



Renewing Faith Through Grief in Times of Violence



Explore healing from grief and restoring faith when violence impacts your life, finding hope and peace in God's unwavering presence.



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Introduction

Grief is a profound human experience, often intensified when violence strikes close to home. Whether it's personal loss or community trauma, such moments shake our foundations and challenge the core of our faith. This 7-day Bible study plan is designed to gently guide you through the complex feelings of sorrow, fear, and anger, while inviting you into a journey of healing and renewed trust in God.

Violence disrupts not only physical safety but the spiritual peace we long for. It can create a whirlwind of emotions, leaving our hearts bruised and our spirits weary. Yet, even in the darkest valleys, Scripture reveals a God who is near to the brokenhearted (*Psalms 34:18*) and promises comfort and restoration (*Matthew 5:4*).

Throughout this week, you will meditate on passages where God's faithful presence meets grief face-to-face, offering shelter and hope. You'll be encouraged to confront your pain honestly, lean into God's unfailing love, and find strength to rebuild your faith despite harsh realities. Each day combines Scripture, reflection, and prayer to help you process grief and embrace God's healing power.

Remember, renewing faith after trauma is a gradual, compassionate process. Allow yourself to feel, question, and seek God's peace. This journey is not meant to rush but to restore, reminding you that even when violence shatters normalcy, God's love and care remain steadfast.





Day 1: Facing the Pain of Grief



Day 1: ☹️ Facing the Pain of Grief

Your Verse

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

Supporting Scriptures

- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*
- *Revelation 21:4 - "He will wipe every tear from their eyes."*



Devotional: God's Nearness in Our Deepest Grief

Grieving is a natural, important response to loss, and God meets us right in our brokenness. When violence strikes close to home, it can leave us feeling shattered and overwhelmed. Psalm 34:18 reminds us that God isn't distant or silent in our pain; He is intimately close to those who are brokenhearted. This presence brings true comfort amid chaos and loss.

Sometimes, grief feels unbearable, and we may wonder if healing is even possible. Yet Jesus' words in the Beatitudes assure us that mourning is blessed because it opens the door to divine comfort. We don't have to pretend everything is okay or push away our pain; God welcomes our honest emotions and offers a balm for our hurting souls.

As you begin this journey, allow yourself to acknowledge the depth of your sorrow. Speak your pain to God and trust that He is saving and sustaining your spirit through it all.



Day 1: 🕊️ Facing the Pain of Grief

Reflect and Apply

1. How have you experienced God's presence in your grief so far?

2. What feelings arise when you think about God being close to your broken heart?

3. In what ways can you bring your mourning honestly before God today?



Day 1: ☞ Facing the Pain of Grief

Journaling Prompts

1. Write about one aspect of your grief that feels overwhelming right now.

2. Describe a moment you sensed God's comfort amid your pain.

3. List ways you hope God will meet you in this season of sorrow.



Day 1: 🕊️ Facing the Pain of Grief

Prayer for Today

Lord, today I bring my broken heart to You. The pain feels heavy, and I sometimes struggle to believe in peace again. Please remind me that You are close to me even when I don't feel it. Surround me with Your comforting presence and help me lean on Your strength when my spirit is crushed. Renew my hope bit by bit, and carry me through this valley. *Thank You that You do not leave me alone.* In Jesus' name, Amen. 🕊️ ❤️ 🙏





Day 2: 🌑 Trusting God Amid Darkness



Day 2: 🌑 Trusting God Amid 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

- *Isaiah 41:10 – "Do not fear, for I am with you; do not be dismayed, for I am your God."*
- *2 Corinthians 1:3–4 – "God comforts us in all our troubles."*



Day 2: 🕒 Trusting God Amid Darkness

Devotional: Finding Courage in God's Presence

Violence can leave us feeling engulfed in darkness and fear. Yet Psalm 23:4 encourages us that even in the darkest valleys, we do not need to fear because God's presence offers protection and comfort. This does not mean the pain disappears, but it reminds us that we are not alone in our struggles.

Trusting God when everything feels uncertain is difficult, but His Word encourages us to find courage in His faithfulness. Isaiah 41:10 is a powerful reminder that God is our strength and we need not be dismayed. He stands beside us as our protector and encourager.

Today, consider what fears are weighing on your heart. Invite God to walk beside you through the darkness, holding your hand and guiding you forward. Trust is a step-by-step journey, made possible by God's steady love.



Day 2: 🎲 Trusting God Amid Darkness

Reflect and Apply

1. What fears or doubts do you struggle with during your grief?

2. How can Psalm 23:4 shape your perspective when facing hard days?

3. In what ways can God's 'rod and staff' offer comfort in your current situation?



Day 2: 🌑 Trusting God Amid Darkness

Journaling Prompts

1. Write about a dark moment recently and how you wished God would intervene.

2. Reflect on previous times God helped you through fearful situations.

3. List practical ways you can remember God's presence daily.



Day 2: 🌑 Trusting God Amid Darkness

Prayer for Today

Dear God, walking through this dark valley is hard and frightening. I feel vulnerable, but I ask You to help me trust Your protection and love. Remind me that Your rod and staff are there to guide and comfort me. Help me embrace Your presence as my shield against fear. Strengthen my faith to face each day with courage. *Thank You for never leaving me alone in my pain.* In Jesus' name, Amen. 🌑 🛡️ 🙏





Day 3: 💧 Embracing Tears as Healing



Day 3: 💧 Embracing Tears as Healing

Your Verse

John 11:35 - "Jesus wept."

Supporting Scriptures

- *Ecclesiastes 3:4 - "A time to weep and a time to laugh, a time to mourn and a time to dance."*
- *Psalms 56:8 - "You keep track of all my sorrows. You have collected all my tears in your bottle."*



Day 3: 💧 Embracing Tears as Healing

Devotional: Tears as a Path to Comfort

Grief often confronts us with deep sorrow, and Jesus Himself exemplified this when He wept at Lazarus' death. In John 11:35, the shortest verse in the Bible, we see the depth of Christ's compassion. He didn't shy away from tears but allowed Himself to express raw grief.

Tears can be a powerful release, part of God's healing work in our hearts. Ecclesiastes reminds us that grieving is a season ordained by God. Suppressing sorrow can lead to greater pain, but embracing it can lead to restoration.

Psalm 56:8 reveals God's intimate awareness of our pain – He collects our tears like precious drops, showing His care. Let today be a day where you feel safe to cry and lean into God's tender comfort, knowing each tear matters.



Day 3: 💧 Embracing Tears as Healing

Reflect and Apply

1. How comfortable are you with expressing grief through tears?

2. What do Jesus' tears teach you about showing vulnerability?

3. Have you experienced God's comfort during moments of crying?



Day 3: 💧 Embracing Tears as Healing

Journaling Prompts

1. Recall a time you cried and felt consolation or relief afterwards.

2. Describe how your grief feels physically and emotionally right now.

3. Write a prayer asking God to help you release pent-up sorrow.



Day 3: 💧 Embracing Tears as Healing

Prayer for Today

Lord Jesus, I see You wept and understand that it's okay to grieve deeply. Help me not to fear my tears but to let them flow as a part of healing. Thank You for collecting every sorrowful tear and caring for my heart. Please hold me close as I navigate the pain inside, and fill me with Your peace that surpasses understanding. *Be my gentle comfort and rest today.* In Your precious name, Amen. 💧 🙏 🙏





Day 4: 🕯 Finding Hope Beyond the Brokenness



Day 4: ☞ Finding Hope Beyond the Brokenness

Your Verse

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

Supporting Scriptures

- *Lamentations 3:22-23 – "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."*
- *Isaiah 40:31 – "Those who hope in the LORD will renew their strength."*



Day 4: ☞ Finding Hope Beyond the Brokenness

Devotional: Hope That Sustains Through Grief

In the midst of grief and violence, hope can seem distant or impossible. Yet Romans 15:13 encourages us to trust God as the source of joy and peace, even when circumstances are bleak. God's hope isn't just wishful thinking; it is a confident expectation rooted in His character.

Lamentations reminds us that God's compassion never fails and His mercies are renewed each morning. No matter how dark the night, His faithfulness offers a fresh start and new energy to face the day. Isaiah 40:31 assures that those who place their hope in the Lord will find strength beyond their own.

Today, invite God to fill you with hope that transcends your pain. Claim His joy and peace as you rest in His unchanging promises, remembering that your story is not over.



Day 4: 4 Finding Hope Beyond the Brokenness

Reflect and Apply

1. What does hope look like amid your current struggles?

2. How can God's faithfulness in the past encourage you today?

3. In what ways might you intentionally lean into hope daily?



Day 4: 4 Finding Hope Beyond the Brokenness

Journaling Prompts

1. Write about a time when God gave you renewed strength during hardship.

2. List promises from Scripture that bring you hope.

3. Describe what trusting God's hope feels like in your heart.



Day 4: 🕊 Finding Hope Beyond the Brokenness

Prayer for Today

Heavenly Father, You are the God of hope who fills me with joy and peace. When grief makes me feel weak and hopeless, please renew my strength and help me to trust You deeply. Remind me daily of Your compassion and faithfulness that never fail. Teach me to cling to Your promises and live with courage. Thank You for being my refuge and hope in every storm. *Fill me with Your peace today.* In Jesus' name, Amen. 🕯️ 🌈 🙏





Day 5: Restoring Faith Through Prayer



Day 5: 🌿 Restoring Faith Through Prayer

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 will guard your hearts and minds."

Supporting Scriptures

- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*
- *Jeremiah 29:12 - "Then you will call on me and come and pray to me, and I will listen to you."*



Day 5: 🌿 Restoring Faith Through Prayer

Devotional: Prayer as a Balm for the Soul

Prayer is a vital channel to restore faith when violence and grief shake our souls. Philippians 4:6-7 urges us to bring every anxiety and concern before God through prayer and thanksgiving. This active surrender invites divine peace to guard our hearts and minds.

We often underestimate the power of simply opening our hearts to God in honest conversation. 1 Peter reminds us that God cares deeply and wants to bear our burdens. Jeremiah promises that He listens when we call and pray.

Today, make time to approach God with a heart open to pouring out your fears, sorrow, and questions. Include gratitude for moments of grace and trust that His peace will surround you. Faith grows as we nurture this intimate connection with God in prayer.



Day 5: 🌿 Restoring Faith Through Prayer

Reflect and Apply

1. How comfortable are you sharing your deepest fears with God in prayer?

2. What helps you remember to be thankful even in grief?

3. How have you experienced God's peace through prayer before?



Day 5: 🌿 Restoring Faith Through Prayer

Journaling Prompts

1. Write a prayer expressing your current feelings honestly.

2. List three things to thank God for today despite difficult circumstances.

3. Describe a time when prayer brought you peace.



Day 5: 🌿 Restoring Faith Through Prayer

Prayer for Today

Lord, I bring my anxieties and fears to You in prayer. Help me to lay down my burdens and receive Your peace that guards my heart and mind. Teach me to pray with thanksgiving, even in pain. Thank You for caring deeply for me and always listening. Restore my faith through this connection with You, and fill me with calm assurance today. *In Jesus' precious name, Amen.* 🌿 🙏 🕊️





Day 6: 🛡 Choosing Forgiveness and Freedom



Day 6: ♡ Choosing Forgiveness and Freedom

Your Verse

Ephesians 4:31-32 - "Get rid of all bitterness... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Colossians 3:13 - "Forgive as the Lord forgave you."*
- *Matthew 6:14 - "If you forgive others, your heavenly Father will also forgive you."*



Day 6: ♡ Choosing Forgiveness and Freedom

Devotional: Freedom Found in Forgiveness

When violence causes trauma and grief, bitterness and anger may rise strongly in our hearts. Ephesians 4:31-32 challenges us to release bitterness and instead embrace kindness, compassion, and forgiveness. This does not excuse wrongdoing but frees our souls from the prison of resentment.

Forgiveness is a choice that allows healing to begin, reflecting God's forgiveness toward us. Colossians and Matthew remind us that forgiving others is fundamental for living in freedom and receiving God's grace.

Today, prayerfully consider if there is bitterness or anger you need to surrender. Ask God for the strength to forgive as He forgives. This is a courageous step toward renewal, peace, and restored faith.



Day 6: ♡ Choosing Forgiveness and Freedom

Reflect and Apply

1. What bitterness or anger do you hold related to your grief or violence?

2. How does understanding God's forgiveness empower you to forgive others?

3. What steps can you take toward extending forgiveness in your heart?



Journaling Prompts

1. Write honestly about any resentment you feel.

2. Describe what forgiveness means to you in your current situation.

3. List ways you can practice kindness and compassion toward others.



Day 6: 💔 Choosing Forgiveness and Freedom

Prayer for Today

Father, some bitterness and anger weigh heavily on my heart. Please help me to release these feelings and choose forgiveness, just as You have forgiven me. Give me kindness and compassion that reflect Your love. May forgiving others bring freedom to my soul and deepen my faith renewal. Thank You for Your mercy and grace that heal even the deepest wounds. In Jesus' name, Amen. 🛡️💙🙏





Day 7: Embracing New Beginnings in Faith



Day 7: 🌅 Embracing New Beginnings in Faith

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

- *2 Corinthians 5:17 - "If anyone is in Christ, the new creation has come."*
- *Philippians 3:13-14 - "Forgetting what is behind and straining toward what is ahead."*



Day 7: 🌅 Embracing New Beginnings in Faith

Devotional: Hopeful Steps into God's New Work

After walking through grief and wrestling with pain, God invites us to embrace new beginnings. Isaiah 43:18-19 encourages us not to dwell on past sorrows but to look forward with hope to the new things God is doing. Faith renewed is faith that looks ahead, trusting God's transformative power.

In Christ, we become new creations, able to leave the old wounds behind and pursue healing and growth. Paul's words in Philippians inspire us to forget what lies behind and press on toward the future God has prepared.

Today, consider what 'new things' God might be doing in your life. Invite His grace to help you release old griefs and embrace hope-filled forward movement. Your journey of faith continues, stronger and deeper than before.



Day 7:  Embracing New Beginnings in Faith

Reflect and Apply

1. What old griefs might you need to let go of to move forward?

2. How does being a new creation in Christ shape your identity now?

3. What hopeful possibilities do you sense God inviting you toward?



Day 7:  Embracing New Beginnings in Faith

Journaling Prompts

1. Write about what 'new beginnings' mean for your faith journey.

2. Describe ways you can actively pursue healing and growth.

3. List steps to release the past and trust God's future plan.



Day 7: 🌅 Embracing New Beginnings in Faith

Prayer for Today

Gracious God, thank You for the promise of new beginnings. Help me to forget former sorrows and not be trapped by past pain. Open my eyes to see the new things You are doing in my life. Strengthen me to embrace hope and walk forward with faith renewed. May Your peace and joy fill me as I trust You today and always. In Jesus' name, Amen. 🌅 🌿 🙏





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