time God's grace sustained you in weakness.
2.	Journal areas where you need God's strength today.
3.	List ways your family can encourage one another in weakness.







Day 7: **(**) God's Strength in Weakness

# Prayer for Today

**Gracious God,** in our weakness, show us Your strength. Pour out Your grace upon our weary hearts and sustain our family through this difficult time. Be our refuge and help in trouble. May we rely on You fully, knowing Your power is made perfect in our weakness. Amen.







# Day 8: 2 Patience in the Healing Process









Day 8: 

Patience in the Healing Process

#### Your Verse

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

## **Supporting Scriptures**

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest."







Day 8: 🕰 Patience in the Healing Process

# Devotional: Trust God's Timing in Healing

**Grieving is not linear, nor can it be rushed.** Ecclesiastes 3:1 reminds us that life's seasons, including sorrow, have their appointed time. Our healing unfolds gradually, sometimes with setbacks, and it requires patience.

Psalm 30:5 comforts us by promising joy after weeping. This reminder encourages families to persevere through dark nights, trusting in God's timing and faithfulness.

**Today, practice patience with yourselves and one another.** Recognize that healing unfolds uniquely for each person and for the family as a whole. Support each other with kindness and hope as you journey through this season.







Day 8: 🙇 Patience in the Healing Process

# Reflect and Apply

	How has impatience affected your grief or relationships within your family?
2.	What can you do to cultivate patience and grace during this time?
3.	How does knowing "there is a time for everything" offer hope for healing?







Day 8: 🙇 Patience in the Healing Process

# **Journaling Prompts**

1.	Write about a time you had to wait patiently for healing or restoration.
2.	Journal your current feelings about the pace of healing in your family.
3.	List practical ways your family can show patience and grace to one another.







Day 8: 🕰 Patience in the Healing Process

# Prayer for Today

**Father,** teach us patience as we navigate this season of grief. Help us trust Your perfect timing for healing and restoration. When we grow weary, remind us that joy comes in the morning. Strengthen our family to walk gently and support one another with grace. In Jesus' name, *amen*.







# Day 9: 💭 Receiving Comfort from God









Day 9: 💭 Receiving Comfort from God

#### Your Verse

2 Corinthians 1:3-4 - "The God of all comfort, who comforts us in all our troubles..."

## **Supporting Scriptures**

- Isaiah 66:13 "As a mother comforts her child, so will I comfort you."
- John 14:16 "I will ask the Father, and he will give you another advocate to help you and be with you forever."







Day 9: OR Receiving Comfort from God

# Devotional: God's Comfort Becomes Our Strength

God is called the Comforter because He truly comforts His children deep within their souls. 2 Corinthians 1:3–4 paints a beautiful picture of God comforting us so that we may comfort others, especially our family.

Like a tender mother's care, God's comfort is intimate and tender (Isaiah 66:13). The Holy Spirit, our Advocate, is promised to be with us forever, offering guidance and solace in our pain (John 14:16).

**Today, allow God's comfort to wash over you.** Encourage your family to share experiences of God's comfort and pray for Him to heal your broken hearts. This divine comfort equips you to encourage one another in grief.







Day 9: 🖰 Receiving Comfort from God

# Reflect and Apply

1.	Reflect on a time when you sensed God's comfort strongly.
2.	How can your family share God's comfort with one another?
	What does it mean to you to have the Holy Spirit as an everlasting Advocate?







Day 9: 🖰 Receiving Comfort from God

# **Journaling Prompts**

1.	Write about moments you have felt especially comforted by God.
2.	Journal a prayer asking for God's comfort for your family members.
3.	List ways your family can comfort each other in practical ways.







Day 9: 💭 Receiving Comfort from God

# Prayer for Today

**God of Comfort,** thank You for your tender care when our hearts break. Surround our family with Your peace. May Your Holy Spirit be our constant helper and advocate. Teach us to comfort one another as You comfort us, reflecting Your love and grace. In Jesus' name, *amen*.















#### Your Verse

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

# **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the LORD with all your heart... He will make your paths straight."
- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all."







# Devotional: God's Word Guides Our Steps

In moments of loss, direction can feel lost, and the future uncertain. God's Word provides light and guidance through the shadows. Psalm 119:105 declares that God's Word is a lamp to our feet and a light for our path.

Trusting in God's wisdom (Proverbs 3:5-6) and seeking His guidance in prayer (James 1:5) can help families navigate difficult decisions and emotions during grief.

**Today, commit as a family to seek God's direction.** Read Scripture together, pray for wisdom, and support each other in trusting God's leading even when the way is unclear.







# Reflect and Apply

1.	How has Scripture provided guidance during your grief so far?
	What decisions or challenges is your family facing right now that need God's direction?
3.	How can your family foster a habit of seeking God's wisdom together?







# **Journaling Prompts**

1.	Write about a Bible verse that has illuminated your path recently.
2.	Journal your hopes and fears about the future and surrender them to God.
3.	Make a list of prayers for wisdom your family can pray together.







# Prayer for Today

**Father,** thank You for Your Word that lights our way. Guide our family's steps as we face uncertainty after loss. Grant us wisdom and clarity in every decision. Help us to trust You fully and seek Your voice daily. Lead us beside Your peace-filled paths. In Jesus' name, *amen*.







# Day 11: Building Unity Through Shared Grief









Day 11: 🎔 Building Unity Through Shared Grief

#### Your Verse

Psalm 133:1 - "How good and pleasant it is when God's people live together in unity!"

## **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Philippians 2:2 "Make my joy complete by being like-minded, having the same love, being one in spirit and purpose."







Day 11: 🎔 Building Unity Through Shared Grief

# Devotional: Unity Strengthens Family Healing

Shared grief, though painful, offers a pathway to deeper family unity. Psalm 133:1 celebrates the blessing when God's people dwell together in harmony. Loss can either divide or unite families depending on how they respond.

Ecclesiastes reminds us of the strength in partnership and mutual support. Philippians calls us to be united in spirit and purpose, encouraging harmony through shared love and compassion.

Today, focus on ways your family can grow closer through shared experiences of grief. Prioritize kindness, patience, and intentional time together. Celebrate small moments of togetherness as steps toward healing unity.







Day 11: 🂢 Building Unity Through Shared Grief

# Reflect and Apply

1.	What challenges threaten your family's unity right now?
2.	How can shared grief bring your family closer together?
3.	What practical steps can you take to foster unity in your family?







Day 11: 🍑 Building Unity Through Shared Grief

# **Journaling Prompts**

1.	Write about a moment when your family felt united in the midst of grief.
2.	Journal ways you contribute to your family's unity or discord.
3.	Make a plan for a family activity that promotes togetherness.







Day 11: 🎔 Building Unity Through Shared Grief

# Prayer for Today

**God of Unity,** bind our family together in love and harmony. Help us to support and lift each other up as we journey through grief. Teach us to be like-minded and one in spirit and purpose. May our shared pain deepen our bonds and glorify Your name. In Jesus' name, *amen*.

















Day 12: 👶 Finding Peace in God's Sovereignty

#### Your Verse

Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

#### **Supporting Scriptures**

- Romans 8:28 "In all things God works for the good of those who love him."
- Psalm 46:10 "Be still, and know that I am God."







Day 12: \delta Finding Peace in God's Sovereignty

#### Devotional: Resting in God's Peaceful Sovereignty

In the midst of painful loss, trusting God's sovereignty can bring profound peace. Isaiah 26:3 promises perfect peace to those who keep their minds steadfast on the Lord.

Romans reminds us that God orchestrates even difficult circumstances for good, and Psalm 46 calls us to be still—quiet our anxious hearts—and rest in who God is.

**Today, meditate on God's control over your circumstances.** Practice stillness as a family, acknowledging God's power and goodness even when the path is unclear. Let His peace fill your hearts and minds.







Day 12: 👶 Finding Peace in God's Sovereignty

# Reflect and Apply

1.	What fears make it hard for you to trust God fully?
2.	How can your family cultivate stillness and trust together?
3.	What experiences reinforce God's goodness in your grief journey?







Day 12: 👶 Finding Peace in God's Sovereignty

# **Journaling Prompts**

1.	Describe what "perfect peace" means to you personally.
2.	Write about times God has worked good through difficulty in your life.
3.	Journal a prayer surrendering control to God's sovereignty.







Day 12: \delta Finding Peace in God's Sovereignty

# Prayer for Today

**Lord,** help us to trust You completely and rest in Your perfect peace. Still our anxious hearts and remind us You are in control. May our family surrender our worries and cling to Your promises. Fill us with peace that passes understanding. In Jesus' name, *amen.* \$\mathcal{B} \times \mathcal{L} \times \mathcal{L}\$







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#### Your Verse

Joshua 24:15 - "As for me and my household, we will serve the LORD."

#### **Supporting Scriptures**

- Proverbs 24:3-4 "By wisdom a house is built, and through understanding it is established."
- Colossians 3:15 "Let the peace of Christ rule in your hearts..."







#### Devotional: Build Your Home on God's Foundation

Our homes are where healing begins and family life unfolds daily. Joshua 24:15 declares the commitment of family to serve the Lord together—a foundation for peace and restoration.

Proverbs teaches that wisdom and understanding establish a strong home, and Colossians encourages letting the peace of Christ reign within.

Today, evaluate how your home environment supports healing from grief. Are there ways to cultivate peace, kindness, and servant-heartedness? Together, decide how you can intentionally create a safe and loving space for everyone to grow.







# Reflect and Apply

1.	What aspects of your home atmosphere promote healing?
2.	Where is peace lacking in your family environment?
3.	How can you as a family serve the Lord together daily?







# **Journaling Prompts**

1.	Write about what a healing home looks and feels like to you.
2.	List practical changes your family can make to invite peace.
3.	Journal a commitment statement for your household to serve God.







# Prayer for Today

**Father,** help our home to be a place of healing, peace, and grace. Guide us in serving You together and establishing our family on Your truth. Teach us wisdom and understanding so our household flourishes in love. May Your peace rule our hearts and home. In Jesus' name, *amen*. (1)







# Day 14: " Nurturing Growth Amid Grief









Day 14: "> Nurturing Growth Amid Grief

#### Your Verse

James 1:2-4 - "Consider it pure joy... whenever you face trials, because the testing of your faith produces perseverance."

#### **Supporting Scriptures**

- Romans 5:3-5 "Suffering produces perseverance; perseverance, character; and character, hope."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 14: " Nurturing Growth Amid Grief

### Devotional: Growth Springs from Grieving Faithfully

Though grief is painful, God can use it to cultivate growth in character and faith. James encourages us to find joy even in trials because they produce perseverance, an essential quality for life.

Romans further explains that perseverance builds character which fosters hope—a powerful cycle for families healing together. God's Spirit empowers us with power, love, and self-discipline, helping us thrive amid difficulties.

Today, focus on nurturing personal and family growth through this season. Celebrate small steps forward and encourage one another to rely on God's strength, not just human effort.







Day 14: 🍞 Nurturing Growth Amid Grief

# Reflect and Apply

1.	In what ways has grief strengthened your faith or character?
2.	How can your family encourage one another's growth?
3.	Where do you need God's power, love, or self-discipline most?







Day 14: 🍞 Nurturing Growth Amid Grief

# **Journaling Prompts**

1.	Write about a lesson grief has taught you about God or yourself.
2.	Journal hopes for personal growth resulting from this journey.
3.	List Bible verses that inspire perseverance and hope for your family.







Day 14: "> Nurturing Growth Amid Grief

# Prayer for Today

**Lord,** thank You for working through our trials to shape us. Help us grow in perseverance, character, and hope. Empower our family with Your Spirit's power, love, and self-discipline. May this season of grief deepen our faith and draw us closer to You and one another. In Jesus' name, *amen*.















#### Your Verse

1 Thessalonians 5:11 - "Therefore encourage one another and build each other up."

#### **Supporting Scriptures**

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."
- Proverbs 12:25 "Anxiety weighs down the heart, but a kind word cheers it up."







#### Devotional: Speak Words That Heal and Build Up

**Daily encouragement is a vital balm in healing from loss.** The Apostle Paul exhorts believers to build one another up consistently in 1 Thessalonians 5:11.

Hebrews emphasizes spurring one another on toward love and action, while Proverbs highlights the power of kind words to lift weary hearts. For grieving families, intentional encouragement strengthens bonds and fosters hope.

**Today, practice encouraging your family intentionally.** Share kind words, affirmations, and prayers. Celebrate progress and hold each other up in love and faith.







# Reflect and Apply

1.	What encouragement does your heart need most right now?
2.	How can your family cultivate habits of encouragement daily?
3.	How do kind words impact your healing process?







# **Journaling Prompts**

1.	Write a note of encouragement to a family member.
2.	Journal about how you feel when someone encourages you.
3.	List practical ways your family can uplift each other.







# Prayer for Today

God of Encouragement, inspire our words and actions to build one another up. Help our family to create a culture of kindness, hope, and love that heals wounds. Teach us to spur each other on toward goodness. May Your encouragement flow through us. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















Day 16: 🐚 Restoring Joy and Laughter

#### Your Verse

Psalm 126:2 - "Our mouths were filled with laughter, our tongues with songs of joy."

#### **Supporting Scriptures**

- Proverbs 17:22 "A cheerful heart is good medicine."
- Nehemiah 8:10 "The joy of the LORD is your strength."







Day 16: 🐚 Restoring Joy and Laughter

#### Devotional: Welcoming Joy Back Into Your Home

Amid grief, finding joy and laughter may feel distant but remain vital parts of healing. Psalm 126:2 recalls the restoration of joy as a cause for celebration. Proverbs calls a cheerful heart good medicine, and Nehemiah reminds us that the joy of the Lord strengthens us.

Restoring joy doesn't negate sorrow but honors the fullness of life God gifts us with. Your family's laughter and celebrations are signs of hope and resilience.

**Today, embrace moments of joy and laughter together.** Create space to smile, share memories, and celebrate life alongside sorrow.







Day 16: 🍆 Restoring Joy and Laughter

# Reflect and Apply

1.	What fears do you have about experiencing joy after loss?
2.	How does laughter help your grieving heart heal?
3.	How can your family celebrate hope while honoring grief?







Day 16: 🍆 Restoring Joy and Laughter

# **Journaling Prompts**

1.	Write about a joyful memory related to your loved one.
2.	Journal ways your family can create joyful moments together.
3.	Pray and thank God for moments of laughter and joy.







Day 16: 🍆 Restoring Joy and Laughter

# Prayer for Today

**Joyful God,** thank You for the gift of laughter and joy even in hard times. Restore our family's hearts and fill our home with Your strength and happiness. Help us to cherish joyful moments as part of healing. May Your joy be our constant source of hope. In Jesus' name, *amen*. (a)







# Day 17: The Embracing the Promise of Eternal Life









Day 17: t Embracing the Promise of Eternal Life

#### Your Verse

John 11:25 – "I am the resurrection and the life. The one who believes in me will live, even though they die."

#### **Supporting Scriptures**

- 1 Thessalonians 4:13 "Do not grieve like the rest of mankind, who have no hope."
- Revelation 21:4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."







Day 17: 

Embracing the Promise of Eternal Life

#### Devotional: Hope Anchored in Resurrection

**The Christian hope in eternal life offers profound comfort in grief.** Jesus' words in John 11:25 assure us that death is not the end for those who believe in Him.

Paul instructs us not to grieve without hope, reminding us that because of Christ, there is a glorious future where pain and death are no more (Revelation 21:4).

Today, meditate on the hope of eternal life for your family and your departed loved one. Let this hope infuse your grief with peace and strengthen your faith.







# Reflect and Apply

1.	How does the promise of eternal life shape your view of death?
	In what ways does grief feel different when viewed through the lens of hope?
3.	How can your family encourage each other with this promise?







# **Journaling Prompts**

1.	. Write about your hopes for reunion with your loved one in heaven.
2.	. Journal how the resurrection affects your feelings about loss.
3.	. Pray for strengthened faith in God's eternal promises.







Day 17: 

Embracing the Promise of Eternal Life

# Prayer for Today

**Risen Lord,** thank You for conquering death and offering us eternal life. Help us to grieve with hope and faith in Your promises. Comfort our family with the assurance that we will be reunited with our loved ones one day. Fill us with peace that surpasses understanding. In Jesus' name, *amen*.







# Day 18: Strengthening Faith Through Scripture









Day 18: C Strengthening Faith Through Scripture

#### Your Verse

Romans 10:17 - "Faith comes from hearing the message, and the message is heard through the word about Christ."

## **Supporting Scriptures**

- Hebrews 4:12 "For the word of God is alive and active."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 18: C Strengthening Faith Through Scripture

# Devotional: Root Your Family in God's Word

Faith grows and strengthens as we immerse ourselves in God's Word.

Romans 10:17 emphasizes that faith comes through hearing and reading the message about Christ.

Hebrews reminds us that God's Word is alive and active—bringing healing, conviction, and hope into dark places. Psalm 119 encourages hiding Scripture in our hearts for protection and guidance.

**Today, prioritize reading and reflecting on the Bible as a family.** Let God's truth build firm foundations for your faith journey beyond grief.







Day 18: C Strengthening Faith Through Scripture

# Reflect and Apply

1.	How has God's Word shaped your understanding of grief?
2.	What Scriptures have comforted you or your family during this time?
3.	How can your family develop a rhythm of reading God's Word together?







Day 18: 🔲 Strengthening Faith Through Scripture

# **Journaling Prompts**

1.	Write about your favorite Bible verse related to comfort and healing.
-	
2.	Journal how Scripture has impacted your grief journey.
3.	List ways to incorporate Bible reading into your family's daily life.







Day 18: Strengthening Faith Through Scripture

# Prayer for Today

















#### Your Verse

Psalm 77:11 - "I will remember the deeds of the LORD; yes, I will remember your miracles of long ago."

## **Supporting Scriptures**

- Ecclesiastes 3:4 "A time to weep and a time to laugh, a time to mourn and a time to dance."
- Proverbs 10:7 "The memory of the righteous is a blessing."







## Devotional: Celebrate Loved Ones Through Memories

Remembering your loved one with love helps keep their legacy alive. Psalm 77 expresses choosing to remember God's deeds and miracles, which can inspire families to recall joyful moments alongside grief.

Ecclesiastes acknowledges a season for both mourning and laughter, allowing space to cherish memories fully. Proverbs calls the memory of the righteous a blessing, encouraging families to honor their loved ones' lives.

Today, create opportunities to share stories, photos, or traditions that celebrate your family's heritage. Let these memories bring comfort and meaning to your ongoing healing.







# Reflect and Apply

ingly?







# **Journaling Prompts**

1.	Write a cherished memory of your loved one.
2.	Journal how sharing memories impacts your grief experience.
3.	Plan a family activity to honor your loved one's legacy.







# Prayer for Today

God of Remembrance, thank You for the gift of memories that inspire and heal. Help our family to hold onto cherished moments with love and gratitude. May these memories strengthen our bonds and honor those we miss. Fill us with peace as we remember. In Jesus' name, amen.















#### Your Verse

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

## **Supporting Scriptures**

- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."
- Hebrews 13:16 "Do not forget to do good and to share with others."







## Devotional: Find Strength in Community Love

While family is central, community support plays a vital role in healing.
Galatians calls us to carry one another's burdens, fulfilling Christ's law of love.

Romans encourages devotion and honor among believers, while Hebrews reminds us to do good and share generously.

Today, consider reaching out to trusted friends, church, or support groups. Encourage your family to accept help and encouragement. Healing is often strengthened by the care of others beyond immediate family.







Day 20:  $\blacksquare$  Embracing Community Support

# Reflect and Apply

1.	What role does your community play in your healing?
2.	Are there ways your family can better engage with supportive others?
3.	What fears or barriers keep you from seeking help outside the family?







Day 20:  $\blacksquare$  Embracing Community Support

# **Journaling Prompts**

Write about a time community support helped you through hardship.
Journal any hesitations you have about asking for help.
List people or groups you can turn to for encouragement.







# Prayer for Today

**Lord,** thank You for the gift of community. Help us to carry one another's burdens and receive support with open hearts. Guide us in showing love beyond our family and accepting kindness from others. Strengthen us through Your people. In Jesus' name, *amen*.















#### Your Verse

Philippians 3:13–14 – "Forgetting what is behind and straining toward what is ahead... I press on toward the goal to win the prize for which God has called me heavenward."

## **Supporting Scriptures**

- 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."
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







## Devotional: Press On Toward God's New Beginnings

As this 21-day journey closes, embrace God's grace to move forward. Paul encourages us in Philippians to forget what lies behind and focus on the hope and purpose ahead.

Lamentations reminds us of God's unfailing compassion renewed each day, offering fresh mercies for new beginnings. Isaiah invites us to release the past and anticipate the new work God is doing.

**Today, commit your family's next steps into God's hands.** Celebrate healing progress, cherish memories, and trust God's ongoing grace and guidance.







# Reflect and Apply

1.	What part of your family's grief journey feels ready to move forward?
2.	How will you continue to trust God's grace daily?
3.	What new hopes or goals do you want to pursue as a family?







# **Journaling Prompts**

1.	Write a commitment to God about moving forward in faith.
2.	Journal what new things you hope God is doing in your family.
3.	Pray for strength and guidance for the road ahead.







# Prayer for Today

**Gracious God,** thank You for your never-failing compassion and fresh mercies each day. Help our family to forget what lies behind and strain toward what lies ahead. Fill us with hope and courage as we continue this healing journey. May we press on together in Your grace and love. In Jesus' name, *amen*.









# Where God's Word Meets Your Daily Life



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