



# Prayers of Comfort

FOR A GRIEVING HEART



A 31-DAY PRAYER GUIDE FOR  
SEASONS OF GRIEF

# INTRODUCTION



Grief can be a devastating and complicated burden to carry. It can alter your life forever. A powerful way to find comfort and begin healing is to draw near to God—even if he feels far away. Heartache and loss may make it difficult to know what or how to pray. We hope this resource, using Scripture as a guide, will give you words to pray when you have none. Each day provides encouragement from God’s Word and a brief prayer.

CHAD BOORSMA



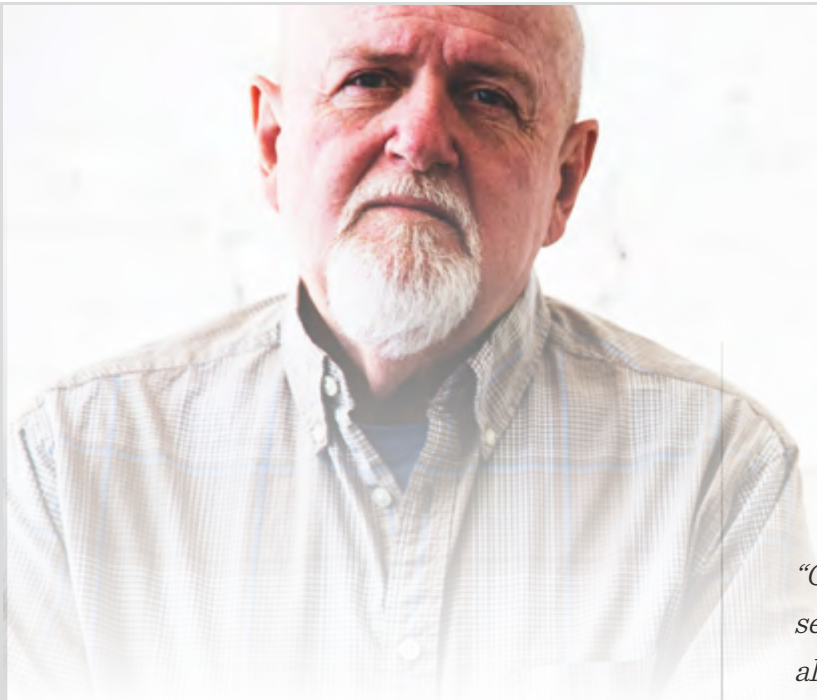
JOLENE DEHEER



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## Day 1

DEUTERONOMY 33:12

*“Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders.”*

Loving Father, when the weight of loss makes me feel isolated and abandoned, help me to remember I am your dearly loved child. Remind me that I can rest in your presence no matter what the circumstances or how empty my heart feels. You are my shield and protector; you gently hold me between your shoulders and cradle my head to your chest. In Jesus’ name I pray, Amen.

## Day 2

PSALM 27:4-5

*“One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock.”*

Merciful God, as I walk this journey of grief, my life feels empty at times, and I need so much! One thing I need more than anything else (and this I ask you to provide) is that I may find comfort in your presence—in your house—for the rest of my days. When life seems dark, Holy Spirit, guide me as I seek you and admire the glory of your beauty. I choose to have faith that you will keep me safe in this trouble. Hide me in the shelter of your grace and set my feet on the rock—Jesus Christ. Here I find peace and hope. In Jesus’ holy name, Amen. Jesus’ name I pray, Amen.



## Day 3

PSALM 30:5

*“For his anger lasts only a moment, but his favor lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning.”*

Gentle God, there are moments when I wonder if you are angry, but I choose to believe that your grace, mercy, and love are greater. It comforts me to know that your favor is not only for a moment. It is for a lifetime—and for all eternity. In the lonely hours of sleepless nights, my tears seem to never stop. But in the morning, help me see that you have never left me. Your faithfulness never stops and that is a reason to worship. Thank you for always being with me in both the sorrow and the joy. In the powerful name of Jesus, Amen.

## Day 4

PSALM 31:7

*“I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul.”*

Caring God, when I feel no one understands how intensely my loss hurts and I wonder if anyone truly cares, help me remember that you have seen my affliction, and you understand the anguish of my soul. May your all-knowing and all-caring love light a spark of joy and comfort in me. In Jesus' name, Amen.



## Day 5

PSALM 34:18

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*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

Lord God, I approach you today and my heart is broken with grief. Thank you for the assurance that you are near me, even as I remain brokenhearted. Remind me of your presence when I feel like my spirit is crushed. You are my Savior and you will continue to save me, protect me, redeem me, and restore me. In the precious name of Jesus, my Savior, I pray, Amen.

## Day 6

PSALM 36:7

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*“How priceless is your unfailing love, O God! People take refuge in the shadow of your wings.”*

God of love, letting go of a future with my loved one and letting go of hopes and dreams has been challenging. Saying goodbye is heart wrenching and the separation can feel intolerable. Help me rest in the knowledge that your love for me will never fail, never end. You gently provide refuge for my hurting heart in the shadow of your wings. Thank you! In the powerful name of Jesus, Amen.



## Day 7

PSALM 42:11

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*“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”*

God of hope, at times I wonder if this sadness will ever end; then I remember that my hope—my only hope—is in you, and I choose to praise you. Scripture says you delight in your people. I know that when I praise you, I am in your presence even in my deep sadness. Thank you for being my Savior and my God. I pray this in Jesus’ name, Amen.

## Day 8

PSALM 71:20-21

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*“Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more.”*

God of comfort, sometimes bitterness can be so weighty, it feels as if I am in the depths. But the good news is that you reach down to the dark murky depths and lift me up. You restore me and my honor. Give me the strength to let go of the bitterness and let your comfort sustain me always. In Christ’s name I pray, Amen.



## Day 9

PSALM 73:26

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*“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”*

Powerful God, there are days when my whole being (body, soul, and mind) feels weak. I am tempted to give up. At those moments, remind me of your powerful promise to be the strength of my heart. You provide all I need not only to survive, but also to thrive again. Give me wisdom to discern when I need to ask my pastor, my church, my family, or a trusted friend for extra support. I humbly pray in Jesus' name, Amen.

## Day 10

ISAIAH 25:8

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*“The Sovereign Lord will wipe away the tears from all faces; he will remove his people's disgrace from all the earth.”*

Living Lord, when I struggle with the finality of death and the loss of my dreams for the future, remind me that you defeated the power of death on the cross, and while death may still be an enemy, it does not have the final word. I struggle with the consequences of death here on earth. Help me remember that you will wipe every tear from my eye, my shame will be gone, and you will make me new. Give me the faith to hold fast to the sure promise that I will someday experience that as well. In the name of the victorious Jesus, Amen.



## Day 11

ISAIAH 40:28

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*“Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.”*

Dear God, when my life feels out of control and no one around me notices what is happening, help me see your amazing creation: beautiful sunsets, delicate flowers, soft bird songs. These remind me of your power and care for me. You are the everlasting Creator of the whole earth. You watch over me and all that happens to me. Increase my trust in you. In Jesus’ holy name, Amen.

## Day 12

ISAIAH 49:15B-16

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*“I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me.”*

Loving God, if friends who I thought would always be there for me walk out of my life, leaving me feeling forgotten and rejected, remind me of the powerful truth that you will never forget me. In fact, you have written my name on the palm of your loving hand. Help me to make you my most important love relationship. In the name of Christ, Amen.





## Day 13

ISAIAH 54:10

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*“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you.”*

Loving and powerful God, at times my world seems to be shaking around me like an earthquake. Replace my fear with the knowledge that neither shaken mountains nor flattened hills can take me away from your unfailing love. Thank you for the promise of your peace and compassion. I choose to rest in you. In the name of the risen Christ, Amen.

## Day 14

ISAIAH 66:13

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*“As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”*

God of motherly love, even though I am an adult, there are times in my journey of grief when I feel like a child who needs to be held and comforted. Help me experience your comfort and touch like a mother comforts her child. Help me to learn to rest in your comfort and find the strength I need to go on. In the strong name of Jesus, Amen.



## Day 15

LAMENTATIONS 3:24-26

*“I say to myself, ‘The Lord is my portion; therefore, I will wait for him.’ The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.”*

Holy Lord, I confess sometimes it is difficult for me to find hope. Remind me that my hope lies in who you are: my portion, exactly what I need, and that you provide for me. Waiting is hard when my hope feels low, so as I seek your face, teach me to quietly wait for your saving grace. In the mighty name of Jesus, Amen.

## Day 16

LAMENTATIONS 3:32-33

*“Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to anyone.”*

Compassionate God, sometimes I wonder how you could have let this happen—this grief is so painful, but then I remember that you do not willingly bring affliction or grief to anyone. You are with me in my pain and heartache. You are rich in compassion and comfort. Let me open my arms to receive your gifts. In Jesus’ holy name, Amen.



## Day 17

JOHN 14:27

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*

God of peace, being alone on this grief journey makes me vulnerable to the evil one’s attacks of fear and a troubled heart. May I never forget that because your Spirit lives within me, I have access to peace—not just any peace, but your peace that passes all understanding—so I need not be afraid. While my mind may be filled with fear, my salvation and heart are secure in your grace. Thank you for this gift. In the name of Jesus, Amen.

## Day 18

ROMANS 5:3-5

*“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”*

God of hope, I don’t know how to find any joy in my suffering. Remind me that you make it possible to persevere, and that as I walk with you through my deep pain, you will help me align my character more with yours. It is then, that even in the middle of grief, that I can find hope and even joy. Thank you for the hope you pour into my heart through the Holy Spirit. In the holy name of Jesus, Amen.



## Day 19

ROMANS 8:14-15

*For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."*

Abba, Father, I am very grateful for the gift of being your child and for your indwelling Holy Spirit! Thank you for the intimacy I can have with you as my "daddy" God, my Abba. Let your fatherly love be a source of comfort and hope in my life, and may I feel your arms enfold me in love. In the loving name of Jesus Christ, Amen.

## Day 20

2 CORINTHIANS 1:3-5

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ."*

Father of compassion, I choose to praise you even though my heart is grieving, because you meet me in my grief and comfort me with your grace and compassion. I pray that someday you will use me to help others who are suffering from loss by sharing what I have learned in this season of grief. In the powerful name of Jesus, Amen.



## Day 21

2 CORINTHIANS 4:17

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*“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”*

God of eternal glory, when I am tempted to focus only on my sorrow and pain, draw my eyes to the cross, your place of great suffering and rejection, which reminds me that you know better than anyone the depth of our earthly pain. You meet us in our pain with the redeeming love we need for this moment, as well as, with a glorious promise of eternal life with you. Help me find peace in the knowledge that someday I will experience a beautiful glory that outweighs this grief. In the comforting name of Jesus, Amen.

## Day 22

2 CORINTHIANS 9:8

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*“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”*

God of lavish grace, at times I feel the journey of grief is too much for me to bear, and I can't go on. Remind me that when I am not able, you are. Help me see your work in my life abundantly, continually, and perfectly. Help me say with confidence:

YOU are able.

You ARE able.

You are ABLE.

In the all-sufficient name of Jesus,  
Amen.



## Day 23

2 CORINTHIANS 12:9

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*“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore, I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”*

Strong powerful God, as I travel this road of grief and loss, I feel weak and fragile. When I feel unable to cope with my new reality, remind me that your power is perfected in my weakness. Help me find the courage to get through each day. Your grace is more than enough to strengthen me and enable me to endure. I claim your strength and grace. In Jesus’ name, Amen.

## Day 24

EPHESIANS 1:18-19A

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*“I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.”*

Dear God of hope, open the eyes of my heart to see the hope you long to give me as I learn to cope with this loss. Open my heart to receive the riches of the glorious inheritance I have in you. Help me to remember that your Spirit lives in me. Thank you. In the strong name of Jesus, Amen.



## Day 25

PHILIPPIANS 4:8

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

Understanding God, as I try to make sense of this grief, it is easy to focus on negative things that add to the dark reality of my loss. Help me obey your Word and focus on whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. Empower me to be grateful and seek contentment. In the excellent, praiseworthy name of Jesus, Amen.

## Day 26

HEBREWS 4:15-16

*“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”*

Dear gracious God, at times it seems as if no one understands this sorrow. Remind me that you know my loss because you too endured loss, even to the point of death on the cross. Help me remember that you understand and empathize with my burden of grief. I come hopefully and expectantly to your throne of grace. May my arms be wide open to receive your mercy and grace, for I am in need of both. In the strong name of Jesus, Amen.



## Day 27

HEBREWS 13:5B-6

*“God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”*

Helper God, thank you that you will never walk out of my life even though friends and family may. I ask that your Spirit give me the faith to profess, “With you as my helper, I will not be afraid.” Give me your peace. In Jesus’ name I pray, Amen.

## Day 28

1 PETER 1:3-4

*“Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you.”*

Merciful God, thank you for the resurrection of Jesus Christ which opens the door to a new life and a living hope for me. I am profoundly grateful for the eternal inheritance that will never perish, spoil, or fade. Thank you, too, for the assurance that I will always have access to this inheritance—as do all those believers who have gone before me. Your promises and loving mercy comfort me! In the name of the resurrected Christ I pray, Amen.



A woman with dark hair, wearing a dark jacket with a white fur collar, is shown in profile from the chest up, looking upwards and to the left with a contemplative expression. The background is a soft, out-of-focus indoor setting with warm lighting.

## Day 29

1 PETER 1:6-7

*“In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.”*

Dear God, at times this pain and grief seem so senseless and unnecessary. The feelings cut deep and I don't want to carry it any longer. In the dark moments of my suffering, give me strength to hold onto your love tightly and open myself up to your healing. I pray my faith increases and is perfected like gold. Even when my attempts are feeble, may my faith bring you praise, glory, and honor. In the strong name of Jesus I pray, Amen.

## Day 30

1 JOHN 3:1A

*“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! “*

Father of love, when my grief overwhelms me, remind me of my identity—I am a child of the Most-High God. I belong to you. I am lavishly loved by you. Help me accept that I am your child, to receive your love, be comforted by it, and live in the reality of it. In the precious name of Jesus, Amen.

A woman with long, wavy hair is seen from behind, looking out over a vast, hazy landscape. The scene is bathed in soft, golden light, suggesting a sunrise or sunset. The woman is wearing a dark, patterned top. The background consists of rolling hills and a bright, overcast sky.

# Day 31

REVELATION 21:4-5A

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*“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.”*

God of eternal glory, when I am tempted to focus only on my sorrow and pain, draw my eyes to the cross, your place of great suffering and rejection, which reminds me that you know better than anyone the depth of our earthly pain. You meet us in our pain with the redeeming love we need for this moment, as well as, with a glorious promise of eternal life with you. Help me find peace in the knowledge that someday I will experience a beautiful glory that outweighs this grief. In the comforting name of Jesus, Amen.

# ADDITIONAL RESOURCES

## REFRAME MINISTRIES:

### *Groundwork*

[Finding Strength in Scripture](#); a Bible study podcast for times of physical, mental, or emotional suffering.

[Questioning God's Promises](#); an 25-minute Bible study for when unanswered prayers leave us questioning God's promises.

[When Life Falls Apart](#); a Bible study podcast for times of fear, uncertainty, and loss.

[Job and the Problem of Suffering](#); an article and podcast series about suffering and perseverance.

[Unanswered Prayer and the Problem of Evil](#); a 25-minute Bible study from the book of Habakkuk.

### *Today*

[Dealing with Hopelessness and Suffering](#); articles offering encouragement in trouble.

[Our Only Comfort](#); a 21-day devotional ebook for hard times.

[Seeking God in Suffering](#); a devotional ebook for seeking God in sickness and grief.

### *Family Fire*

The "Praying Through the Valley" blog series:

[Finding Hope Amid Loss](#)

[Overcoming Loneliness](#)

[Discovering My Worth](#)

[Overcoming Grief](#)

## OTHER RESOURCES

[Find a therapist](#)

[Grief Share](#)

### **National Suicide Prevention**

**Lifeline:**

[Call or Text 988](#)



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*God's Story. Today's Media.*



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Prayer Ministry**

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