



# Verses & Prayers

## FOR THOSE IN THE MIDST OF GRIEF

God's Word is a healing balm to a heart shattered by grief. You are seen, known, and loved beyond imagining by the one who laid down His life for yours. May He comfort, encourage, and strengthen you as you grieve!

*Blessed are those who mourn, for they will be comforted.* (Matthew 5:4)

### I LOST SOMEONE I LOVED DEARLY

Be merciful to me, Lord, for I have lost someone I loved dearly, and there is no earthly balm to soothe this grief. Only the tender work of Your Spirit can weave Your tender strands of comfort through this earthly sorrow. Amen.

*... the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.* (Romans 8:26)

### I AM BEYOND WORDS

Heavenly Father, be with me the tears, the blinding anger, and the overwhelming sadness that threatens to swallow me completely. I am beyond words, overwhelmed by this impossible grief. Thank you for Your Spirit who intercedes for me with groans too deep for words. I feel so lost, Lord. Hold me close today. In Jesus' name, amen.

*Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.* (Psalm 31:9)

### HOLD ME CLOSE

God, hold me close as the waves of grief wash over me. Comfort me amid this overwhelming sadness and bring me peace. Remind me of Your unfailing love and give me the courage to take just one more step today. In Jesus' name, amen.

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

Visit [chronic-joy.org](http://chronic-joy.org) for more resources.



### MY HEART IS BROKEN

Oh, Lord, my heart is broken, and my mind is exhausted. People offer help, but I don't even know what I need right now. Please just remind me again and again that I am not forgotten, that my sorrow will cease, and that I will survive this overwhelming grief. Oh Lord, may it be so! Amen.

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.* (Psalm 73:26)

### I FEEL SHATTERED

Jesus, I feel shattered. The pain is so deep. My anger scares me. This fear feels crippling, but worse than that is the numbness that settles over everything. What do I do? Help me bear this grief. Hold me. I need Your strength. Don't leave me, Jesus. I need You. Amen.

*You, Lord, keep my lamp burning; my God turns my darkness into light.* (Psalm 18:28)

### I AM OVERCOME WITH SADNESS

Lord, I am overcome with sadness. I need Your help to navigate this overwhelming loss. My heart is so heavy. I need Your light in this darkness. I don't know what the future holds, but I trust You even when I do not understand. Please be with me today. In Jesus' name, amen.

*Weeping may endure for a night, But joy comes in the morning.* (Psalm 30:5)

### I AM SURROUNDED BY DARKNESS

Gracious Father, I am surrounded by darkness. You know how much I'm hurting. You promise to be near me. I need You. I want to feel hope again, to feel my heart healing. Watch over me. Everything feels impossible, but You are the God of the impossible, so I'm placing my shaky faith in You, knowing You can redeem the years the locusts have eaten. Only You can take these shattered shards and make them whole again, maybe not on this side of eternity, but one day, Lord. One day. Amen.

*He found him in a desert land, in the howling wasteland of a wilderness; He kept circling him, He took care of him, He protected him as the apple of His eye.* (Deuteronomy 32:10)

### MY LIFE IS SO DIFFERENT TODAY

Heavenly Father, I cry out because my life is so different today without [name] in it. Thank you for the memories that are both beautiful and painful. I pray Your strength in me will continue in the coming days, but oh, how I miss [name]. I am so grateful [s/he] is with You, but my heart hurts without them in my world today. In Jesus' name, amen.

*Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.* (John 16:22)

[chronic-joy.org/midst-of-grief](http://chronic-joy.org/midst-of-grief)

