



Tears and Truth: Embracing Grief with Jesus



Explore grief through Scripture's emotional honesty, embracing Jesus' tears and truth over 7 days of healing and hope.



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Introduction

Grief is one of the most profound emotions we experience, touching aspects of our lives that feel raw and deeply personal. The Bible doesn't shy away from this complexity; it meets us with *emotional honesty* and compassionate truth. In fact, at the heart of Scripture, we find Jesus himself, the Son of God, who wept tears over the pain and loss in this broken world. This reminds us that our sorrow is not beneath Him, but shared and understood intimately by our Savior.

The title, *Tears and Truth: Jesus Wept Too*, invites us to journey through the Scriptures, not only to recognize the reality of grief but also to discover the hope, comfort, and steadfast love God offers while we mourn. These seven days will guide us through palpable emotions—sadness, confusion, loneliness—woven with divine promises of peace, restoration, and new life.

Through stories, prayers, and reflection, we'll acknowledge grief as a natural and necessary part of healing, while turning to Jesus, who fully engages with our pain. His tears at Lazarus's death remind us that vulnerability and mourning are not signs of weakness, but doorways to deeper relationship and faith. This plan encourages you to weep honestly before God and, simultaneously, to embrace the truths He reveals about His care, presence, and power to bring light into the darkest moments.

Whether your grief is recent or longstanding, this study aims to bring you closer to Jesus' heart where hope resides even amid the tears. May these days



be a place of safe rest for your soul, where your pain can meet God's comfort and your questions find patient love.





Day 1: 🥹 Jesus Wept: Embracing Our Tears



Day 1: 🥹 Jesus Wept: Embracing Our Tears

Your Verse

John 11:35 - "Jesus wept."

Supporting Scriptures

- *Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Ecclesiastes 3:1-4 - "There is a time for everything... a time to weep and a time to laugh..."*



Day 1: 🥹 Jesus Wept: Embracing Our Tears

Devotional: Jesus Understands Our Deepest Sorrows

“Jesus wept.” These two simple words are the shortest verse in the Bible but carry immense emotional weight. They reveal that Jesus, fully God and fully human, was not distant from human pain. Instead, He entered it deeply and shared in the sorrow of those around Him, especially at the death of His friend Lazarus.

When grief strikes, we often feel isolated, overwhelmed by feelings that can seem too big or too heavy to carry. But Jesus’ tears assure us that our mourning is welcomed before God. Our tears are not overlooked or dismissed; they are honored and met with compassion.

Psalm 34:18 echoes this tender truth, reminding us God is close to the brokenhearted. In the midst of pain, God’s presence is near, healing, and saving those crushed in spirit. Let today be a moment to acknowledge your tears—bring your feelings transparently before God, confident that He sees and cares deeply.



Day 1: 🥹 Jesus Wept: Embracing Our Tears

Reflect and Apply

1. How does knowing Jesus wept affect your view of grief and sadness?

2. In what ways do you feel God is close to you in your current pain?

3. What emotions might you be holding back that God invites you to bring to Him?



Day 1: 🥹 Jesus Wept: Embracing Our Tears

Journaling Prompts

1. Write about a time when you felt deeply understood in your sorrow.

2. Describe your personal experience of grief and how it has shaped your faith.

3. List ways you can welcome God's comfort when you feel brokenhearted.



Day 1: 🧐 Jesus Wept: Embracing Our Tears

Prayer for Today

Dear Jesus, thank You for weeping alongside me, for understanding my pain in ways no one else can. Help me to bring my grief honestly to You without shame or fear. Please draw near to my broken heart today. Fill me with Your comfort and surround me with Your unfailing love. Teach me to trust in Your presence even when my tears flow freely. *Thank You for being a Savior who knows sorrow intimately.* Amen. 🙏💧❤️





Day 2: Comfort for the Crushed



Day 2: 🌿 Comfort for the Crushed

Your Verse

2 Corinthians 1:3-4 - "God... 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 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 2: 🌿 Comfort for the Crushed

Devotional: Receiving and Sharing God's Comfort

Grief can feel isolating. Yet, Scripture reminds us that God is the ultimate source of comfort, not only healing our wounds but equipping us to share that same comfort with others. **2 Corinthians 1:3-4** shows a beautiful cycle: God comforts us in our troubles so that we may turn around and offer comfort to those facing similar pain.

This perspective invites us to see grief not just as an end but a process that can lead to ministry and empathy. When we allow God to heal the broken pieces inside us, He transforms our pain into a powerful tool for compassion. Our wounds become places of ministry; our experiences of God's comfort become the foundation for encouraging others.

Today, consider how God has comforted you in your grief. How might He be inviting you to extend that comfort to someone else? Let your own brokenness become a bridge to others, a testimony that God's love is greater than loss.



Day 2: 🌿 Comfort for the Crushed

Reflect and Apply

1. How has God comforted you in your darkest moments?

2. In what ways can your experience of grief enable you to support someone else?

3. Do you find it difficult or encouraging to share your pain with others?
Why?



Day 2: 🌿 Comfort for the Crushed

Journaling Prompts

1. Reflect on a time when God's comfort was evident in your grief.

2. Write about a person in your life who needs comfort and how you might encourage them.

3. Consider how your pain has changed your view of God's faithfulness.



Day 2: 🌿 Comfort for the Crushed

Prayer for Today

Father God, thank You for being my refuge and source of comfort. When I am crushed, You lift me up and bind my wounds. Teach me to receive Your healing fully and to share that same comfort with those hurting around me. Help me be a vessel of Your peace and hope. Surround me with Your presence and steady my heart today. *In Jesus' name, Amen.* ❤️ 😊 🕊️





Day 3: 💔 Honest Lament: Bringing Pain to God



Day 3: ❤️ Honest Lament: Bringing Pain to God

Your Verse

Psalm 13:1-2 - "How long, Lord? Will you forget me forever? How long will you hide your face from me?"

Supporting Scriptures

- *Lamentations 3:19-24 - "Because of the Lord's great love we are not consumed..."*
- *Psalm 42:3 - "My tears have been my food day and night..."*



Devotional: Expressing Our Deepest Questions and Pain

Sometimes grief is accompanied by questions, confusion, or even feelings of abandonment. The Psalms reflect this emotional honesty perfectly. In **Psalm 13**, the psalmist cries out to God with raw vulnerability, asking, "How long?" and expressing feelings of being forgotten. Yet, even in this lament, there remains a trust in God's love.

Lament is a biblical invitation to bring our pain openly to God without filters or fear of judgment. It is a brave and authentic way to engage with grief. By verbalizing our questions and anger, we validate the reality of our struggle and invite God into our process of healing.

As you reflect today, allow yourself to honestly confess your feelings to God. Know that He welcomes your laments and desires to walk with you through the dark nights until the dawn of hope and healing.



Day 3: ❤️ Honest Lament: Bringing Pain to God

Reflect and Apply

1. What honest feelings or questions do you need to bring before God right now?

2. How does lamenting before God help you process your grief?

3. Are there parts of your pain you have been afraid to express to God?



Journaling Prompts

1. Write a lament prayer expressing your honest emotions to God.

2. Describe how God responds to honesty and vulnerability in your relationship with Him.

3. Reflect on a time when lament led you to a deeper trust in God.



Day 3: ❤️ Honest Lament: Bringing Pain to God

Prayer for Today

Lord, I come to You with honest questions and pain. Sometimes my heart feels heavy and my spirit faint. Yet I bring all that I am—all my doubts, fears, and tears—to You. Thank You for listening without turning away. Help me to trust Your love even when I don't understand. Teach me to lean into Your presence and find peace amid uncertainty. *Walk with me through this season, I pray.* Amen. 💭🙏🏻🔒🔒





Day 4: 🌅 Hope in the Midst of Mourning



Day 4: 🌅 Hope in the Midst of Mourning

Your Verse

Romans 8:18 – "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

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."*
- *Psalms 30:5 – "Weeping may stay for the night, but rejoicing comes in the morning."*



Day 4:  Hope in the Midst of Mourning

Devotional: Looking Beyond Grief to God's Future Glory

Grief is real and painful, but Scripture encourages us to fix our eyes on the hope beyond the present. Romans 8:18 reminds us that our sufferings, as heavy as they feel, are temporary when compared to the eternal glory awaiting us. This hope does not minimize pain but frames it within God's redemptive plan.

Revelation 21 paints a beautiful picture of a future where God will wipe away every tear and eliminate death and sorrow forever. Until that day, Psalm 30 offers comfort by acknowledging that though we may weep through the night, joy will come again.

Today, allow hope to gently rest on your heart. Hold onto the promise that God's glory will one day transform your grief and that your mourning is not the final word. God is working, even now, to make all things new.



Day 4: ☀️ Hope in the Midst of Mourning

Reflect and Apply

1. How does the promise of future glory affect your current experience of grief?

2. In what ways can you find hope in God's promises despite present pain?

3. What does 'joy coming in the morning' mean to you personally?



Day 4:  Hope in the Midst of Mourning

Journaling Prompts

1. Write about your understanding of eternal hope and how it influences your perspective on loss.

2. Record a memory or promise that brings you peace amid grief.

3. Reflect on ways God has already brought 'joy after weeping' in your life.



Day 4: 🌅 Hope in the Midst of Mourning

Prayer for Today

Gracious God, thank You for the hope that anchors my soul beyond the pain of today. Help me to fix my eyes on the glory You promise, trusting that You are making all things new. Strengthen me to endure, knowing sorrow is not forever. Fill me with Your peace as I wait for the morning when joy fully returns. *Hold me in Your loving arms through every tear, Lord.* Amen. 🌄 ✨





Day 5: 💛 Jesus, Our Compassionate Friend



Day 5: 🧡 Jesus, Our Compassionate Friend

Your Verse

Hebrews 4:15 - "We do not have a high priest who is unable to empathize with our weaknesses..."

Supporting Scriptures

- *Matthew 9:36 - "When he saw the crowds, he had compassion on them... because they were harassed and helpless, like sheep without a shepherd."*
- *Isaiah 53:3 - "He was despised and rejected... a man of suffering, familiar with pain."*



Day 5: 🧡 Jesus, Our Compassionate Friend

Devotional: Jesus Understands and Walks With Us

The grief journey can sometimes feel lonely, but Scripture assures us that Jesus is not distant. **Hebrews 4:15** tells us Jesus is a compassionate high priest who perfectly empathizes with every weakness and pain we experience.

His earthly ministry was marked by deep compassion for hurting people. In Matthew 9:36, His heart broke for the helpless and weary. Isaiah portrays Him as a man of suffering, fully acquainted with pain, rejection, and sorrow.

This means when you mourn, you are not alone. Jesus understands and walks alongside you, sharing in your burden and inviting you to rest in His gentle care. His compassion is a source of hope and strength as you face each day.



Day 5: 🧡 Jesus, Our Compassionate Friend

Reflect and Apply

1. How does Jesus' compassion shape the way you experience grief?

2. In what ways do you feel Jesus walking with you through your pain?

3. How can you lean on Jesus' empathy in moments of loneliness?



Day 5: 🧡 Jesus, Our Compassionate Friend

Journaling Prompts

1. Write about a time when you experienced Jesus' compassion during grief.

2. Describe what it means to you that Jesus fully understands your pain.

3. Reflect on ways you can turn to Jesus during difficult emotional moments.



Day 5: 🧡 Jesus, Our Compassionate Friend

Prayer for Today

Lord Jesus, thank You for being a compassionate friend who knows my weaknesses and pain. When I feel lost or alone, remind me that You walk beside me. Thank You for understanding grief intimately and offering gentle comfort. Help me to rest in Your care and draw strength from Your presence. May Your compassion heal my heart today. *Amen.* 😊❤️🙏





Day 6: 🕊️ Peace That Surpasses Understanding



Day 6: 🕊️ Peace That Surpasses Understanding

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... 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... Do not let your hearts be troubled or afraid."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts..."*



Day 6: 🕊️ Peace That Surpasses Understanding

Devotional: Finding God's Peace Amid Grief

Grief often stirs anxiety and unrest, yet God's Word invites us into a peace that surpasses human understanding. **Philippians 4:6-7** encourages us to bring our fears and requests to God with thanksgiving, promising His peace will guard our hearts and minds.

Jesus reassured His disciples with this peace before His own suffering (John 14:27), and He extends the same to us today. This peace is not the absence of trouble but a profound spiritual calm that sustains us amid storms.

As you reflect on your grief, practice releasing your anxieties to God. Invite His peace to rule your heart, trusting He is sovereign and loving—even when circumstances feel overwhelming or unclear.



Reflect and Apply

1. What anxieties or worries related to your grief do you need to give to God?

2. How does God's peace contrast with the feelings of unrest you may experience?

3. In what practical ways can you cultivate a mindset of thanksgiving despite grief?



Day 6: 🕊️ Peace That Surpasses Understanding

Journaling Prompts

1. List anxieties or fears weighing on your heart and surrender them to God in writing.

2. Describe what God's peace feels like in your spirit during difficult times.

3. Reflect on moments when you experienced unexpected peace and thank God for them.



Day 6: 🕊️ Peace That Surpasses Understanding

Prayer for Today

Father, my heart feels heavy with grief and worry. Yet I bring every anxious thought to You, trusting Your promise of peace. Guard my heart and mind with Your presence. Teach me to release control and hold onto Your calming Spirit. Help me find rest in Your love even when circumstances are hard.

Thank You for Your peace that surpasses understanding. Amen. 🕊️ ❤️ 🙏





Day 7: ✨ Renewed Strength for the Journey



Day 7: ✨ Renewed Strength for the Journey

Your Verse

Isaiah 40:31 – "But those who hope in the Lord will renew their strength. They will soar on wings like eagles..."

Supporting Scriptures

- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Psalms 23:4 – "Even though I walk through the darkest valley, I will fear no evil, for you are with me..."*



Day 7: ✨ Renewed Strength for the Journey

Devotional: Hope and Strength to Move Forward

As we conclude this journey through grief, Isaiah 40:31 offers a powerful promise: when we place our hope in the Lord, He renews our strength. Grief can drain us emotionally, physically, and spiritually, but God does not leave us depleted.

Jesus invites the weary to come to Him for rest (Matthew 11:28). His presence revives and refreshes us, enabling us to keep moving forward—even through dark valleys. Psalm 23 reassures us that we do not face our struggles alone; God's guidance and comfort go with us.

Today, as you look ahead, embrace the hope that God is your source of renewed strength. Trust that with Him, you will soar above the hardships, sustained by His unfailing love and power.



Day 7: ✨ Renewed Strength for the Journey

Reflect and Apply

1. In what ways has God renewed your strength during difficult seasons?

2. How can you cultivate hope in God as you continue your grief journey?

3. What rest do you need to seek from Jesus today?



Day 7: ✨ Renewed Strength for the Journey

Journaling Prompts

1. Write about how you have experienced God's restoration and strength recently.

2. Describe what 'soaring on wings like eagles' means to you in your grief journey.

3. Reflect on ways you can rely on Jesus for rest and renewal daily.



Day 7: ✨ Renewed Strength for the Journey

Prayer for Today

Lord God, thank You for the promise of renewed strength when I place my hope in You. I am weary, but I come to You for rest and restoration. Help me to keep my eyes on You as You lift me and guide me through the valleys. Fill me with courage and peace as I continue this journey. May Your love be my strength and joy. *Amen.* 🦋💪🙏❤️





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