



# Peace for the Final Journey: Trusting Jesus in Grief



Find peace and hope in Jesus' words as you face grief and the unknown, drawing strength to trust Him through your final journey.

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## Introduction

**Grief is one of life's most profound challenges.** Whether we grieve the loss of a loved one, a season of life, or the uncertainty of what lies ahead, the journey can feel overwhelming. Yet, in the midst of sorrow, *Jesus offers us words of peace and hope*, inviting us to lean on Him as our eternal guide.

In this 7-day Bible study, we will explore Scriptures that illuminate **Jesus' promises to those facing the unknown** and help us cultivate trust in His unchanging love. We will focus on how His words provide comfort not only for today but for the final journey that each of us will one day make.

As you engage each day, reflect on the depth of Jesus' compassion, the hope of resurrection, and the assurance that He has prepared a place for us. This study aims to gently steer your heart towards the peace that surpasses understanding — a peace only He can give.

*May this time of reflection help you experience the calm assurance Jesus offers, even in grief and uncertainty.* You are not alone on this path; He walks it with you and invites you to rest in His promises.





## Day 1: 🕊️ Jesus, the Good Shepherd



Day 1: 🐑 Jesus, the Good Shepherd

## Your Verse

*John 10:27-28 - "My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand."*

## Supporting Scriptures

- *Psalm 23:1 - "The Lord is my shepherd, I lack nothing."*
- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 1: 🐑 Jesus, the Good Shepherd

## Devotional: Resting Securely in Jesus' Care

**Grieving hearts often feel vulnerable and lost, but Jesus reassures us that we are not alone.** As the Good Shepherd, He knows each of us intimately, calls us by name, and promises eternal security. Even when death feels like an overwhelming shadow, His voice brings comfort and guidance.

*Imagine resting in His hand, safe and secure.* Our final journey, though unknown, is lovingly guarded by Jesus who says, "They shall never perish." This means that grief doesn't have the last word — eternal life with Him is assured.

Remember also the iconic Psalm 23, where the Lord leads and restores us even through the darkest valleys. Isaiah's promise removes fear, replacing it with God's powerful presence.

Today, let's listen for Jesus' voice and trust Him as we begin this journey through grief.



Day 1: 🐑 Jesus, the Good Shepherd

## Reflect and Apply

1. How does knowing Jesus as the Good Shepherd change your perspective on grief and loss?

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2. What fears about the unknown do you feel Jesus is addressing for you today?

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3. In what ways can you lean on Jesus' promise that no one can snatch you from His hand?

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Day 1: 🐑 Jesus, the Good Shepherd

## Journaling Prompts

1. Write about a moment when you felt Jesus' comforting voice amid grief.

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2. List fears about the future that you want to surrender to Jesus today.

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3. Describe what it means to you to be part of Jesus' 'sheep'.

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Day 1: 🕊️ Jesus, the Good Shepherd

## Prayer for Today

**Lord Jesus,** You are the Good Shepherd who knows me deeply and leads me with love. I entrust my fears and grief to You, knowing You will never let me go. Help me hear Your voice clearly and rest securely in Your care, even when I face the unknown. Thank You for the promise of eternal life and peace beyond understanding. *Amen.* 🕊️ 🙏 ❤️





## Day 2: Hope Beyond the Darkness



Day 2: 🌅 Hope Beyond the Darkness

## Your Verse

*John 11:25-26 – "Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.'"*

## Supporting Scriptures

- *1 Thessalonians 4:13-14 – "We do not grieve as those who have no hope... Jesus died and rose again."*
- *Romans 8:38-39 – "Nothing in all creation will be able to separate us from the love of God..."*



Day 2:  Hope Beyond the Darkness

## Devotional: Anchored in the Resurrection Hope

**Grief often plunges us into a dark place, yet Jesus shines brightly as our hope.** In His conversation with Martha, Jesus declares that He is the resurrection and the life — a powerful promise that death is not the end for those who believe.

*This truth can transform how we face loss.* Though loved ones may be physically separated from us, faith connects us eternally. Paul reminds believers not to grieve without hope, because Jesus' victory over death changes everything.

Moreover, nothing in creation, not even death or grief, can separate us from God's love. This unbreakable bond is our anchor when our hearts feel like they might break.

Hold on today to Jesus' promise that life, abundant and eternal, begins with trusting in Him.



Day 2: 🌅 Hope Beyond the Darkness

## Reflect and Apply

1. What does Jesus' identity as 'the resurrection and the life' mean for your experience of grief?

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2. How can the hope of eternal life reshape your sorrow and fears?

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3. In moments of despair, how can you remind yourself that nothing can separate you from God's love?

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Day 2:  Hope Beyond the Darkness

## Journaling Prompts

1. Write about a time when hope in Jesus helped you through a difficult grieving moment.

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2. Reflect on what eternal life means to you personally.

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3. List ways you can share this hope with others who are grieving.

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Day 2: 🌅 Hope Beyond the Darkness

## Prayer for Today

**Father God**, thank You for the powerful hope found in Your Son, Jesus. When grief feels overwhelming, remind me of the resurrection and life He brings. Help me trust that death does not have the final word, and that Your love will never let me go. Strengthen my faith as I navigate this final journey, filling me with peace and eternal hope. *In Jesus' name, Amen.* 🌅 ✝️ ❤️





## Day 3: Rest for the Weary





Day 3: 🌿 Rest for the Weary

## Your Verse

*Matthew 11:28-30 - "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart."*

## Supporting Scriptures

- *Psalms 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Isaiah 40:31 - "Those who hope in the Lord will renew their strength."*



Day 3: 🌿 Rest for the Weary

## Devotional: Finding Soul Rest in Jesus' Compassion

Grief bears a heavy weight, often leaving us exhausted and overwhelmed. Jesus invites us to come to Him with our weariness and find true rest. This rest is more than physical relief — it is deep soul peace born from surrendering burdens to the gentle Savior.

*In taking His yoke, we learn from His humility and compassion. We realize we do not have to carry grief alone or pretend to be strong. Psalm 34 assures us God is especially near to us in brokenness, ready to save and comfort.*

Isaiah encourages us that hope in the Lord renews strength, enabling us to face another day in His power. Let Jesus refresh your heart today as you entrust your sorrow and uncertainty into His gentle hands.



Day 3:  Rest for the Weary

## Reflect and Apply

1. What burdens are you carrying, and how might Jesus invite you to give them to Him?

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2. How does Jesus' gentle and humble heart provide comfort in grief?

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3. In what ways can you accept His rest instead of trying to manage everything alone?

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Day 3: 🌿 Rest for the Weary

## Journaling Prompts

1. Describe what it feels like to come to Jesus with your grief.

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2. Write a prayer inviting Jesus to carry your burdens today.

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3. Reflect on moments when God's presence renewed your strength during sadness.

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Day 3: 🌿 Rest for the Weary

## Prayer for Today

Jesus, You see my weariness and invite me to come find rest in You. I lay down my heavy burdens and take Your gentle yoke, trusting You will teach and sustain me. Thank You for Your compassion that comforts my grieving heart. Renew my strength and help me walk forward day by day with hope. *Amen.*





## Day 4: 💡 Light in the Darkness



Day 4: 💡 Light in the Darkness

## Your Verse

*John 8:12 - "When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"*

## Supporting Scriptures

- *Psalm 27:1 - "The Lord is my light and my salvation—whom shall I fear?"*
- *2 Corinthians 4:16-18 - "Our light and momentary troubles are achieving for us an eternal glory."*



Day 4: 💡 Light in the Darkness

## Devotional: Trusting Jesus' Light Amid Grief

**Grief often feels like walking through a dark tunnel with no clear end in sight.** Jesus' declaration that He is the light of the world offers profound encouragement: following Him means we do not walk in darkness alone.

*This light penetrates despair and fear.* David's Psalm reminds us that because the Lord is our light and salvation, fear loses its power. Paul's words encourage us to fix our eyes not on temporary suffering but on the eternal glory awaiting us.

Allow Jesus' light to illuminate your path even when the way forward feels uncertain. His radiant presence can dispel shadows of doubt and bring peace to your soul.





Day 4: 💡 Light in the Darkness

## Reflect and Apply

1. Where do you recognize darkness or fear in your grieving process?

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2. How does trusting Jesus as the light change how you navigate uncertainty?

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3. What practical ways can you invite His light to shine in your daily life?

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Day 4: 💡 Light in the Darkness

# Journaling Prompts

1. Write about a moment when God's light broke through your sadness.

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2. List fears that feel like darkness and pray asking Jesus to bring light.

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3. Journal ways to remind yourself of God's light this week.

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Day 4: 💡 Light in the Darkness

## Prayer for Today

**Lord Jesus,** You are the light that guides me through the darkness of grief. Help me to trust Your presence when I feel lost and afraid. Shine Your light on my path so I may walk forward with courage and hope. Thank You for being my constant source of illumination. *Amen.* 💡 ✨ 🙏





## Day 5: Promised 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 4:6-7 - "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts..."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts."*



Day 5:  Promised Peace

## Devotional: Receiving Jesus' Lasting Peace

**In grief's turbulence, peace can seem elusive – but Jesus offers a peace unlike any other.** His peace is not dependent on circumstances; it transcends the turmoil around us.

*Jesus invites us to let go of fear and heartache, accepting His lasting peace.* Unlike the fleeting, conditional peace the world offers, His peace guards our hearts and minds.

Paul encourages believers to replace anxiety with prayer, experiencing God's peace as a protective shield. This peace can rule in our hearts, giving order to our emotions and calm to our spirits.

Today, embrace Jesus' promise and let His peace anchor your soul.



## Reflect and Apply

1. What areas of your heart are troubled or afraid?

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2. How can you receive and hold on to the peace Jesus gives?

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3. What differences do you notice between worldly peace and the peace Christ offers?

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Day 5:  Promised Peace

## Journaling Prompts

1. Describe what Jesus' peace looks or feels like in your life.

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2. List worries you wish to surrender to God today.

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3. Write a prayer asking for God's peace to guard your heart and mind.

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Day 5: 🕊️ Promised Peace

## Prayer for Today

Jesus, thank You for the gift of Your peace—a peace that surpasses all understanding. Help me to release my fears and heartaches to You. Guard my heart and mind as I walk through grief. May Your peace reign in my life and calm my spirit today and always. *Amen.* 🕊️ 🙏 ❤️





## Day 6: 🤝 Never Alone



Day 6: 🧡 Never Alone

## Your Verse

*Matthew 28:20 - "And surely I am with you always, to the very end of the age."*

## Supporting Scriptures

- *Hebrews 13:5 - "Never will I leave you; never will I forsake you."*
- *Psalms 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



Day 6: 🧡 Never Alone

## Devotional: Embracing Jesus' Constant Presence

**Grief can make us feel isolated and alone, but Jesus promises His constant presence.** The assurance that He is with us 'always, to the very end' gives strength to face each day.

*God's faithfulness means we never walk the path of sorrow on our own.*

Hebrews echoes this, reminding us that God will never leave or forsake us. In our weakness, He is our refuge and strength.

Take comfort in His eternal companionship, knowing that His presence is a sustaining light through grief's darkest hours. This presence invites you into a deep trust that transcends your circumstances.



Day 6: 🧡 Never Alone

## Reflect and Apply

1. When have you most deeply sensed God's presence during grief?

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2. How does knowing Jesus never leaves you change your view of loneliness?

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3. What steps can you take to become more aware of His presence daily?

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Day 6: 🧡 Never Alone

## Journaling Prompts

1. Write about a time you felt God's help in your grief.

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2. List ways God has been a refuge in your struggles.

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3. Journal a prayer asking Jesus to reveal His presence to you now.

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Day 6: 🧡 Never Alone

## Prayer for Today

**Jesus**, thank You that You are with me at every moment, never leaving or forsaking me. In moments of loneliness and sorrow, remind me of Your presence and give me strength. Be my refuge and help, sustaining me through this journey of grief. *Amen.* 🧡 ✨ 🙏





## Day 7: A Glorious Reunion





## Your Verse

*Revelation 21:4 - "He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."*

## Supporting Scriptures

- *1 Corinthians 15:51-52 - "We will be changed... the dead will be raised imperishable."*
- *John 14:2-3 - "I am going there to prepare a place for you... I will come back and take you to be with me."*



Day 7:  A Glorious Reunion

## Devotional: Hope in the Promise of Reunion

**Our grief finds its ultimate hope in the promise of a glorious reunion.**

Revelation paints a breathtaking picture of the future where God wipes away every tear, and mourning is no more.

*The pain we endure now is temporary, replaced by eternal joy at Christ's return and the resurrection of the dead.* Paul speaks of the instant transformation that awaits, and Jesus comforts by assuring us of the place He is preparing for us.

As we journey through grief, hold firmly to these promises. Our final journey leads to a dwelling prepared by Jesus Himself — a home filled with perfect peace, where separation ends and reunion begins.

May this hope strengthen you today and always.



## Reflect and Apply

1. How does the vision of no more tears and pain influence your grief?

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2. What does the promise of a prepared place in heaven mean to you?

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3. How can the hope of resurrection shape your daily trust in Jesus?

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Day 7:  A Glorious Reunion

## Journaling Prompts

1. Write about your hopes for eternal life and reunion with loved ones.

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2. Reflect on what it means that God will wipe away every tear.

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3. Journal a prayer of hope and trust in Jesus' promises about the future.

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Day 7: 🌈 A Glorious Reunion

## Prayer for Today

**Father**, thank You for the glorious promise of eternal life and reunion with You. Help me to hold onto this hope in the midst of grief, trusting that You will soon wipe away every tear. Prepare my heart as You prepare a place for me, and fill me with peace as I journey forward. *Amen.* 🌈 ✨ 🙏 ❤️





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