



Hope Rises: Rebuilding After Grief



Explore God's promise of restoration as you rebuild trust, community, and your spiritual life after grief and loss.

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Introduction

Grief is a profound journey, often marked by pain, confusion, and a sense of brokenness. When disaster strikes or loss occurs, it can feel like the very foundations of our lives are washed away like floodwaters. Yet, Scripture offers a powerful message of hope: God is a master builder who rebuilds what is broken. *He restores our trust, breathes new life into our communities, and revives our spirits.* This Bible study invites you to walk through the valley of grief with open hearts, trusting that every new day holds the possibility of restoration and renewal.

In the coming days, you will explore how God responds to our sorrow with compassion and strength, how He rekindles hope in the midst of despair, and how He forms new bonds and trust amid brokenness. You are not alone in your grief; God is present, working quietly and powerfully to reshape your heart, your relationships, and your spiritual path.

Prepare to be encouraged, challenged, and comforted as we step into this journey of healing. Let the floodwaters of hope rise within you as God rebuilds, piece by piece, every area where loss has left a void. **Your restoration is a testimony to God's faithfulness and His boundless love.**





Day 1: ☁ Facing the Storm: Acknowledging Grief



Your Verse

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

Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*



Devotional: Acknowledging Grief Opens the Door to Healing

Grief often arrives like an unexpected storm, overwhelming and turbulent. Rather than rushing to push away the pain or pretending to be okay, the first step toward healing is to acknowledge the depth of loss and sorrow. The Bible assures us that God is near the brokenhearted, not distant or indifferent.

Psalm 34:18 reminds us that God saves those who are crushed in spirit. This means that in our darkest moments, God's presence is most intimate. It's okay to feel vulnerable, to cry, and to mourn deeply because God honors that honesty. By facing the storm and naming our grief, we open the door to divine comfort.

God does not promise to remove all pain immediately, but He promises to walk with us through it. Trusting His proximity in those moments helps us resist isolation and begins to rebuild trust in His goodness despite the confusion around us.



Reflect and Apply

1. How do you typically respond when grief comes suddenly or unexpectedly?

2. In what ways can feeling God's closeness transform your experience of sorrow?

3. What fears or doubts arise when you consider embracing your grief instead of avoiding it?



Journaling Prompts

1. Write about a recent loss or painful experience you are facing.

2. Describe your feelings when you consider God being close in your brokenness.

3. List ways you can invite God into your moments of sadness this week.



Day 1: ☁️ Facing the Storm: Acknowledging Grief

Prayer for Today

Dear God, *thank You for drawing near to me in my brokenness.* When the pain feels too heavy, remind me that I am not alone. Help me to face my grief honestly, knowing You are close and ready to comfort. Teach me to trust Your presence even when my spirit is crushed. Restore my hope one day at a time.

In Jesus' name, Amen. ☁️ 🙏 ❤️





Day 2: 🌱 Seeds of Hope: God's Promise to Restore



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

- *Joel 2:25 – "I will restore to you the years that the swarming locust has eaten."*
- *Romans 8:28 – "In all things God works for the good of those who love him."*



Devotional: Trusting God's Promise of Hope and Renewal

After acknowledging grief, it's vital to hold on to God's promises of restoration. Life's ruins can feel permanent, but God declares a future full of hope and renewal. Jeremiah 29:11 famously reminds us that God's plans are to prosper and not harm us, even when circumstances look bleak.

God doesn't just patch over brokenness; He rebuilds and renews. Just as a gardener plants seeds after a flood, God sows hope within our hearts, promising restoration of what was lost or damaged. The key is to trust that even when we can't see immediate results, God's work is underway behind the scenes.

Romans 8:28 encourages us that God orchestrates all things — even our pain — for our ultimate good. This does not minimize our struggle, but it assures us that loss is not the end of the story. The seeds of hope are planted, and God alone can bring forth new life from shattered places.



Reflect and Apply

1. What hopes do you find difficult to hold on to right now?

2. How can recalling God's plans give you strength to rebuild trust?

3. In what ways can you see God working for good amid your pain?



Day 2: 🌱 Seeds of Hope: God's Promise to Restore

Journaling Prompts

1. Write a letter to God about your hopes for restoration.

2. List areas of your life where you want to see God's promise fulfilled.

3. Reflect on a past hardship God has used for your good.



Day 2: 🌱 Seeds of Hope: God's Promise to Restore

Prayer for Today

Heavenly Father, thank You for holding a future full of hope for me. When I am overwhelmed by loss, remind me that You are working behind the scenes to restore and rebuild. Help me to trust Your goodness and cling to Your promises. May my heart be a fertile soil ready to receive Your seeds of hope. *In Jesus' name, Amen.* 🌱 🙏 ✨





Day 3: ✕ Rebuilding Trust: God as the Faithful Foundation



Your Verse

Psalm 73:26 - "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

Supporting Scriptures

- *Isaiah 28:16 - "See, I lay a stone in Zion, a tested stone, a precious cornerstone for a sure foundation."*
- *2 Corinthians 1:3-4 - "God comforts us in all our troubles, so that we can comfort others."*



Devotional: God Is Our Unshakable Cornerstone

One of the deepest wounds grief can cause is a loss of trust — in ourselves, others, and even God. Yet Scripture assures us that God is a faithful foundation, unshaken by any storm. When our hearts and flesh feel weak, Psalm 73:26 anchors us in the reality that God alone is the strength that never fails.

Rebuilding trust begins with resting on God's unchanging character. Isaiah calls Him the precious cornerstone, perfectly placed to support every part of our lives. As we experience God's comfort in our suffering, we become capable of extending that same comfort to others, forming a circle of healing and renewed relationships.

Trust gradually grows as we lean on God daily and allow Him to be the cornerstone. This strengthens our spiritual foundation and enables us to rebuild broken connections with our community as well.



Reflect and Apply

1. Where do you currently feel trust has been broken or lost?

2. How can leaning on God's strength help you begin to rebuild trust?

3. What role does receiving God's comfort play in comforting others?



Journaling Prompts

1. Identify one area where you need to rebuild trust, and write about it.

2. Describe how God's steadfastness can be your foundation today.

3. Think of a time when God comforted you; journal how you might comfort someone else.



Day 3: ✂ Rebuilding Trust: God as the Faithful Foundation

Prayer for Today

Lord Jesus, *when my heart feels weak and fragile, be my strength and sure foundation.* Teach me to place my trust fully in You, even when I feel uncertain or broken. Help me to receive Your comfort so I can share it with others who are hurting. Build my faith and restore my relationships through Your faithful love. *In Your name I pray, Amen.* ✂ 🙏 ❤️





Day 4: Community Restored: Healing Together



Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*
- *Romans 12:15 - "Rejoice with those who rejoice; mourn with those who mourn."*



Day 4: 🧡 Community Restored: Healing Together

Devotional: Healing Through Companionship and Shared Burdens

Grief can isolate us, making us feel like no one truly understands our pain. But God designed community as a vital part of healing. Ecclesiastes 4:9–10 vividly shows how companionship aids restoration — when one falls, the other lifts and supports.

Being part of a caring community helps rebuild trust and spiritual life after disaster. Galatians exhorts us to carry each other's burdens, which creates deep empathy and healing. Romans reminds us to share in both joy and sorrow, knitting closer bonds with those around us.

As you allow others to walk with you through grief, you foster connection and increase resilience. Likewise, your presence and support bring hope to someone else who may also be broken. Together, God's community becomes a living demonstration of His restoring love.



Reflect and Apply

1. Who in your life can walk with you through grief?

2. How do you experience community as a source of hope and strength?

3. What fears or resistances do you have about leaning on others?



Day 4: 🧡 Community Restored: Healing Together

Journaling Prompts

1. List people who have encouraged or supported you in hard times.

2. Write about ways you can offer comfort to someone else's pain.

3. Reflect on how your grief might deepen your connection with others.



Day 4: 🧡 Community Restored: Healing Together

Prayer for Today

Gracious God, thank You for the gift of community. Help me to trust others with my brokenness and allow myself to be lifted when I fall. Teach me to carry the burdens of those around me, so together we can be restored and strengthened in Your love. Bless the relationships You place in my life. *In Jesus' name, Amen.* 🧡 🙏 🧡





Day 5: ✨ Spiritual Renewal: Finding God in the Brokenness



Day 5: ✨ Spiritual Renewal: Finding God in the Brokenness

Your Verse

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

Supporting Scriptures

- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted, to proclaim freedom for the captives."*
- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 5: ✨ Spiritual Renewal: Finding God in the Brokenness

Devotional: God's Grace Heals and Renews Our Spirit

Grief can shake our spiritual foundations, leading us to question God's presence or timing. Yet God's heart is deeply moved toward the brokenhearted, as Psalm 147:3 assures us: He not only heals but lovingly binds up our wounds.

In the moments we feel weakest and most vulnerable, God's grace shines brightest. Isaiah declares that God sends His healing to the brokenhearted, offering freedom from captivity to despair. Paul's words remind us grace is enough, and God's power is perfected in our weakness.

This invites us to approach God honestly with our doubts and pain, trusting that He is working in our spiritual renewal. Rather than avoiding brokenness, embracing it as an entry point to God's healing leads to deeper faith and fresh hope.



Reflect and Apply

1. How has grief challenged your faith or spiritual life?

2. In what ways can you invite God's grace into your weakness?

3. What does spiritual renewal look like to you during painful times?



Journaling Prompts

1. Write a prayer asking God to heal your spiritual wounds.

2. Describe a time when God's grace was sufficient in your weakness.

3. Reflect on how brokenness has deepened your understanding of God.



Day 5: ✨ Spiritual Renewal: Finding God in the Brokenness

Prayer for Today

Merciful Father, You are the healer of broken hearts and the binder of wounds. When I feel weakest, pour out Your sufficient grace on me. Restore my spirit and renew my faith in the midst of suffering. Help me to see Your power working through my brokenness so that hope may rise again. *In Jesus' name, Amen.* ✨ 🙏 ❤️





Day 6: 🏔️ Looking Forward: Embracing a New Future



Your Verse

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

Supporting Scriptures

- *Philippians 3:13-14 - "Forgetting what is behind and straining toward what is ahead."*
- *Revelation 21:5 - "See, I am making all things new!"*



Devotional: Trusting God's New Work Beyond Past Pain

As restoration progresses, God invites us to release the hold of past pain and step into His new work. Isaiah 43:18–19 urges us not to dwell on former things but to recognize God's active hand making all things new. This doesn't mean forgetting grief but integrating it into a larger story of hope and renewal.

Paul encourages us to press forward toward what lies ahead, striving with purpose and faith. This active pursuit of a new future honors the work God is doing within us and around us. Revelation 21:5 reminds us that God's power to recreate is unlimited, giving us a bright horizon to look forward to.

Embracing the future with hope does not erase the past, but it transforms it into a foundation for God's new purposes. Your spiritual life, relationships, and trust can all be rebuilt stronger when you focus on His promises for what is ahead.



Reflect and Apply

1. What parts of your past do you find hardest to let go of?

2. How can you cooperate with God's work to make all things new?

3. What visions or hopes do you feel God is placing before you now?



Journaling Prompts

1. Write about what it means for you to embrace a new future with God.

2. List practical steps to move forward in faith and trust.

3. Reflect on how past grief can serve as a foundation, not a chain.



Day 6: 🌄 Looking Forward: Embracing a New Future

Prayer for Today

God of New Beginnings, help me to release the pain of the past and embrace the new things You are doing. Give me courage to press forward in hope, trusting that You make all things new. Let Your promises fuel my faith and inspire me to rebuild with purpose and joy. *In Christ's name, Amen.* 🌄 🙏 ✨





Day 7: 🏠 Rebuilt and Restored: Living in God's Peace



Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- *Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Psalms 46:10 - "Be still, and know that I am God."*



Day 7: 🏠 Rebuilt and Restored: Living in God's Peace

Devotional: Living in the Peace God Provides Forever

Having walked through grief and restoration, God offers us His lasting peace — a peace that stands firm beyond circumstances. Jesus promises in John 14:27 a peace unlike the world's fleeting comfort. This peace reassures us as we rebuild our lives, relationships, and spiritual walk.

Philippians assures us that God's peace transcends human understanding, guarding our hearts and minds. Embracing this peace invites us to be still and fully trust God's sovereignty, as Psalm 46:10 encourages.

The journey of grief can reshape us profoundly, but living rebuilt in God's peace means not just surviving but thriving in His presence. This peace sustains hope, heals wounds, and frees us to live confidently in God's love and purpose.



Reflect and Apply

1. How does God's peace differ from worldly peace in your experience?

2. What fears or worries do you need to surrender to God's peace today?

3. In what ways can you cultivate stillness to know God's presence?



Journaling Prompts

1. Write about moments when you've sensed God's peace in the storm.

2. List practical ways to welcome God's peace into your daily life.

3. Reflect on the transformation grief and restoration have brought to your heart.



Day 7: 🏠 Rebuilt and Restored: Living in God's Peace

Prayer for Today

Prince of Peace, thank You for Your gift of peace that calms every troubled heart. Help me to live surrounded by Your peace, guarding my mind and spirit. When anxieties rise, remind me to be still and trust in Your loving sovereignty. May Your peace be the foundation of my rebuilt life. *In Jesus' name, Amen.* 🏠 🙏 🕊





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