# Letting Go With Grace: A 21-Day Journey Through Grief



A compassionate 21-day study guiding families to surrender their loved ones into God's care with hope and peace.





#### Table of contents

<u>Introduction</u>	4
Day 1: S Embracing the Reality of Loss	5
Day 2:  Finding Peace in God's Care	11
Day 3: Allowing Tears to Flow Freely	17
Day 4: A Hope Beyond the Horizon	23
Day 5: Surrendering Control to God	29
Day 6:  Healing Comes in Seasons	35
Day 7: 6 Finding Strength in Weakness	41
<u>Day 8:  God's Unfailing Love Surrounds You</u>	47
Day 9: Figure 1: Day 9: Embracing Memory With Gratitude	53
<u>Day 10:  Leaning on Community Support</u>	59
Day 11: Remembering God's Promises	65
Day 12: S Cultivating Gratitude Amid Grief	71
Day 13: W Resting in God's Presence	77
Day 14: Growing Faith Through Surrender	83
Day 15: X Living With Eternal Perspective	89
Day 16: Planting Seeds of New Joy	95











#### Introduction

**Grief** is a profound human experience that touches every heart in moments of loss. It can be overwhelming, confusing, and isolating, yet it is also a deeply personal journey where faith provides comfort and strength. This 21-day Bible study, *Letting Go With Grace*, is designed especially for families who are navigating the painful process of surrendering a loved one into God's care. Through scripture, reflection, and prayer, you will be guided gently toward healing and hope.

Each day explores a different aspect of grief—from acknowledging the pain, seeking God's presence in sorrow, to finding peace in surrender. You're invited to confront the raw emotions that come with loss, knowing that God sees your tears and hears your cries. The Bible offers not only comfort but also a promise of restoration, reminding us that grief is not the end of the story.

**Throughout these days**, you will discover the beauty of entrusting your loved one to God's hands, releasing control while embracing grace. This surrender is not a sign of weakness but of faith—trusting that God's love transcends even death.

Let this study be a sacred time where you invite God to walk alongside your grief, transforming pain into peace, and loss into a deeper awareness of His abiding presence. May you find solace in His Word and courage to let go with grace.















#### Your Verse

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

#### **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."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: God Near the Brokenhearted

**Grief begins** when we confront the undeniable reality of loss. The pain feels sharp and the emptiness, overwhelming. Yet, amidst this, the psalmist reminds us that God is intimately close to those who are brokenhearted. He doesn't distance Himself when our spirits are crushed; instead, He draws near to comfort and sustain us.

In times of intense sorrow, it's vital to acknowledge our feelings rather than suppress them. God understands our pain deeply and invites us to come to Him as we are. Though the path through grief is often lonely, the companionship of God provides a stronghold.

As you begin this journey of letting go, lean into God's presence. Let His Word be a balm to your hurting soul and a reminder that you are never alone—even in the darkest valleys.







## Reflect and Apply

	How does knowing God is close to the brokenhearted bring you comfort today?
2.	What emotions are surfacing as you face the reality of your loss?
	In what ways can you allow yourself to be honest with God about your grief?







# **Journaling Prompts**

1.	Write about the moment you first realized your loss.
2.	Describe how you feel God's presence in your pain.
3.	List the emotions grief is stirring in your heart today.







#### Prayer for Today

**Lord,** today I come before You with a heavy heart. The pain of loss feels overwhelming, but I take comfort that You are close to me in this brokenness. Hold me in Your loving arms and soothe my spirit as I begin to let go with grace. Help me to feel Your presence even in my deepest sorrow and trust Your unfailing care for my loved one and me. *Thank You* for not abandoning me. **In Jesus' name, Amen.** 







# Day 2: 💋 Finding Peace in God's Care









Day 2: 💋 Finding Peace in God's Care

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







Day 2: **B** Finding Peace in God's Care

#### Devotional: Receiving Peace Amid the Pain

Grief often robs us of peace and breeds fear and uncertainty. However, Jesus offers a peace unlike any the world can give—a peace that keeps our hearts calm amid the storm. This peace doesn't deny the pain but comes alongside it, offering rest for the weary soul.

Entrusting your loved one into God's care means you can lean into this peace, surrendering your worries and fears. God's peace will guard your heart and mind, allowing you to face each day with renewed strength and courage.

As you meditate on these scriptures, invite God's peace to soothe your anguish. Rest in His promises, and know that your surrender is met with divine love and care.







Day 2: 💋 Finding Peace in God's Care

## Reflect and Apply

1.	Where do you sense fear or restlessness in your heart?
2	How can God's peace help guard your heart and mind right now?
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3.	What does resting in Jesus' care look like for you today?







Day 2: 🥦 Finding Peace in God's Care

## **Journaling Prompts**

1.	Write a letter to God surrendering your fears and grief.
2.	Describe a moment when you felt God's peace despite hardship.
3.	List ways you can practice resting in God's presence daily.







Day 2: **B** Finding Peace in God's Care

#### Prayer for Today

**Dear Jesus,** thank You for the gift of Your incomparable peace. My heart feels troubled, yet I choose to rest in Your promises today. Help me release my fears and find comfort in knowing You care for every detail of my grief. Teach me to lean on You and receive the rest You offer. *Fill me with Your peace that passes understanding.* Amen.















#### Your Verse

John 11:35 - "Jesus wept."

#### **Supporting Scriptures**

- Psalm 56:8 "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book."
- Lamentations 3:32 "Though he brings grief, he will show compassion, so great is his unfailing love."







#### Devotional: The Healing Power of Tears

Grief often brings tears that seem endless and overwhelming. Yet, even Jesus, God incarnate, wept at the loss and pain around Him. This simple yet profound act shows that crying is neither weakness nor shame but a natural and healing response to sorrow.

God not only allows your tears but treasures each one. They are seen, valued, and collected by Him. Your tears speak truths of the heart and make space for healing and compassion to flow.

Today, give yourself permission to release your emotions openly before God. **Let your tears flow freely** as a testimony to the depth of your love and the authenticity of your grief. Know that God is tender toward your brokenness and faithful in His love.







# Reflect and Apply

1.	What emotions are stirring up your tears today?
2.	How does Jesus' own sorrow give you permission to grieve openly?
3.	In what ways do you feel God is compassionate toward your pain?







## **Journaling Prompts**

1.	Write about a time when crying brought unexpected relief.
2.	Describe how you feel God responds to your tears.
3.	Journal your thoughts and prayers as you openly weep to God.







#### Prayer for Today

**Lord,** thank You for understanding my grief and receiving my tears. Help me to be honest with You and myself today as I release the pain I carry. Remind me that my sorrow is known and treasured by You. May my tears be a source of healing and an expression of the love I cannot put into words. *Thank You for Your compassion that never fails.* Amen.  $\Leftrightarrow \lozenge$ 

















#### Your Verse

Romans 8:38–39 – "Neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- 1 Thessalonians 4:13 "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope."
- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."







#### Devotional: Anchored in Eternal Hope

Loss can feel like the end—dark, vast, and incomprehensible. Yet Scripture gives us a hope that stretches beyond the horizon of this life. The love of God conquers death, assuring us that nothing can separate us from Him or those He holds dear.

As you grapple with grief, hold onto this hope firmly. Your loved one rests in God's eternal care, surrounded by His perfect love. You can grieve fully but not without hope, because God's promises transcend the pain of separation.

Allow your heart to shift focus from loss to the eternal reality of God's unbreakable love. That hope brings peace, strength, and a future reunion to anticipate with joy.







## Reflect and Apply

1.	How does God's unending love shape your view of loss?
2	Wile at most of Louis' musica allout double since and the most confort?
2.	What part of Jesus' promise about death gives you the most comfort?
3.	How can hope reshape your grieving process today?







#### **Journaling Prompts**

1.	Write about your understanding of eternal life and God's love.
2.	Reflect on the hope you want to hold tightly amid grief.
3.	List ways to remind yourself daily of God's promises.







#### Prayer for Today

Heavenly Father, help me hold fast to the hope You provide in the midst of my grief. Thank You that death does not have the final word and that Your love surrounds my loved one and me forever. Strengthen me to walk this journey with courage, anchored in Your eternal promises. Fill my heart with peace that surpasses understanding. *In Jesus' name, Amen.* 

















#### 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 46:10 "Be still, and know that I am God."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: Letting Go and Letting God Lead

Grief often triggers a desire to control outcomes and find answers. However, true healing comes when we surrender our need to understand and orchestrate every detail to God. Proverbs reminds us to trust fully and submit our ways to Him.

This kind of surrender doesn't mean giving up; it means giving over—to God who knows all things and loves beyond measure. When we stop striving for control, we create space to experience His perfect peace and guidance.

Today, invite God to take your burdens. Be still in His presence, refusing to cling tightly to painful questions, and trust that He is making your path straight—even if you cannot yet see the way.







# Reflect and Apply

1.	What areas of your grief do you find hardest to surrender?
2.	How can you practice trusting God when understanding feels elusive?
3.	What does being still before God look like in your current pain?







## **Journaling Prompts**

1.	Write about the struggle to let go and how you want to surrender.
2.	Describe a time God led you clearly after surrendering control.
3.	List small daily steps to deepen your trust in God.







#### **Prayer for Today**

God of peace, I confess my desire to control and understand all that happens in my grief. Help me surrender my heart and hands to You, trusting Your wisdom and care. Teach me to be still and know Your presence is enough. Guide my steps and fill me with peace as I lean on You. *Thank You for leading me gently.* Amen.

















Day 6: 
Healing Comes in Seasons

#### 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."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Day 6: Mealing Comes in Seasons

#### Devotional: Trusting God's Timing in Healing

Grief unfolds in seasons, each with its own rhythm and purpose. Ecclesiastes reminds us that there is a time for every feeling—pain and joy, sorrow and hope. It's important to respect this natural ebb and flow without rushing or resisting.

Healing is not linear but cyclical. There will be nights filled with tears and mornings brightened by glimpses of joy. God walks every step, renewing our strength as we trust Him through each season.

Today, embrace where you are in your journey. Be patient with yourself and God's timing. Trust that as you hope in the Lord, He will sustain and restore you.







Day 6: 💮 Healing Comes in Seasons

## Reflect and Apply

1.	What season of grief do you identify with right now?
2.	How can you be patient with your emotional and spiritual process?
3.	Where have you seen God renewing your strength during this time?







Day 6: 🛞 Healing Comes in Seasons

### **Journaling Prompts**

1.	Describe your current season of grief in detail.
2.	Write about moments of joy amid sorrow.
3.	List ways to encourage yourself in waiting for healing.







Day 6: Mealing Comes in Seasons

#### Prayer for Today

**Lord,** help me embrace the seasons You have established in my life. When I feel weighed down by sorrow, renew my strength and remind me that joy will come again. Teach me patience as I walk this journey and fill me with hope that sustains my soul. *Thank You for Your perfect timing and unfailing love.* Amen. 2







# Day 7: Finding Strength in Weakness









Day 7: 6 Finding 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**

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







Day 7: 6 Finding Strength in Weakness

#### Devotional: Grace Perfected in Our Weakness

Grief can leave us feeling fragile and drained, confronting us with our limitations. Yet God's grace meets us precisely in our weakness, transforming our vulnerability into an opportunity to experience His power.

It may be tempting to mask pain or pretend strength, but true strength often rises from admitting our need for God. As Paul learned, God's power shines most brightly when we recognize our own insufficiency.

Invite God's grace to fill your broken places today. Let Him be your strength when you feel weakest. Remember, in your fragility, God's perfect power is at work to carry you through.







Day 7: 💍 Finding Strength in Weakness

## Reflect and Apply

1.	In what ways has grief revealed your weaknesses?
2.	How can you rely more fully on God's grace instead of your own strength?
	What comfort do you find knowing God's power works through your weakness?







Day 7: 🖰 Finding Strength in Weakness

### **Journaling Prompts**

1.	Write about a moment you felt God's strength despite your weakness.
2.	Journal the ways you can invite God's grace into your pain.
3.	List areas where you can surrender self-reliance and trust God more.







Day 7: 6 Finding Strength in Weakness

#### Prayer for Today

**Merciful God,** I confess my weakness and need. Your grace is enough to sustain me. Fill me with strength beyond my own and help me lean deeply on You today. In my frailty, let Your power be glorified. Thank You for never leaving me alone in my weakness. *Amen.* 6















#### Your Verse

Romans 8:38–39 – "Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- Psalm 103:17 "But from everlasting to everlasting the Lord's love is with those who fear him."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves."







#### Devotional: Embraced by God's Constant Love

In the midst of grief, it's easy to feel isolated and unloved. Yet God's love is constant, unchanging, and inseparable from our lives, no matter what we face. This love surrounds you fully—before, during, and after your grief.

God is with you as your Mighty Warrior, standing beside you to protect, comfort, and guide. His love never fails or fades, offering a safe refuge when the storm rages.

Let yourself rest bravely in this divine love today. Know that God's embrace is tender, and His care for you and your loved one is infinite and everlasting.







## Reflect and Apply

1.	How do you experience God's love in your grief?
2.	When have you felt particularly close to God's protection and care?
2	What do so it we can to you that wathin a can consumt you from His lave?
3.	What does it mean to you that nothing can separate you from His love?







### **Journaling Prompts**

1.	Write about a memory of God's love helping you through pain.
2.	Describe what it feels like to be surrounded by God's presence.
3.	List ways you can remind yourself daily of God's unfailing love.







#### Prayer for Today

**Lord,** thank You for Your faithful love that never leaves or forsakes me. When I am overwhelmed, help me remember You are always near, defending and caring for me. Surround me with Your love and fill my heart with peace that only You can give. *In Jesus' name, Amen.* • • • • • • • •







# Day 9: Find Embracing Memory With Gratitude









Day 9: C Embracing Memory With Gratitude

#### Your Verse

Psalm 77:11–12 – "I will remember the deeds of the Lord... I will meditate on all your works."

#### **Supporting Scriptures**

- Ecclesiastes 7:1 "A good name is better than fine perfume... a day of death than a day of birth."
- Philippians 1:3 "I thank my God every time I remember you."







Day 9: C Embracing Memory With Gratitude

#### Devotional: Grateful Remembrance of Loved Ones

Remembering a loved one brings a mixture of joy, sorrow, and sometimes regret. Psalm 77 encourages us to keep the deeds and moments of God's faithfulness in our hearts, even in grief.

Honoring memories with gratitude allows us to celebrate lives well lived and find comfort in the legacy of love left behind. It shifts our focus from what is lost to the goodness we were privileged to witness.

Today, spend time recalling special memories with thankfulness. Let gratitude tenderly soften the sharp edges of loss and bring warmth to your heart.







Day 9: 🌈 Embracing Memory With Gratitude

## Reflect and Apply

1.	Which memories bring you comfort right now?
2.	How can gratitude help you navigate your grief?
3.	What legacy do you see in your loved one's life worth celebrating?







Day 9: 🌈 Embracing Memory With Gratitude

## **Journaling Prompts**

1.	Write a letter of thanks commemorating your loved one's impact.
2.	Journal favorite memories that bring peace and hope.
3.	List ways to honor the memory of your loved one daily.







Day 9: C Embracing Memory With Gratitude

#### Prayer for Today

**Gracious God**, thank You for the gifted memories and love shared. Help me embrace these treasures with a grateful heart. Teach me to cherish the legacy of those I miss and to find hope in remembering Your faithfulness through them. *May my gratitude strengthen my journey forward.* Amen.







# Day 10: C Leaning on Community Support









Day 10: 🎔 Leaning on Community Support

#### 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... If either of them falls down, one can help the other up."
- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."







Day 10: 💛 Leaning on Community Support

#### Devotional: God's Gift of Supportive Community

Grief can feel isolating, but God designed us to live in community. The Bible encourages us to share our burdens and support one another through life's hardest experiences.

Accepting help and presence from others doesn't lessen your grief; it honors the human need for connection and healing. Whether friends, family, or faith community, these relationships can provide strength and comfort.

Today, consider reaching out to those who can walk this journey with you or offer your own support to others in need. Together, grief becomes lighter and hope more tangible.







Day 10: 🍑 Leaning on Community Support

## Reflect and Apply

1.	Who is God calling you to lean on during your grief?
2.	How might you also be a support for someone else in pain?
3.	What barriers keep you from reaching out to others for help?







Day 10: 🎔 Leaning on Community Support

## **Journaling Prompts**

Write about someone who has supported you recently and how it helped.
Journal your feelings about receiving and giving support.
Make a list of people you can call on or encourage today.







Day 10: 💛 Leaning on Community Support

#### Prayer for Today

**Father,** thank You for the gift of community. Help me to be honest about my needs and willing to receive support. Show me how to walk alongside others who grieve, sharing Your love in practical ways. May Your presence flow through the connections You've provided. *Amen.* 💝 🗨 🙏







# Day 11: P Remembering God's Promises









Day 11: Remembering God's Promises

#### Your Verse

2 Peter 1:4 – "Through these he has given us his very great and precious promises..."

#### **Supporting Scriptures**

- Hebrews 13:5 "Never will I leave you; never will I forsake you."
- Jeremiah 29:11 "For I know the plans I have for you… plans to prosper you and not to harm you."







Day 11: • Remembering God's Promises

#### Devotional: Clinging to God's Hope-Filled Promises

Amid sorrow, God's promises are unshakeable anchors. Peter highlights that through God's promises, we receive everything needed to live boldly despite loss.

These promises remind us that God remains present, faithful, and actively working for our good, even when circumstances seem bleak. They're a source of courage and assurance.

Meditate on God's promises today. Speak them aloud or write them as declarations of hope. Let the truth of these promises soothe your weary heart and fuel your faith for tomorrow.







Day 11: • Remembering God's Promises

## Reflect and Apply

1.	Which of God's promises most resonate with your grief today?
2.	How can reminding yourself of these promises change your perspective?
3.	What promise do you want to hold onto most tightly in this season?







Day 11: 🖓 Remembering God's Promises

## **Journaling Prompts**

1.	Write out your favorite Bible promises and what they mean to you.
2.	Journal how repeating promises has impacted your healing.
3.	Create a prayer declaring trust in God's faithfulness.







Day 11: • Remembering God's Promises

#### Prayer for Today

**Loving God,** thank You for Your precious promises that hold me firm. Help me to trust when my heart is heavy and to anchor my hope in Your Word. Fill me with faith to believe in Your plans for good, even amid pain. *Never leave me, Lord. Amen.*







# Day 12: 😂 Cultivating Gratitude Amid Grief









Day 12: 😩 Cultivating Gratitude Amid Grief

#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts... and be thankful."







#### Devotional: Thankfulness as a Path to Peace

Choosing gratitude in grief might seem impossible or even inappropriate, yet Scripture teaches that giving thanks in all circumstances honors God and cultivates peace.

Gratitude reframes our perspective—shifting us from what we've lost to what still remains: God's goodness, love, faithfulness, and the gift of memories. It doesn't minimize pain but invites healing light into shadowed places.

Today, look for small reasons to be thankful. Even a simple breath or a memory can serve as a doorway to thankfulness and renewed peace.







# Reflect and Apply

1.	What small blessings can you find despite your grief?
2.	How might gratitude change your experience today?
3.	What challenges do you face in offering thanks right now?







## **Journaling Prompts**

1.	List three things you are thankful for this morning.
2.	Write how acknowledging God's goodness impacts your heart.
3.	Journal about moments when gratitude grew through your pain.







#### Prayer for Today

**God of grace,** teach me to give thanks even when my heart aches. Help me see Your goodness woven through every day and to rest in Your love. May gratitude soften my grief and lead me toward peace. *Thank You for Your enduring love. Amen.* \$\oint\_{\overline{\chi}} \subseteq \subseteq\$















#### Your Verse

Psalm 46:10 - "Be still, and know that I am God."

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 30:15 "In quietness and trust is your strength."







#### Devotional: Finding Strength Through Stillness

When grief exhausts the soul, rest is vital. God calls us to be still—to pause and recognize His sovereignty over all circumstances. In His presence, we find strength not through our own efforts but by trusting and resting in Him.

This sacred stillness is not passive but deeply restorative. It allows God's peace to envelop us and replenishes our weary hearts.

Today, create intentional moments to pause, breathe deeply, and rest in God's presence. Let Him be your refuge and strength amid overwhelming emotions.







# Reflect and Apply

1.	How do you currently find moments of stillness with God?
2.	What distractions pull you away from resting in His presence?
3.	How can you cultivate a habit of trusting God through rest?







## **Journaling Prompts**

1.	Write about a time when being still with God refreshed you.
2.	Journal your challenges and hopes related to spiritual rest.
3.	Create a plan to incorporate quiet times with God daily.







#### Prayer for Today

**Peaceful God,** teach me to be still and rest in You. When my heart races with grief, draw me close and fill me with calm. Help me trust in Your control and find strength in quietness. I surrender my burdens to You. *Amen.* 😂 💋 🙏







# Day 14: Forowing Faith Through Surrender









Day 14: 🗣 Growing Faith Through Surrender

#### Your Verse

James 4:7 – "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

#### **Supporting Scriptures**

- Romans 12:1 "Offer your bodies as a living sacrifice... this is your true and proper worship."
- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."







Day 14: 🗣 Growing Faith Through Surrender

#### Devotional: Surrender as an Act of Faith

Surrender is more than giving up—it's a conscious choice to submit fully to God and His plans. James encourages believers to submit to God, which brings protection and growth in faith.

In grief, surrendering can feel like a hard battle against despair and uncertainty. Yet it is through surrender that faith deepens, and God's transformative power is released in our lives.

Today, commit yourself anew to God's hands. Let your sorrow give way to worship and trust, knowing that surrender prepares fertile ground for faith to flourish.







Day 14: 🍪 Growing Faith Through Surrender

# Reflect and Apply

What fears or doubts resist your surrender to God?
How can surrendering be a form of worship during grief?
In what ways is God inviting you to deeper trust today?







Day 14: 🍪 Growing Faith Through Surrender

## **Journaling Prompts**

1.	Write about your feelings toward surrender in your grief journey.
2.	Journal a prayer committing yourself wholly to God.
3.	List actions you can take to resist discouragement and hold faith.







Day 14: 🗣 Growing Faith Through Surrender

#### Prayer for Today

**Holy God,** grant me the courage to submit fully to Your will. Help me resist despair and trust Your plans, even when I cannot see clearly. May my surrender be an offering of faith and worship. Grow my trust in You each day. Amen. ••







# Day 15: 🗱 Living With Eternal Perspective









Day 15: 💥 Living With Eternal Perspective

#### Your Verse

2 Corinthians 4:17–18 – "Our light and momentary troubles are achieving for us an eternal glory."

#### **Supporting Scriptures**

- Colossians 3:2 "Set your hearts on things above, not on earthly things."
- John 3:16 "For God so loved the world that he gave his one and only Son..."







Day 15: 💥 Living With Eternal Perspective

#### Devotional: Hope From an Eternal Viewpoint

Grief focuses our hearts on loss, yet Scripture invites us to lift our gaze beyond present pain to an eternal perspective. Paul reminds us that current troubles are momentary compared to the eternal glory God is preparing.

Setting our hearts on heavenly things shifts the weight of sorrow. God's love demonstrated through Jesus offers assurance that this life is not all there is.

Today, refocus your heart on the hope of eternity. Let this perspective bring comfort amid grief and inspire strength to live fully in each moment.







Day 15: 🎇 Living With Eternal Perspective

# Reflect and Apply

1.	How does an eternal perspective affect your view of loss?
2.	What hopes does God's promise of eternity kindle in your heart?
3.	How can focusing on heaven help you live fully today?







Day 15: 🎇 Living With Eternal Perspective

# **Journaling Prompts**

1.	Write about what eternal life means to you right now.
2.	Journal how God's promises shape your daily grieving process.
3.	List ways to live intentionally with eternity in mind.







Day 15: 🎇 Living With Eternal Perspective

#### Prayer for Today

**Everlasting God,** thank You for the hope beyond this life. Help me keep my eyes fixed on Your eternal promises when grief weighs heavily. Teach me to live with joyful expectation, trusting in Your love forever. May this hope strengthen and guide me each day. Amen. \*















#### Your Verse

Psalm 126:5 - "Those who sow with tears will reap with songs of joy."

#### **Supporting Scriptures**

- Isaiah 61:3 "To bestow on them a crown of beauty instead of ashes..."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







#### Devotional: Hope for Joy After Mourning

Though sorrow is deep, God can transform grief into new joy. Psalm 126 speaks of sowing with tears yet reaping songs of joy. This metaphor reminds us that pain is part of the process leading to restoration.

God promises beauty instead of ashes, joy replacing mourning, and peace born from hope. New joy may come quietly or gradually, but it is real and possible.

As you continue to surrender, allow God to plant seeds of healing and delight in your heart. Trust that joy will bloom again in His perfect timing.







## Reflect and Apply

1.	What 'seeds of joy' are you beginning to notice amid your grief?
2.	How do God's promises encourage you to hope for restoration?
3.	In what ways can you nurture these seeds daily?







### **Journaling Prompts**

1.	Write about moments when you glimpsed joy during grieving.
2.	Journal hopes you have for the future despite loss.
3.	List practical ways to nurture new joy as it grows.







#### Prayer for Today

**God of restoration,** thank You for the promise of joy after sorrow. Help me recognize and nurture the seeds of new joy You plant in my heart. Fill me with hope and peace as I trust in Your healing power. May songs of praise rise from my mourning. Amen. **\*\* !** 















#### Your Verse

Hebrews 11:1 – "Faith is confidence in what we hope for and assurance about what we do not see."

#### **Supporting Scriptures**

- 2 Corinthians 5:7 "For we live by faith, not by sight."
- Psalm 28:7 "The Lord is my strength and my shield; my heart trusts in him, and he helps me."







#### Devotional: Walking Steadily in Faith

The path of grief is ongoing, and walking it with faith provides steady footing. Hebrews defines faith as confident hope and assurance despite unseen outcomes.

Living by faith means trusting God's presence, goodness, and purposes even when feelings waver and answers remain unclear. Faith turns uncertainty into trust and steps of courage.

Today, renew your commitment to walk this journey with bold faith. Let your confidence rest not on circumstances but on God's steadfast love and help.







# Reflect and Apply

1.	How is your faith growing through the grief journey?
2.	Where do you struggle to trust God fully?
3.	What practical steps can deepen your confidence in God's presence?







## **Journaling Prompts**

1.	Write about your current state of faith and trust.
2.	Journal prayers asking God to strengthen your faith during grief.
3.	List actions that help you live purposefully by faith each day.







#### Prayer for Today

**Faithful God,** strengthen my trust in You as I continue this journey. Help me to walk boldly by faith, not by sight, knowing You are my strength and shield. Encourage my heart when doubt arises and hold me close. *In Jesus' name, Amen.*







# Day 18: Sharing Your Story of Grief









Day 18: V Sharing Your Story of Grief

#### Your Verse

Psalm 34:17 – "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."

#### **Supporting Scriptures**

- Revelation 12:11 "They overcame him by the blood of the Lamb and by the word of their testimony."
- Ecclesiastes 3:7 "A time to tear and a time to mend..."







Day 18: V Sharing Your Story of Grief

#### Devotional: The Healing Power of Sharing

Sharing your grief story can bring healing and strength. Psalm 34 assures us God hears when we cry out, and sharing testimony is a powerful way to overcome pain and connect with others.

Opening up about difficult experiences mends brokenness and can inspire hope in those walking similar paths. Vulnerability becomes a bridge for God's grace and community support.

Consider how your story might serve God's purposes today. Sharing doesn't mean forgetting but embracing healing and allowing your experience to honor God and uplift others.







Day 18: V Sharing Your Story of Grief

# Reflect and Apply

1.	Have you shared your grief openly? Why or why not?
2.	How could sharing your story bless others or yourself?
3.	What fears or encouragements do you feel around vulnerability?







Day 18: V Sharing Your Story of Grief

## **Journaling Prompts**

Write your grief story as honestly and compassionately as possible.
Journal reflections on how sharing affects your healing.
Plan ways to connect with support groups or trusted listeners.







Day 18: Sharing Your Story of Grief

### Prayer for Today

**God of comfort,** thank You for hearing the cries of my heart. Help me find courage to share what I carry, trusting You to use my story for good. Bring healing through vulnerability and connection. Guide me to those who will walk alongside me. Amen.  $\heartsuit$ 







# Day 19: 😂 Embracing New Beginnings









Day 19: 🔀 Embracing New Beginnings

#### Your Verse

Isaiah 43:19 – "See, I am doing a new thing! Now it springs up; do you not perceive it?"

#### **Supporting Scriptures**

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed... his mercies never fail."
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."







Day 19: 🔀 Embracing New Beginnings

#### Devotional: God's Promise of Renewal

Grief, while painful, also opens the door to new beginnings. God promises to do new things—restoration, renewal, and fresh hope spring forth from His mercy and love.

With each step of surrender, you move closer to embracing a new chapter marked not by forgetting your loved one, but by living forward with strength and grace.

Let today be a day of openness: perceive the new work God is doing in your life, and receive His mercies that are new every morning.







Day 19: 😂 Embracing New Beginnings

# Reflect and Apply

1.	What new beginnings can you sense on your horizon?
2.	How does God's mercy encourage you to move forward?
3.	What fears or hopes accompany this idea of newness?







Day 19: 😂 Embracing New Beginnings

### **Journaling Prompts**

1.	Write about what a new beginning means for you personally.
2.	Journal prayers inviting God's renewal in your life.
3.	List practical ways you can embrace fresh starts in your journey.







Day 19: 🔀 Embracing New Beginnings

### Prayer for Today

Redeeming God, thank You for doing new things in my life. Help me see and embrace the fresh beginnings You offer. Fill me with hope and courage to live fully, trusting Your mercies that never fail. Lead me forward with grace. Amen. 💢 🍞 🙏















#### Your Verse

Romans 8:28 - "In all things God works for the good of those who love him..."

#### **Supporting Scriptures**

- James 1:2-3 "Consider it pure joy... whenever you face trials... perseverance."
- 1 Peter 5:10 "After you have suffered a little while, God will himself restore you."







### Devotional: Purpose Found in Life's Trial

It's natural to wrestle with why pain exists, especially in grief. Romans encourages believers to trust that God works through all circumstances for good, even when it's not immediately clear.

Trials refine our character and deepen faith. Though painful, this process leads to restoration and maturity in Christ.

Today, choose to trust God's greater purpose in your suffering. Let the assurance of His goodness inspire endurance and hope through every challenge.







# Reflect and Apply

1.	How do you understand God's purpose in your pain right now?
2.	What does perseverance through grief look like for you?
3.	In what ways have you experienced God's restoration?







## **Journaling Prompts**

1.	Write about your struggles to trust God's purposes.
2.	Journal moments when suffering drew you closer to God.
3.	List areas where you want to invite God's restoration.







### Prayer for Today

Wise Father, help me to trust Your plans even when I don't understand my pain. Teach me to persevere and find joy through trials, knowing You are working for my good. Restore my soul and strengthen my faith as I continue this journey. Amen. The Amen.

















#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- Matthew 19:26 "With God all things are possible."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







#### Devotional: Peace in Surrendering With Grace

Today marks a significant moment—learning to let go with grace. Philippians encourages us to surrender anxiety through prayer, receiving God's peace that protects our hearts and minds.

Letting go of your loved one into God's care releases you from burdens that no human strength can bear. It's an act of faith, grace, and trust that opens you to peace and healing.

As you close this 21-day journey, may you embrace God's peace anew and step forward with confidence in His unending love and hope.







# Reflect and Apply

1.	What does letting go with grace mean for you today?
2.	How can you continue to experience God's peace moving forward?
3.	In what ways has this study helped you embrace surrender?







## **Journaling Prompts**

Write a prayer or letter expressing your decision to let go with grace.
Journal about the peace you feel now compared to Day 1.
List commitments to nurture your faith and peace ahead.







### Prayer for Today

Heavenly Father, thank You for guiding me to surrender my grief and trust You fully. Fill me with Your peace that surpasses understanding and guard my heart and mind. Help me to walk forward with grace, hope, and joy, resting always in Your loving care. *In Jesus' name, Amen.* \*







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