What Happens When I Die? A Biblical Look at Eternity



Explore God's promises about eternity, grief, and hope through Scripture. Find peace and understanding about life after death over 21 days.





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Introduction

Grief is an emotional journey that challenges us deeply, especially when we wrestle with the mystery of death and what lies beyond. Losing a loved one or contemplating our own mortality naturally brings questions about eternity to the forefront. What happens when I die? The Bible provides profound hope and clarity for these questions, revealing God's promise for eternal life and a restored relationship with Him.

Over the next 21 days, we will explore Scripture that shines light on death, grief, and eternity. These passages will help us understand how believers can find peace despite loss, what promises await in heaven, and how our earthly lives prepare us for what is to come. This study is designed for anyone who has experienced grief or wrestled with fears about death—whether for themselves or for loved ones.

Each day offers a key Scripture passage, supporting verses, and devotional reflections to build hope and biblical understanding. We will delve into comforting truths about God's presence in grief, the nature of the afterlife, and the resurrection hope in Jesus Christ. You will be invited to reflect deeply, journal your thoughts, and pray for God's comfort and assurance.

Remember, grief is personal and complex, but the Word of God provides an unchanging foundation—a rock that remains secure even in the storm of death and loss. May this time in Scripture bring you peace, encouragement,







and a renewed hope as you lean into the eternal promises God has freely given through Jesus.















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







Devotional: God Nears the Brokenhearted

Grief often feels like an overwhelming wave that can leave us feeling lost and utterly alone. But Psalm 34:18 reassures us that God is intimately near in our painful moments. When our hearts break and our spirits are crushed, the Lord isn't distant or indifferent—He draws nearer.

Jesus' words in the Beatitudes (Matthew 5:4) promise that those who mourn will be comforted. This isn't a vague hope but a present reality for those who seek Him. God's comfort may come differently than we expect, but His closeness through the Holy Spirit provides strength and peace amidst tears.

Isaiah 41:10 reminds us not to fear or despair because God's power and presence are with us. Grief doesn't catch Him by surprise or overwhelm His love for us. Instead, it invites us deeper into trusting that He is our refuge and strength, an ever-present help when we are weak.

Today, in whatever stage of grief you are, remember God's promise to be close. You are not alone.







Reflect and Apply

1.	How have you experienced God's presence during times of grief?
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2.	What fears or feelings of loneliness does your grief bring?
	In what ways can recognizing God's nearness change how you face your pain?







Journaling Prompts

1.	Write about a time when you felt God's comfort in a dark moment.
2.	List the emotions you are currently feeling in your grief journey.
3.	Reflect on how Isaiah 41:10 can speak into your fears.







Prayer for Today

Lord, thank You for being near when my heart feels broken and heavy. Help me to feel Your comforting presence today, especially when the pain feels overwhelming. Teach me to trust that You are my refuge, and strengthen my faith amidst sorrow. Remind me Your love never fails, and You never leave me alone in grief. *Thank You for Your hope and peace*. Amen. **\mathbb{Y} \mathbb{P}

















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.""

Supporting Scriptures

- 1 Thessalonians 4:14 "For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him."
- Romans 6:23 "The gift of God is eternal life in Christ Jesus our Lord."







Devotional: Jesus: Our Resurrection and Life

In the midst of grief, one of the most profound questions is: "What happens after I die?" Jesus provides the clearest answer to this in John 11:25–26. When He said, "I am the resurrection and the life," He was declaring a powerful truth about victory over death. Believing in Jesus means that even if we die physically, our souls continue to live eternally with God.

The hope of resurrection is not merely a comforting idea but a firm biblical guarantee. Paul reminds us in 1 Thessalonians 4:14 that those who have "fallen asleep" in Christ will be raised and reunited with Him. Death has not broken the bond of love, nor has it ended the story.

Romans 6:23 emphasizes that eternal life is a gift—not something earned but freely given by God's grace through Jesus. This gift brings us peace amid grief because we know death does not have the final word.

As you face grief and unanswered questions about eternity today, cling to the hope Jesus offers—a hope that transcends the pain of loss and points to new life forever.







Reflect and Apply

1.	What does Jesus' promise of resurrection mean to you personally?	
2.	How does accepting eternal life as a gift affect your view of death?	
3.	In what ways can this hope shape how you grieve?	







Journaling Prompts

1.	Write about your feelings regarding eternal life before and after studying these verses.
2.	List reasons why hope in the resurrection helps you in your grief.
3.	Describe how you might share this hope with someone else who is grieving.







Prayer for Today

Dear Jesus, thank You for being the resurrection and the life. Help me grasp the fullness of Your promise that those who believe in You will never truly die. Strengthen my heart with hope as I face loss and uncertainty. May this hope fill me with peace that surpasses fear, and may it guide how I live each day. Amen. \triangle

















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."

Supporting Scriptures

- John 14:2 "My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?"
- 2 Corinthians 5:1 "For we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven."







Devotional: The Promise of Heaven's Comfort

Grief reveals the brokenness of this world, but Scripture paints a beautiful picture of the future waiting for believers. Revelation 21:4 tells us that in heaven, God will wipe every tear away—there will be no more death, sorrow, or pain.

This promise is not just poetic—it is God's reality and reassurance to all who trust in Him. Jesus also spoke of heaven as a place prepared especially for us, His children (John 14:2). This image of many rooms signifies a personal and eternal dwelling with Him.

Paul refers to our earthly bodies as tents—temporary and fragile. When these are gone, God has prepared an eternal house, a forever home for us in heaven (2 Corinthians 5:1). This truth encourages us to look beyond today's grief with confident hope.

Understanding heaven as our true home can transform how we endure loss—knowing that a glorious reunion and everlasting joy await.







Reflect and Apply

1.	How does picturing heaven as an eternal home affect your view of grief?
2.	What does it mean to you that God will wipe away every tear?
3.	How might this promise bring comfort on difficult days?







Journaling Prompts

1.	Describe your personal vision or hope for heaven.
2.	Write about the emotions this promise of no pain or death evokes in you.
3.	Reflect on how this hope influences your daily life and grieving process.







Prayer for Today

Gracious Father, thank You for preparing a place for me in heaven where sorrow and pain will be no more. Help me to fix my eyes on this eternal hope when grief weighs heavy. Strengthen my faith and remind me daily that my true home is with You forever. *I long for the day I will be with You completely.* Amen. �� 🏠









Day 4: 💋 The Resurrection Body









Day 4: B The Resurrection Body

Your Verse

1 Corinthians 15:42–44 – "So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable; it is sown in dishonor, it is raised in glory... It is sown a natural body, it is raised a spiritual body."

Supporting Scriptures

- Philippians 3:20–21 "...our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who... will transform our lowly bodies to be like his glorious body."
- Job 19:25–26 "I know that my redeemer lives... And after my skin has been destroyed, yet in my flesh I will see God."







Day 4: **B** The Resurrection Body

Devotional: Hope for Our New Spiritual Bodies

The hope of resurrection includes not only the continuation of life but a transformation. In 1 Corinthians 15, Paul explains how our bodies, which are mortal and prone to decay, will be raised imperishable and glorious.

This transformation is essential because the temporary bodies we have now are limited and imperfect. But the spiritual bodies promised to believers will reflect the glory and power of Christ's resurrected body—immortal and spiritual.

Philippians 3:20-21 reminds us that our true citizenship is in heaven, awaiting a Savior who will change us completely. Job's declaration centuries earlier echoes this hope: even after death, he believed he would see God in his renewed body.

Whether mourning a loss or pondering our own mortality, this promise assures us that death is not the end. The same God who raised Jesus will renew and glorify us for eternity.







Day 4: 💋 The Resurrection Body

Reflect and Apply

1.	What emotions or thoughts come up when you consider the resurrection body?
2.	How does knowing your body will be transformed affect your fear of death?
3.	In what ways does this promise give you hope during grief?







Day 4: 💋 The Resurrection Body

Journaling Prompts

1.	Write your thoughts about what a transformed spiritual body might be
	like.
	Reflect on how the hope of resurrection can shape your perspective on loss.
3.	Describe how this promise might influence how you live today.







Day 4: **B** The Resurrection Body

Prayer for Today

Lord Jesus, thank You for the promise that You will raise me with a glorified, spiritual body. Help me to trust in Your power over death and the hope You give me for eternity. When I face grief and uncertainty, remind me of this future transformation. Strengthen my faith and keep my eyes fixed on You. Amen.

















Your Verse

Matthew 10:28 – "Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell."

Supporting Scriptures

- Ecclesiastes 12:7 "...the dust returns to the ground it came from, and the spirit returns to God who gave it."
- Luke 23:43 "Jesus answered him, 'Truly I tell you, today you will be with me in paradise.'"







Devotional: The Soul's Eternal Reality

Death affects both body and soul, yet they have different destinies according to Scripture. Matthew 10:28 cautions us to have reverence for God who holds power over our eternal soul, more than fear of physical death.

Ecclesiastes 12:7 reminds us that while our body returns to the earth, our spirit returns to God who gave it—illustrating the soul's eternal aspect beyond physical death.

Jesus' promise to the repentant thief on the cross (Luke 23:43) affirms that believers' souls go immediately into God's presence, into paradise, upon death. This reality offers tremendous comfort to those grieving because death does not separate us from Jesus.

Understanding the eternal nature of the soul helps us face loss with hope and reminds us to live in awe of God's authority over both life and eternity.







Reflect and Apply

	How does knowing your soul lives beyond death impact your attitude about life?
2.	What fears about death or judgment do you need to bring before God?
3.	How can Jesus' promise to the thief encourage you today?







Journaling Prompts

	Write about your understanding of the soul's destiny before this study and now.
2.	Journal prayers asking God to help you trust Him with your eternal soul.
3.	Reflect on how this understanding guides your daily choices.







Prayer for Today

Father God, thank You that my soul is eternal and held securely in Your hands. Help me to fear You rightly and trust Your loving authority over my life and death. Comfort me when thoughts of judgment or separation arise. Thank You for Jesus' promise of paradise and Your everlasting presence. Amen. \bigcirc \bigcirc

















Your Verse

Ecclesiastes 3:1,4 - "There is a time for everything... a time to weep and a time to mourn."

Supporting Scriptures

- Romans 12:15 "Rejoice with those who rejoice; mourn with those who mourn."
- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."







Devotional: Allowing Grief and Healing

Grief is both natural and necessary—it is a God-ordained response to loss.

Ecclesiastes 3 reminds us there is a time for every season, including grieving deeply with weeping and mourning.

Paul's instruction in Romans 12:15 teaches us the importance of entering into the grief of others compassionately. We are not meant to grieve alone; community and empathy are part of God's design to bring healing.

Psalm 147:3 offers hope that God actively heals broken hearts. Although grief can be painful, God's tenderness works to bind wounds and restore.

Today, be gentle with yourself if grief feels heavy or overwhelming. God honors your mourning and promises the presence of His healing grace alongside the pain.







Reflect and Apply

1.	. How have you grieved losses in the past? What was helpful or difficult?
2.	. Who around you can you allow to mourn with you?
3.	. In what ways can you invite God's healing into your grief today?







Journaling Prompts

1.	Write honestly about your current feelings of loss and grief.
2.	List people who support you or whom you can offer support to in grief.
3.	Journal a prayer for healing and comfort in your brokenness.







Prayer for Today

Lord, grief is heavy and sometimes feels endless. Help me to allow myself to mourn fully, knowing You are with me. Comfort my broken heart and bring healing that only You can provide. Surround me with compassionate people who understand and support my pain. I trust Your loving care over my loss. Amen.

















Your Verse

John 14:1–3 – "Do not let your hearts be troubled. You believe in God; believe also in me... I am going there to prepare a place for you."

Supporting Scriptures

- Hebrews 2:14-15 "Since the children have flesh and blood, he too shared in their humanity... he might free those who all their lives were held in slavery by their fear of death."
- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me."







Devotional: Jesus Calms Our Troubled Hearts

In grieving times, anxiety and fear about death often grip the heart. Jesus speaks directly to this in John 14, inviting us to trust Him and not let our hearts be troubled.

He promises a future prepared especially for us, a place to call home. This assurance breaks through fear and replaces it with hope.

Hebrews 2 highlights how Jesus shared fully in our humanity, including death, so that He could deliver us from the bondage of fearing death itself. This shows us He understands our grief intimately.

Psalm 23 offers the beautiful encouragement that even in death's darkest moments, we need not fear because God walks beside us as our protector and comforter.

As you face grief, let Jesus' words calm your troubled heart, and receive His peace that surpasses understanding.







Reflect and Apply

1.	What fears about death or eternity do you need to give to Jesus today?
2.	How can remembering Jesus' humanity help you relate to your own grief?
3.	When have you experienced God's peace in a difficult time?







Journaling Prompts

1.	Write about your fears surrounding death or grief and offer them to Jesus.
2.	Describe ways you can remind yourself of Jesus' peace daily.
3.	Reflect on a past moment of comfort from God in grief.







Prayer for Today

Jesus, my heart is troubled by loss and the unknowns of death. Help me to trust You fully and rest in Your peace. Thank You for understanding my pain because You lived it too. Walk with me through grief's darkest valleys and calm my fears with Your presence. Amen. \uplus

















Your Verse

1 Corinthians 15:55–57 – "Where, O death, is your victory? Where, O death, is your sting? Thanks be to God! He gives us the victory through our Lord Jesus Christ."

Supporting Scriptures

- Revelation 1:18 "I am the Living One; I was dead, and now look, I am alive forever and ever!"
- 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."







Devotional: Christ's Triumph Over Death

Death is often seen as an invincible enemy, but Scripture declares a powerful victory through Jesus Christ. In 1 Corinthians 15, Paul triumphantly asks death where its victory is, emphasizing that Christ has defeated it completely.

Revelation 1:18 confirms that Jesus, though dead, is alive forever and has authority over death itself. This truth is the foundation of our hope.

Romans 8 reminds us that not even death can separate us from God's love in Christ. This assurance transforms grief because it confirms the eternal security of believers.

When we face loss or our own mortality, we do so not as defeated people but as those who share in Christ's victorious life.







Reflect and Apply

1.	How does knowing Christ has defeated death change your view of grief?
2.	What does victory over death mean for your faith and life purpose?
3.	How can this truth help you encourage others who mourn?







Journaling Prompts

1.	Write about what death's defeat means to you personally.
2.	Reflect on times when you have seen God's victory in your life.
3.	Journal ways to live boldly in light of this hope.







Prayer for Today

Father, thank You for the victory over death through Jesus. Help me hold tightly to this hope when grief tries to overwhelm. May Your love and power sustain me always, and may I share this life-giving truth with others who mourn. Amen.

















Your Verse

2 Corinthians 1:3-4 - "God of all comfort, who comforts us in all our troubles..."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 66:13 "As a mother comforts her child, so will I comfort you."







Devotional: God: Our Source of Comfort

Grief can feel endless, but God promises to be the ultimate source of comfort in all our troubles.

Paul describes God as the "God of all comfort," highlighting that no situation is too difficult for His compassionate care.

Psalm 46 assures us that God is always a refuge and a strength in hardship, never far from our pain.

Isaiah beautifully portrays God's comfort as tender and nurturing, like a mother's care. This image deepens our understanding of God's intimate empathy.

When overwhelmed by grief, remember these promises—God is actively present to comfort and restore your soul.







Reflect and Apply

1.	When have you felt God's comfort in hard times?
2.	How can you rely more fully on God as your refuge?
3.	What images or descriptions of God's comfort resonate most with you?







Journaling Prompts

1.	Write about moments of comfort God has provided in your grief.
	Journal a prayer asking God to comfort someone you know who is grieving.
3.	Reflect on ways to make God your refuge daily.







Prayer for Today

God of Comfort, thank You for being ever near in my sorrow. Please surround me with Your loving presence and strengthen me when I am weak. Teach me to rest in Your care and to trust Your gentle comfort that heals my broken heart. Amen.

















Your Verse

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

Supporting Scriptures

- Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Devotional: Finding Peace Through Prayer

Grief can stir anxiety and confusion, but Scripture encourages us to bring all our burdens to God in prayer.

Philippians 4 teaches that prayer replaces anxiety with God's peace, which is beyond human understanding—a peace that protects our hearts and minds during difficult times.

Psalm 34 echoes that God listens when we cry out and rescues us, reminding us that prayers in grief are heard.

Peter's exhortation to cast all anxieties on God reinforces that He cares deeply and invites us to rely fully on Him.

Prayer is not just talking to God—it's a powerful spiritual refuge that connects us to His peace in grief's storm.







Reflect and Apply

1.	How has prayer helped you during times of grief or anxiety?
2.	What worries or fears do you need to bring before God in prayer today?
3.	How can daily prayer strengthen your trust in God's peace?







Journaling Prompts

1.	Write a prayer expressing your current grief and anxieties.
2.	List ways you can make prayer a consistent habit for healing.
	Reflect on Scripture promises about prayer and write how they encourage you.







Prayer for Today

Dear God, I bring my grief and fears to You today, trusting You hear me. Please fill me with Your peace beyond understanding and guard my heart against despair. Teach me to pray continuously and cast all my anxieties on You because You care. Thank You for being my refuge. Amen. 4

















Your Verse

John 17:3 – "Now this is eternal life: that they know you, the only true God, and Jesus Christ..."

Supporting Scriptures

- Romans 6:23 "The gift of God is eternal life in Christ Jesus our Lord."
- 1 John 5:13 "That you may know that you have eternal life..."







Devotional: Eternal Life: Knowing God Today

Often, we think of eternal life as something only after death, but Jesus teaches in John 17:3 that eternal life starts the moment we know God.

This relationship with God through Jesus is the gift of grace described in Romans 6:23, emphasizing that eternal life is not earned but received.

John assures believers that knowing they have eternal life isn't based on hope alone—it is a certainty grounded in faith and relationship.

In grief, this encourages us to cherish our living relationship with God, which brings peace and perspective amid loss, and offers a glimpse into the endless joy ahead.







Reflect and Apply

1.	How do you experience eternal life in your daily walk with God?
2.	What does it mean to truly 'know' God as Jesus describes?
3.	How can this truth bring comfort in grief?







Journaling Prompts

	Write about your relationship with God today and how it impacts your grief.
2.	List ways you can deepen your knowledge of God daily.
3.	Reflect on the difference it makes to know eternal life begins now.







Prayer for Today

Lord, thank You for the gift of eternal life that starts in knowing You. Help me to grow closer to You each day, experiencing Your presence and peace even in grief. Let this hope transform my perspective and bring joy in the midst of sorrow. Amen.









Day 12: 🛕 Life's Temporary Journey









Your Verse

2 Corinthians 4:17–18 – "Our light and momentary troubles are achieving for us an eternal glory... We fix our eyes not on what is seen, but on what is unseen."

Supporting Scriptures

- Hebrews 13:14 "Here we do not have an enduring city, but we are looking for the city that is to come."
- Psalm 39:4-5 "Lord, remind me how fleeting my life is... surely everyone goes to the grave."







Devotional: Focus on the Eternal, Not the Temporal

Grief often magnifies the weight of earthly loss, but Scripture reminds us that our current troubles are temporary compared to eternal glory.

Paul encourages believers in 2 Corinthians 4 to see beyond what we experience now toward the unseen, eternal reality.

Hebrews 13 calls us pilgrims, anticipating a lasting city prepared by God.

Psalm 39 humbly acknowledges the fleeting nature of life, encouraging dependence on God through each season.

Remembering our journey here is temporary helps us endure grief with hope and perspective focused on eternity.







Reflect and Apply

1.	How does viewing your life as a temporary journey affect your grief?
2.	In what ways can you fix your eyes on eternal realities today?
	How might this knowledge encourage you to live with purpose despite loss?







Journaling Prompts

	Write about the things in life you cling to and consider if they are eternal or temporary.
2.	Reflect on how your grief might be shaped by focusing more on eternity.
3.	Journal actions you can take to keep an eternal perspective.







Prayer for Today

Father God, help me to see my life and troubles in the light of eternity. When grief feels heavy, remind me that this is temporary and that You have prepared eternal glory for me. Teach me to fix my gaze on the unseen and to live with hope and purpose. Amen.















Your Verse

John 5:28-29 - "For a time is coming when all who are in their graves will hear his voice and come out..."

Supporting Scriptures

- Daniel 12:2 "Multitudes who sleep in the dust of the earth will awake..."
- Acts 24:15 "There will be a resurrection of both the righteous and the wicked."







Devotional: The Future Resurrection Hope

Jesus promises a future resurrection where the dead will hear His voice and rise. This is not merely symbolic but a core reality of Christian hope.

The Old Testament prophet Daniel confirms this vision, assuring that many will awake from death.

Acts further teaches the resurrection will include both believers and unbelievers, highlighting the final judgment and eternal destinies.

This hope is powerful when facing grief, as it assures us that death is not the end but a doorway to new life and divine justice.







Reflect and Apply

1.	What hope does the promise of resurrection bring amidst loss?
2.	How does understanding the resurrection shape your view of death?
3.	What questions or fears do you have about the resurrection?







Journaling Prompts

1.	Write your thoughts about the resurrection before and after this study.
2.	Journal any doubts or questions you want to bring to God.
3.	Reflect on how this hope affects your feelings about eternity.







Prayer for Today

Lord Jesus, thank You for the promise that all who sleep in death will be raised at Your voice. Help me trust this resurrection hope even when grief darkens my heart. Give me faith to look beyond death to the eternal life You offer. Amen. 💸 🔔 🙏

















Day 14: A Living with Eternity in Mind

Your Verse

Colossians 3:1-2 - "Set your hearts on things above... not on earthly things."

Supporting Scriptures

- Matthew 6:19–21 "Store up for yourselves treasures in heaven..."
- 2 Timothy 4:7–8 "I have fought the good fight... there is laid up for me the crown of righteousness."







Day 14: A Living with Eternity in Mind

Devotional: Prioritizing Eternal Values

As believers, we are called to orient our lives around eternal realities rather than temporary earthly concerns.

Paul encourages focusing our hearts on what is above, which gives meaning to how we live and grieve here.

Jesus teaches about storing up treasures in heaven, reminding us that what lasts is not material but spiritual.

Paul's example of fighting the good fight encourages perseverance with eternity in view, including how we wrestle with grief and loss.

Living with eternity in mind transforms grief from despair into a hopeful journey filled with purpose.







Day 14: 🔼 Living with Eternity in Mind

Reflect and Apply

1.	What earthly things might be distracting you from eternal focus?
2.	How can setting your heart on heaven change how you grieve?
3.	What does fighting the good fight mean for your current life challenges?







Day 14: 📤 Living with Eternity in Mind

Journaling Prompts

1.	List things you need to shift focus from and toward.
2.	Reflect on how your grief might lead to a stronger spiritual life.
3.	Journal ways to keep eternity in your daily thoughts.







Day 14: A Living with Eternity in Mind

Prayer for Today

Lord, help me to fix my heart on eternal things and not become consumed by earthly troubles. Teach me to live with hope and purpose, fighting the good fight of faith even during grief. Thank You for the treasure You store for me in heaven. Amen. \triangle

















Day 15: 🗀 Jesus: The Ruler of Eternity

Your Verse

Hebrews 13:8 - "Jesus Christ is the same yesterday and today and forever."

Supporting Scriptures

- Psalm 93:1 "The LORD reigns, he is robed in majesty."
- Revelation 19:16 "On his robe and on his thigh he has this name written: KING OF KINGS AND LORD OF LORDS."







Day 15: 🗀 Jesus: The Ruler of Eternity

Devotional: The Unchanging King of Eternity

In the face of death's uncertainty, the unchanging nature of Jesus provides firm ground for our souls.

Hebrews 13:8 declares Jesus is constant—unchanged through all time and circumstances.

Psalm 93 celebrates God's eternal majesty and reign, reminding us He rules with power and justice.

Revelation reveals Jesus as the supreme King of kings, sovereign over all eternity.

This truth anchors us during grief knowing the King who holds our eternity never wavers or loses control.







Day 15: Jesus: The Ruler of Eternity

Reflect and Apply

1.	How does Jesus' unchanging nature comfort you in grief?
2.	In what ways can trusting Jesus' reign reduce your fears of the future?
3.	How do you see Jesus' kingship impacting your hope for eternity?







Day 15: Jesus: The Ruler of Eternity

Journaling Prompts

1.	Write about your relationship with Jesus as King and Savior.
2.	Reflect on times you have felt His sovereign presence.
3.	Journal how knowing Jesus rules eternity affects your grief.







Day 15: 🗀 Jesus: The Ruler of Eternity

Prayer for Today

King Jesus, thank You for being the same forever and ruling over all things. Help me to trust Your sovereignty when life feels uncertain. May Your eternal reign give me peace and hope as I grieve. Amen. □ Д ❖















Your Verse

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."

Supporting Scriptures

- Isaiah 49:13 "The LORD comforts his people and will have compassion on his afflicted ones."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







Devotional: New Mercies Each Day

Grief can feel unrelenting, but God's faithfulness offers fresh hope each day.

Lamentations reminds us His compassion never fails and is renewed every morning.

Isaiah assures that the Lord actively comforts the afflicted, showing His deep love for the mourning.

Psalm 30 promises that while weeping may come, joy will follow.

This encourages perseverance in grief, trusting God to carry us through and bring restoration in His perfect timing.







Reflect and Apply

1.	How have you experienced God's new mercies in tough times?
2.	What does it mean to you that God's compassion is renewed daily?
3.	In what ways can you look for joy amid grief?







Journaling Prompts

1.	Write about moments when you noticed God's mercy during mourning.
2.	Journal your prayers asking for renewed strength each day.
3.	Reflect on the promise of joy following weeping.







Prayer for Today

Merciful God, thank You that Your love and compassion never fail. Help me to lean on Your faithfulness when grief feels heavy. Renew my strength daily and help me anticipate the joy You promise after sorrow. Amen. 1









Day 17: Fra The Seed of Eternal Life









Day 17: Fra The Seed of Eternal Life

Your Verse

John 12:24 – "Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds."

Supporting Scriptures

- 1 Corinthians 15:36 "What you sow does not come to life unless it dies."
- Galatians 6:8 "Whoever sows to please their flesh... but whoever sows to please the Spirit, from the Spirit will reap eternal life."







Day 17: Freed of Eternal Life

Devotional: Death Produces Eternal Life

Jesus uses the image of a seed dying in the ground to illustrate how death leads to new, abundant life.

Our earthly bodies may perish, but in dying, they produce spiritual fruit and eternal life as Paul explains.

Galatians teaches sowing to the Spirit leads to harvesting eternal life, reminding us that death isn't a final loss but a passage to multiplied blessings.

Understanding this principle helps us see grief through the lens of transformation and hope.







Day 17: Fra Seed of Eternal Life

Reflect and Apply

1.	How does the seed analogy help you understand death and resurrection?
2.	What spiritual fruits might come from your grief or loss?
3.	How can you sow to please the Spirit in your current circumstances?







Day 17: 🌾 The Seed of Eternal Life

Journaling Prompts

	Write about ways God might be working transformation through your grief.
2.	Reflect on what it means to sow and reap in your faith journey.
3.	Journal hopes or prayers for new life emerging from loss.







Day 17: Freed of Eternal Life

Prayer for Today









Day 18: Best for the Weary Soul









Your Verse

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

Supporting Scriptures

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Devotional: Finding Rest in Jesus

Grief can leave us exhausted and burdened, longing for rest. Jesus offers rest to all who come to Him.

Psalm 62 declares that true rest comes from God alone, who is our salvation.

Isaiah promises renewal of strength for those who hope in the Lord, reinforcing that healing and peace are found in Him.

If grief is draining you today, remember Jesus' invitation to find rest and restoration in His loving arms.







Reflect and Apply

1.	What burdens do you need to lay at Jesus' feet today?
2.	How does resting in God differ from worldly rest?
3.	What hope can you hold on to when feeling weary?







Journaling Prompts

1.	Write down burdens you want to surrender to Jesus.
2.	Reflect on past experiences of God's rest and peace.
3.	Journal how you can practice resting in God daily.







Prayer for Today

Jesus, You know my weariness and burdens. Help me to come to You for true rest that refreshes my soul. Renew my strength and fill me with peace only You can give. Thank You for inviting me to find rest in You. Amen. **2** \(\text{\t

















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 136:26 "His love endures forever."
- Lamentations 3:31–32 "Though he brings grief, he will show compassion..."







Devotional: Love That Never Lets Go

Death and grief can make us feel abandoned, but Scripture assures us that God's love is unbreakable.

Romans 8 powerfully proclaims that nothing can separate us from God's love in Christ—not death, life, or any power.

Psalm 136 repeatedly declares God's enduring love, reminding us it is faithful through every circumstance.

Lamentations recognizes that God may bring grief but does so with compassion, never abandoning His people.

Trusting in God's unfailing love helps us face grief with courage and reassurance.







Reflect and Apply

1.	How have you experienced God's unfailing love during loss?
2.	What doubts about God's love do you need to surrender?
3.	How can knowing God's love never lets go encourage you today?







Journaling Prompts

1.	Write about evidence of God's love in your grief journey.
2.	Journal prayers asking God to deepen your trust in His love.
3.	Reflect on how you can share this love with others grieving.







Prayer for Today

Everlasting God, thank You that nothing can separate me from Your love. Help me to trust You fully even when grief feels overwhelming. Surround me with Your compassionate embrace and remind me that Your love never fails.

Amen. 🥏 🙏 🌈

















Your Verse

Hebrews 12:2 - "Let us fix our eyes on Jesus... who for the joy set before him endured the cross."

Supporting Scriptures

- Psalm 16:11 "You make known to me the path of life; you fill me with joy in your presence."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







Devotional: Endurance Through Joy

Grief can cloud our vision, but the writer of Hebrews encourages us to focus on Jesus and the joy that awaited Him beyond suffering.

This joy is not a denial of pain but a powerful hope that sustains.

Psalm 16 assures that God's presence fills us with joy and guides us to life's path.

Paul prays in Romans that God fills us with joy and peace as we trust Him during trials.

Fixing our eyes on Jesus and His joy gives us strength to endure grief and look forward to the eternal joy set before us.







Reflect and Apply

1.	What joys, big or small, do you see even in your grief?
2.	How can focusing on Jesus help you endure difficult emotions?
3.	What steps can you take to cultivate joy and peace during mourning?







Journaling Prompts

1.	Write about moments of joy or gratitude in the midst of grief.
2.	Reflect on ways Jesus' example can inspire your endurance.
3.	Journal hopes you have for joy beyond grief.







Prayer for Today

Jesus, help me to fix my eyes on You and the joy You endured the cross for. Fill me with Your joy and peace as I face grief. Strengthen me to keep trusting You each day and hold onto hope for the joy set before me. Amen. \triangle

















Day 21: 🎇 Ready for Eternal Reunion

Your Verse

1 Thessalonians 4:16–17 – "The dead in Christ will rise first... we will be with the Lord forever."

Supporting Scriptures

- John 14:3 "I will come back and take you to be with me."
- Revelation 22:3-5 "They will reign for ever and ever."







Day 21: 🎇 Ready for Eternal Reunion

Devotional: The Promise of Reunion Forever

As this study closes, we look forward to the glorious promise of reunion with our loved ones and Christ Himself.

Paul assures believers in 1 Thessalonians that those who have died in Christ will rise, and the living will join them, together with the Lord forever.

Jesus personally promises in John 14 to return and bring us to be with Him.

Revelation gives us a glimpse of eternal reign and joy with God, free from death, mourning, or pain.

This hope invites us to live with faith and anticipation, knowing that the separations of this life are temporary, and a beautiful reunion awaits.







Day 21: 🞇 Ready for Eternal Reunion

Reflect and Apply

1.	What feelings arise when you consider the promise of eternal reunion?
2.	How can this promise shape the way you grieve and live now?
3.	What faith steps can you take towards embracing this hope?







Day 21: 🎇 Ready for Eternal Reunion

Journaling Prompts

1.	Write a letter to a loved one you look forward to seeing again.
2.	Reflect on what it means to be with the Lord forever.
3.	Journal ways you can live today in joyful anticipation of eternity.







Day 21: 🎇 Ready for Eternal Reunion

Prayer for Today

Lord Jesus, thank You for the promise that I will see my loved ones and You again. Help me to live with hope and faith, anticipating the eternal joy of reunion. Strengthen me to endure grief and to share this hope with others. May I live each day ready to be with You forever. Amen. *







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