



# Peace in Loss and Grief — Comfort in the God of All Peace



Explore God's comforting peace through loss and grief, discovering hope and healing in the God who calms every storm and heals every broken heart.

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## Introduction

**Loss and grief** are universal experiences that touch every life. Whether through the death of a loved one, the end of a relationship, or unexpected life changes, grief impacts us deeply. During these times, the human heart often longs most for *peace*\*—a peace that transcends understanding and settles the soul amid turmoil. The Bible speaks powerfully to this need, revealing a God who is the source of all peace and a comforter to the brokenhearted.

Throughout this 7-day study, **we will journey through Scripture to discover how God’s peace sustains us in the hardest moments. You will see how He comforts, heals, and restores by His Spirit, offering a peace that the world cannot give or take away. This peace is not just circumstantial calm but a deep, abiding tranquility rooted in His presence and promises.**

*Each day, let the Word of God speak into your pain.* Allow His truths to minister healing to your soul. Reflect deeply on what it means to rest in the God of all peace, even when the waves of grief crash around you. You are not alone—God walks with you every step, tenderly holding your heart.

**May His peace guard your heart and mind, bringing comfort and hope as you trust in Him.** Let’s begin this journey to embrace His peace together.







## Day 1: 🕊️ God's Peace Surpasses Understanding





Day 1: 🕊️ God's Peace Surpasses Understanding

## 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 your minds in Christ Jesus.*

## Supporting Scriptures

- *John 14:27 – Peace I leave with you; my peace I give you. I do not give to you as the world gives.*
- *Isaiah 26:3 – You will keep in perfect peace those whose minds are steadfast, because they trust in you.*





Day 1: 🕊️ God's Peace Surpasses Understanding

## Devotional: Experiencing peace beyond worry

**Grief often fills our hearts with anxiety and uncertainty.** Yet Paul reminds us that when we bring everything to God in prayer—with an attitude of thanksgiving—His peace steps in. This peace is not just a fleeting feeling; it transcends our ability to comprehend and acts as a guard over our hearts and minds.

In the middle of loss, it's natural to feel overwhelmed. But God's promise is that His peace surrounds us when we surrender our worries and fix our trust on Him. It comes not from circumstances but from the presence of Christ dwelling deeply within us.

Take a moment to offer your grief honestly to God, acknowledging your pain. Then receive His peace that strengthens and calms your soul. This peace protects your heart from being consumed by fear and despair.

**Remember, God's peace is a divine gift, freely given as you draw near to Him in vulnerable prayer.**





Day 1: 🕊️ God's Peace Surpasses Understanding

## Reflect and Apply

1. How often do I bring my anxieties about loss straight to God in prayer?

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2. What does it mean for me that God's peace 'surpasses all understanding'?

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3. In what ways can I practice thanksgiving even in the midst of grief?

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Day 1: 🕊️ God's Peace Surpasses Understanding

## Journaling Prompts

1. Write about your current struggles with loss and what fears you need to bring to God.

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2. Describe what peace feels like when you remember God's promises in Scripture.

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3. List some reasons you can thank God despite your grief.

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Day 1: 🕊️ God's Peace Surpasses Understanding

## Prayer for Today

**Gracious Father**, thank You for the promise of Your peace that surpasses all human understanding. In my grief and anxiety, help me to bring my burdens to You in prayer. Guard my heart and mind with Your tranquility, and teach me to trust You even when I don't understand. Surround me today with Your comforting presence and fill me with hope in Your love. *May Your peace be my refuge and strength.* In Jesus' name, Amen. 🙏🕊️❤️







## Day 2: 🌿 Rest for the Weary





Day 2: 🌿 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, and you will find rest for your souls.*

## Supporting Scriptures

- *Psalm 34:18 – The Lord is close to the brokenhearted and saves those who are crushed in spirit.*
- *2 Corinthians 1:3-4 – God comforts us in all our troubles, so that we can comfort others.*





Day 2: 🌿 Rest for the Weary

## Devotional: Finding soul rest in Christ's gentle care

**Grief can feel like a heavy burden, wearing down our spirit and strength.** Jesus extends a warm invitation to the weary and burdened: come to Him and find rest. This rest is not just physical but deeply spiritual, a restoration of the soul through closeness with Christ.

When overwhelmed by loss, it's tempting to try to carry the load alone. Yet Jesus invites us to exchange our heavy burdens for His yoke—a symbol of shared strength and gentleness. He is humble and tender, not harsh or demanding; this means you can come as you are, with all your pain and questions.

**His gentle presence soothes the brokenhearted and lifts the fallen spirit.** Resting in Him renews strength and offers peace in the midst of sorrow. God's nearness brings comfort that begins a healing process. Embrace this rest today; it is a refuge for your soul.





Day 2: 🌿 Rest for the Weary

## Reflect and Apply

1. What burdens am I trying to carry without help?

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2. Have I taken time to come to Jesus honestly with my weariness?

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3. How can I learn from Jesus' gentleness amid my grief?

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Day 2: 🌿 Rest for the Weary

## Journaling Prompts

1. Write a prayer surrendering your burdens to Jesus and asking for rest.

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2. Describe what 'rest for the soul' means for you in your current trials.

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3. Reflect on moments when you have felt God's gentle presence during hardships.

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Day 2: 🌿 Rest for the Weary

## Prayer for Today

**Lord Jesus**, I come to You feeling weary and heavy-laden. Please take my burdens and give me the rest my soul so desperately needs. Teach me to lean into Your gentleness and humility. Help me to stop striving on my own and find peace in Your loving care. Thank You for being close to the brokenhearted and giving me hope for healing. *May Your rest renew and sustain me today and always.* Amen. 🕊️ 🌿 ❤️







## Day 3: God Our Mighty Comforter





Day 3:  God Our Mighty Comforter

## Your Verse

*2 Corinthians 1:3-4 – Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

## Supporting Scriptures

- *Psalm 147:3 – He heals the brokenhearted and binds up their wounds.*
- *Isaiah 61:1 – The Spirit of the Sovereign Lord is on me, to comfort all who mourn.*





Day 3:  God Our Mighty Comforter

## Devotional: Receiving and sharing God's compassion

**God is known as the Father of compassion and the God of all comfort.** In our grief, He is not distant or indifferent. Instead, He draws near—healing broken hearts and binding wounds caused by loss. This divine comfort is powerful and personal, reaching deep into the places where we hurt most.

Paul reminds us that God's comfort equips us to comfort others. When God consoles us in our pain, He prepares us to be His hands and heart for those going through similar struggles. Comfort received and comfort given are intertwined in a beautiful chain of grace.

*As you experience God's compassion, allow it to shape your response to your own grief and empower you to offer hope to others hurting around you.*

**Remember, there is no grief too heavy or wound too deep for God's comforting touch.** He is the mighty comforter who walks with you through every valley.





Day 3:  God Our Mighty Comforter

## Reflect and Apply

1. How has God comforted me in my own grief so far?

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2. In what ways can I share God's comfort with others who are grieving?

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3. What does God's compassion teach me about His heart toward my pain?

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## Journaling Prompts

1. Write about a time when you felt God's comfort deeply during loss.

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2. List ways you can encourage others facing grief using God's comfort.

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3. Reflect on the healing God has begun in your broken heart.

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Day 3: 🛡️ God Our Mighty Comforter

## Prayer for Today

**Compassionate Father**, I praise You as the God of all comfort, who draws near to my broken heart and soothes my pain. Thank You for healing my wounds and never leaving me alone. Help me to receive Your compassion fully and to share it with those who suffer around me. May Your comfort flow through me as a testimony of Your love and grace. *Be my strength and my peace today.*

Amen. 💖 🛡️ 🙏







## Day 4: ✨ Hope Anchored in God's Promise





Day 4: ✨ Hope Anchored in God's Promise

## Your Verse

*Romans 15:13 – May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

## Supporting Scriptures

- *Jeremiah 29:11 – I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you.*
- *Psalms 42:11 – Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God.*





Day 4: ✨ Hope Anchored in God's Promise

## Devotional: Trusting God for joyful hope

**In the midst of grief, hope can feel fragile or even lost.** Yet Scripture calls us to anchor our hope in God Himself—the God of hope. When we place our trust in Him, He fills us with joy and peace even when circumstances are hard.

Hope in God is not wishful thinking or denial of pain. It is a confident expectation because His plans for us are good, and His love never fails. The Holy Spirit empowers us to cling to this hope, allowing it to overflow in our hearts.

*When your soul feels downcast, remember that God is your steady anchor and unfailing source of hope.* Fix your eyes on His promises and allow His peace to brighten your darkest moments.

**Hope is a light that shines in sorrow, guiding us toward healing and restoration.**





Day 4: ✨ Hope Anchored in God's Promise

## Reflect and Apply

1. Where do I currently place my hope amid loss and grief?

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2. How can trusting God's promises renew joy and peace in my heart?

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3. What role does the Holy Spirit play in sustaining my hope?

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Day 4: ✨ Hope Anchored in God's Promise

## Journaling Prompts

1. Write about what gives you hope during difficult times.

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2. List God's promises that encourage you to trust Him today.

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3. Describe how hope has helped you cope with grief.

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Day 4: ✨ Hope Anchored in God's Promise

## Prayer for Today

**God of hope**, fill my heart with joy and peace as I place my trust in You. When grief weighs me down, remind me of Your good plans and loving purposes for my life. Empower me by Your Holy Spirit to overflow with hope even in dark days. *Help me to walk forward, anchored in Your promises and love. Amen.*








## Day 5: Light in the Darkness





Day 5:  Light in the Darkness

## Your Verse


*Psalm 23:4 – Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

## Supporting Scriptures

- *John 1:5 – The light shines in the darkness, and the darkness has not overcome it.*
- *Isaiah 9:2 – The people walking in darkness have seen a great light.*





Day 5:  Light in the Darkness

## Devotional: God's presence comforts in dark times

**Grief often feels like walking through a dark valley with no clear end in sight.** Yet David's confidence in Psalm 23 reveals a profound truth: even in the darkest moments, God is present and offers comfort. His rod and staff—symbols of guidance and protection—are there to steady and defend us.


Jesus is the light that shines into our darkness, breaking through despair. Darkness does not and cannot overcome His radiant presence. This truth is a source of deep assurance when the night seems overwhelming.

*In your darkest valley, remember you are never alone.* God walks with you, lighting your path and calming your fears. His comfort sustains you even when hope feels distant.

**Allow His light to penetrate your sorrow and bring peace to your soul.**





Day 5:  Light in the Darkness

## Reflect and Apply

1. How can I sense God's presence in the darkest moments of grief?

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2. What fears can I release knowing God is my protector?

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3. How does the truth of Jesus as the light give me hope?


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Day 5:  Light in the Darkness

## Journaling Prompts

1. Write about a time God's presence brought you comfort in despair.

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2. Describe areas of darkness or fear where you want God's light to shine.

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3. Reflect on what it means that darkness cannot overcome God's light.

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Day 5: 🕯️ Light in the Darkness

## Prayer for Today

**Lord, my Shepherd,** thank You that You walk with me even in the darkest valleys. Help me to release my fears and rest in Your comforting presence today. Shine Your light into the shadows of my heart, dispelling despair and filling me with peace. *Your rod and staff guide and protect me—may I trust in Your care.* Amen. 🕯️ 🛡️ 🐑







## Day 6: 🌸 Healing for the Brokenhearted





Day 6: 🌸 Healing for the Brokenhearted

## Your Verse

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

## Supporting Scriptures

- *Jeremiah 30:17 – I will restore you to health and heal your wounds, declares the Lord.*
- *Matthew 5:4 – Blessed are those who mourn, for they will be comforted.*





Day 6: 🌸 Healing for the Brokenhearted

## Devotional: God's healing touch on grief

**Loss leaves emotional wounds that feel deep and raw.** The Lord promises to heal the brokenhearted and bind up our wounds, revealing His tender care for those in pain. Healing may take time, but God is actively at work restoring our souls.

Jesus' beatitude in Matthew assures us that those who mourn are blessed because they will be comforted. This comfort is a healing balm that penetrates the depths of sorrow and brings hope for renewal.

*Allow yourself to be open to God's healing process today, trusting that He sees every tear and understands every ache.* His love is personal and powerful, capable of making beauty from ashes.

**The journey of healing is possible because of God's faithful presence and compassion.**





Day 6: 🌸 Healing for the Brokenhearted

## Reflect and Apply

1. What wounds of grief is God inviting me to surrender for healing?

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2. How does knowing God heals broken hearts impact my mourning?

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3. In what ways can I be patient with the healing process God is working in me?

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Day 6: 🌸 Healing for the Brokenhearted

## Journaling Prompts

1. Write about specific areas where you need God's healing touch.

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2. Reflect on times God comforted you during mourning.

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3. Describe what 'healing' means to you in your current situation.

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Day 6: 🌸 Healing for the Brokenhearted

## Prayer for Today

**Heavenly Father,** You are the healer of broken hearts and binder of wounds. I give You the pain I carry and ask for Your gentle healing touch. Please comfort my mourning soul and bring restoration in Your perfect timing. Help me to trust Your faithfulness as You renew my strength and hope. *Thank You for being with me in every step of this healing journey.* Amen. 🌸💖🙏








## Day 7: Living in the Peace of Christ





Day 7:  Living in the Peace of Christ

## Your Verse


*John 16:33 – I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

## Supporting Scriptures

- *Colossians 3:15 – Let the peace of Christ rule in your hearts.*
- *Isaiah 54:10 – My unfailing love will not be shaken, nor my covenant of peace be removed.*





Day 7:  Living in the Peace of Christ

## Devotional: Choosing Christ's peace daily

**Jesus spoke words of comfort knowing we would face trials and grief in this world.** Yet He offers peace in the midst of trouble because He has overcome all. This peace is available to us continually, not just sometimes—a peace that rules our hearts when we choose to trust Him fully.


God's covenant of peace is unshakable and rooted in His unfailing love. It transcends the circumstances surrounding us and offers stability in the storms of life.

*Today, commit to living in the peace of Christ by surrendering fears and doubts, and embracing His victory over all sorrow.* Let His peace be your guide, protector, and constant companion.

**In Him, your heart can find lasting rest—an unbreakable peace that endures through every loss.**





Day 7:  Living in the Peace of Christ

## Reflect and Apply

1. How can I practically let the peace of Christ rule in my heart each day?

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2. What does Jesus' overcoming the world mean for my grief and fears?

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3. How does God's covenant of peace bring assurance for the future?


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Day 7:  Living in the Peace of Christ

## Journaling Prompts

1. Write a personal commitment to choose Christ's peace daily despite challenges.

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2. Reflect on moments you have experienced victorious peace in trials.

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3. Pray for strength to rely on God's peace in every circumstance.

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Day 7: 🕊️ Living in the Peace of Christ

## Prayer for Today

**Lord Jesus**, thank You that You have overcome the world and give me Your peace. Help me to let Your peace rule my heart today and always, even in times of grief and trouble. Remove fear and doubt, and fill me with confidence in Your unfailing love and covenant of peace. *May I find lasting rest in You and share Your peace with others.* Amen. 🕊️ ❤️ 🙏







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