



Hope and Healing for Teens Coping with Loss



A 7-day Bible study helping teens find comfort, strength, and hope after experiencing the pain of suicide loss.



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Introduction

Losing someone to suicide is an incredibly painful and confusing experience, especially for teens who are still navigating the complexities of emotions and identity. **As you journey through grief**, it can feel overwhelming, and you might wrestle with questions about purpose, hope, and understanding why this happened.

God's Word offers a light in the darkness. This study is designed to guide you step by step toward comfort and healing through Scripture, reflection, and prayer. Each day, you will explore passages that speak directly to pain, hope, God's love, and restoration.

Remember, grief is personal and unique, and you may have good days and bad days. It's okay to feel broken but also to believe that God can bring beauty from ashes. Through these readings and reflections, you're invited to be honest with God and yourself, finding solace in His promises.

These seven days are a starting point. Feel free to take your time with each day, journaling your journey and praying for peace. You're not alone—God's presence is with you every step.





Day 1: Facing the Pain Honestly



Day 1: ❤️ Facing the Pain Honestly

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.*



Day 1: ❤️ Facing the Pain Honestly

Devotional: God Comforts the Brokenhearted

Grief after losing someone to suicide deeply wounds the heart. It's natural to feel broken, overwhelmed, confused, or even angry. Psalm 34:18 reminds us that **God is close to those whose hearts are crushed**. You don't have to pretend you are okay or push those feelings away. Instead, God invites you to come to Him just as you are—honest and hurting.

Jesus Himself said that those who mourn are blessed because they will be comforted (Matthew 5:4). Mourning is necessary; it's part of healing. God doesn't expect you to be strong all the time. When fear, sadness, or loneliness creep in, remember God promises His presence and strength (Isaiah 41:10).

Take a moment today to admit your pain to God. He understands the weight you carry and offers a refuge where you can find peace, rest, and gentle healing over time.



Day 1: ❤️ Facing the Pain Honestly

Reflect and Apply

1. In what ways have you tried to hide your pain? What might it look like to bring that pain honestly before God?

2. How does knowing that God is close to the brokenhearted change your view of your current feelings?

3. What would it mean to accept God's comfort in your grief today?



Day 1: ❤️ Facing the Pain Honestly

Journaling Prompts

1. Write down how you're feeling right now about your loss.

2. List any questions or emotions you find hard to share with others.

3. Reflect on what comfort from God looks like for you personally.



Day 1: ❤️ Facing the Pain Honestly

Prayer for Today

Dear Lord, today I come to You with a broken heart. The pain feels heavy, and I don't have all the answers. Thank You for being close to me even when I feel crushed inside. Please wrap me in Your comfort and remind me I don't have to carry this alone. Give me strength for today and hope for the days ahead. Help me to be honest with You about how I feel and to trust Your loving presence.

In Jesus' name, *Amen*. ❤️ 🙏 🌿





Day 2: ✨ Finding Hope Beyond Darkness



Day 2: ✨ Finding Hope Beyond Darkness

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 a hope and a future.

Supporting Scriptures

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



Day 2: ✨ Finding Hope Beyond Darkness

Devotional: God's Plans Include Hope and Future

When grief feels endless, hope may seem like a distant idea. But God assures us through Jeremiah 29:11 that He has good plans for our lives—plans to prosper us, give us hope, and a future. This promise means that even when today feels dark, **God's purpose for your life continues and is filled with hope.**

Romans 15:13 describes God as the source of all hope, joy, and peace when we trust Him. This type of hope uplifts beyond feelings or circumstances; it's a confident expectation anchored in God's unchanging nature.

Even when tears come, Lamentations 3:22-23 remind us that God's compassion never fails and that His mercy is new every morning. Every day is a chance to lean on Him, step by step, toward healing and renewal.

Embrace today's moment. The path ahead may be uncertain, but God's hand holds hope for you.



Reflect and Apply

1. What hopes do you have for your life despite the pain of loss?

2. How can trusting God's plans provide peace amid uncertainty?

3. What does it look like to seek God's new mercy each morning?



Journaling Prompts

1. Write a letter to your future self about hope and healing.

2. Describe what 'hope' means to you personally after your loss.

3. Identify ways you can welcome God's fresh mercy every day.



Day 2: ✨ Finding Hope Beyond Darkness

Prayer for Today

Heavenly Father, thank You for the promise that You have a hope-filled future prepared for me. When the darkness of loss feels overwhelming, remind me that Your plans are good. Fill me with Your joy and peace as I learn to trust You more each day. Help me to see Your mercy and compassion renewed with the sunrise. May Your hope be my anchor, now and always.

In Jesus' name, *Amen*.  ✨  





Day 3: 🕊️ Experiencing God's Peace



Your Verse

Philippians 4:6-7 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds.

Supporting Scriptures

- *John 14:27 – Peace I leave with you; my peace I give you.*
- *Psalms 46:10 – Be still, and know that I am God.*



Devotional: Peace That Surpasses Understanding

After loss, anxiety and swirling thoughts can overwhelm the mind and heart. But Philippians 4:6–7 encourages us to replace worry with prayer, confidently bringing every concern to God with thanksgiving. When we do this, God promises a peace that transcends human understanding—calming every storm within.

Jesus said in John 14:27 that He gives His peace to us, not as the world gives. His peace is lasting, deep, and powerful beyond circumstances. It's available even in moments when pain is fresh and hope feels distant.

Psalm 46:10 invites us to "be still and know that I am God." Stillness before God opens our hearts to receive His comfort and to let go of fear. Today, choose to stop for a moment, offer your worries to God, and rest in His peace.



Reflect and Apply

1. What worries or fears are you carrying right now?

2. How have you tried to cope with anxiety? How might prayer change that?

3. What does God's peace feel like in your life or the life you hope for?



Journaling Prompts

1. List the specific things you want to bring to God in prayer.

2. Describe what it means to you to 'be still' before God.

3. Write about a time you felt God's peace in hard circumstances.



Day 3: 🕊️ Experiencing God's Peace

Prayer for Today

Lord Jesus, anxiety and fear fill my heart today. I want to bring all my worries to You with thanksgiving, trusting You hear me. Please fill me with Your peace—a peace that is beyond my understanding. Help me to be still in Your presence, to let go of fear, and to rest in knowing You are in control. Thank You for Your unfailing care and love.

In Your name, *Amen*. 🕊️ 🌿 🙏 ❤️





Day 4: 🧡 God as Our Ever-Present Help



Day 4: 🧡 God as Our Ever-Present Help

Your Verse

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

Supporting Scriptures

- *Isaiah 43:2 – When you pass through the waters, I will be with you.*
- *Hebrews 13:5 – I will never leave you nor forsake you.*



Day 4: 🧡 God as Our Ever-Present Help

Devotional: God as Our Refuge in Trouble

When the pain from loss feels unbearable, remember God is your refuge—a safe place where you can find strength. Psalm 46:1 encourages us that God is always nearby, ready to help us in our times of trouble.

Isaiah 43:2 paints the picture of God walking with us through deep waters, symbolizing difficult seasons. You are not walking alone; God's presence accompanies you through every challenge.

Hebrews 13:5 offers a powerful promise that God will never leave nor forsake you, even when you feel isolated or misunderstood. This unshakeable commitment means that in your darkest moments, God's love remains constant and close.

Today, lean into the reality that God is with you—your refuge, strength, and ever-present friend.



Day 4: 🧡 God as Our Ever-Present Help

Reflect and Apply

1. How does knowing God is an ever-present help change how you face your pain?

2. What does it mean for you to take refuge in God during tough times?

3. In what ways can you remind yourself daily that God never leaves you?



Day 4: 🧡 God as Our Ever-Present Help

Journaling Prompts

1. Write about a moment when you felt God's help or strength in your trouble.

2. List ways you can reach out to God or others when feeling overwhelmed.

3. Describe what a 'safe place' looks like for you spiritually and emotionally.



Day 4: 🧡 God as Our Ever-Present Help

Prayer for Today

God, my Refuge and Strength, thank You for being with me when I feel weak and scared. Help me to remember that You are my ever-present help in every trouble I face. When the waves rise, hold me close and steady my heart. Remind me I am never alone, and Your love never fails. Teach me to trust You more fully each day.

In Jesus' name, *Amen.* 🛡️❤️🌊🙏





Day 5: ✨ Embracing God's Unfailing Love



Day 5: ✨ Embracing God's Unfailing Love

Your Verse

Romans 8:38-39 - Nothing can separate us from the love of God that is in Christ Jesus our Lord.

Supporting Scriptures

- *Psalm 136:26 - Give thanks to the God of heaven. His love endures forever.*
- *Ephesians 3:18-19 - May you have power to grasp how wide and long and high and deep is the love of Christ.*



Day 5: ✨ Embracing God's Unfailing Love

Devotional: Inseparable and Infinite Love of God

During times of grief, feelings of loneliness or rejection can surface. Yet Romans 8:38–39 assures us that **nothing—no fear, pain, or loss—can separate us from God's love**. This love is steadfast and unchanging because it is rooted in Jesus Christ.

Psalms 136:26 reminds us that God's love endures forever. It is eternal, unaffected by circumstances. Ephesians 3:18–19 challenges us to understand the vastness of God's love—how wide, long, high, and deep it is—beyond what our minds can fully grasp.

Today, open your heart to receive this infinite love. Allow it to heal wounds, fill the empty spaces, and remind you that God's love holds you firmly—even when life feels fragile.



Reflect and Apply

1. How has your experience of grief tested your understanding of God's love?

2. What does 'nothing can separate us from God's love' mean for your healing?

3. In what ways can you remind yourself daily of God's vast and enduring love?



Day 5: ✨ Embracing God's Unfailing Love

Journaling Prompts

1. Write about how God's love has shown up in your life recently.

2. Describe ways you struggle to believe in God's love during hardship.

3. List Bible verses or affirmations about God's love you want to remember.



Day 5: ✨ Embracing God's Unfailing Love

Prayer for Today

Dear Lord, thank You for Your unfailing, endless love. Even in my deepest pain, Your love reaches me and holds me close. Help me to understand how vast and deep Your love is. Remind me that nothing can separate me from You. Teach me to rest in this truth daily and let Your love heal my heart.

In Jesus' name, *Amen.* ❤️ 📖 🙏 ✨





Day 6: Healing Step by Step



Day 6: 🌿 Healing Step by Step

Your Verse

Psalm 147:3 – He heals the brokenhearted and binds up their wounds.

Supporting Scriptures

- *2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.*
- *Isaiah 61:3 – To bestow on them a crown of beauty instead of ashes.*



Day 6: 🌿 Healing Step by Step

Devotional: God's Gentle Healing for the Brokenhearted

Healing after loss is rarely quick or easy. Psalm 147:3 offers hope that God specifically heals the brokenhearted and lovingly binds up our wounds. Your wounds matter to Him, and His care is tender and intentional.

Paul's words in 2 Corinthians 12:9 remind us that God's grace is enough, even in our weakest moments. When you feel fragile or unable to move forward, His strength fills in the gaps, making you whole step by step.

Isaiah 61:3 paints a beautiful picture of transformation—God takes ashes, symbols of sadness and loss, and crowns them with beauty. Though the healing process may be slow, God is at work, shaping your story toward restoration and hope.

Today, trust God's timing and grace. Healing isn't about perfection but about moving forward with His help, one gentle step at a time.



Reflect and Apply

1. Where do you see yourself in the process of healing right now?

2. How can God's grace strengthen you in moments of weakness?

3. What does 'a crown of beauty instead of ashes' mean for your journey?



Day 6: 🌱 Healing Step by Step

Journaling Prompts

1. Detail any small ways you've noticed healing happening in your life.

2. Write about a time you felt God's grace in a difficult moment.

3. Imagine what your life could look like as God brings beauty from ashes.



Day 6: 🌿 Healing Step by Step

Prayer for Today

Gracious God, thank You for healing my broken heart and caring for my wounds. Please continue to guide me step by step in Your grace and strength. When I am weak, remind me that Your power is made perfect in me. Transform my pain into beauty and hope, and help me to trust Your gentle timing.

In Jesus' name, *Amen*. 🌿 🌸 🙏 💪





Day 7: Moving Forward in Faith and Hope



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

- *Philippians 3:13-14 – Forgetting what is behind and straining toward what is ahead.*
- *2 Timothy 1:7 – God gave us a spirit not of fear but of power, love, and self-discipline.*



Devotional: Renewed Strength to Soar Forward

As this study closes, Isaiah 40:31 offers a hopeful vision: those who place their hope in the Lord will find renewed strength and rise up like eagles.

Grief does not end overnight, but faith encourages us to look forward—forgetting what holds us back and pressing on toward God’s purpose (Philippians 3:13–14). This doesn’t mean forgetting our loved one but moving forward in a way that honors life and embraces healing.

God equips us not with fear, but with power, love, and self-discipline (2 Timothy 1:7). These gifts empower you to face each day with courage and compassion as you continue your healing journey.

Today, step forward in faith, trusting God’s promises and strength. Let hope soar in your heart as you embrace a future with God’s guidance.



Reflect and Apply

1. What fears or hesitations do you face about moving forward?

2. How can God's power, love, and self-discipline shape your next steps?

3. What does 'soaring like an eagle' mean to you in your personal healing?



Journaling Prompts

1. Write about a goal or hope you want to pursue with God's help.

2. Describe how you plan to rely on God's strength moving forward.

3. Reflect on changes you sense within yourself during this study.



Day 7: 📖 Moving Forward in Faith and Hope

Prayer for Today

Father, as I look to the future, I place my hope entirely in You. Renew my strength and help me to rise above my fears like an eagle soaring in the sky. Equip me with Your power, love, and self-discipline to walk faithfully ahead. Help me to embrace healing, growth, and the plans You have for my life. Thank You for walking with me every step.

In Jesus' name, *Amen*. 🕊️ ✨ 🙏 ❤️





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