

BIBLE WORK

What does the Bible say about grief?

Rejoice with those who rejoice, and weep with those who weep.

ROMANS 12:15



The story of Jacob's loss of Joseph, his favorite son, told in **Genesis 37**, reveals Jacob's struggle with inconsolable grief.

Isaiah 53 tells of the purpose of God's Son, Jesus Christ, bearing our transgressions and grief on our behalf. The New Testament proclaims promise, hope, relief and salvation from the grief, pain and suffering that fills our life.

While the Bible permits us to grieve, how do we effectively cope with grief, and what wisdom does the Bible offer in guiding us?

WHAT DOES THE BIBLE SAY ABOUT GRIEVING THE DEATH OF A LOVED ONE?

Does the Bible's portrayal of grief and mourning bring you comfort? If so, what scriptures do you find helpful?

ANSWER:



SCRIPTURES TO EXPLORE

- PSALM 34:17-19
- 2 SAMUEL 12:16-23
- JOHN 14:1-6

MY SCRIPTURES

Lined writing area for notes or reflections.



PRAYER

Dear God,

My heart and soul are weary from the grief and upheaval. All the joy has gone from my world and I'm unable to see the end of this journey. Lord, please give me hope that peace is waiting for me, that this journey through sorrow is but only a chapter.

Lord, I thank you for the precious gift of eternal life, yet my grief remains all consuming. I ask you to help me keep my eyes on you, and help me feel your presence as a reminder that I am not alone in my season of grief. Thank you for hearing my cries, Lord.

In Jesus' name I pray, Amen.

