



GREIF SUPPORT GUIDE

SJBC 7-Step Guide To Help Navigate Through Seasons Of Grief:
A Devotional Guide for Healing and Hope

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“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18

Grief is a sacred response to loss. It reflects the depth of our love and the reality of our human connection with others. While grief can feel overwhelming, scripture reminds us that God meets us in our sorrow, walks beside us in our pain, and gently leads us toward healing one day at a time. This devotional guide offers seven steps to help you move through grief with faith, compassion, and hope.

1. Acknowledge Your Loss

Scripture: *“Blessed are those who mourn, for they will be comforted.” — Matthew 5:4*

Reflection:

God does not ask you to hide your pain. Mourning is not a lack of faith—it is an honest expression of love and loss. Your questions and your frustrations are never too much for the God you serve. Heaven desires to hear from you. Your questions and your frustrations are never too much for the God you serve. Naming your grief honestly and out loud allows God to meet you in it and begin the work of comfort. May peace and the assurance of who God is to you be your portion this day.

Prayer Point:

Lord, provide me the courage to face my loss honestly and trust that You are always near to me.

2. Allow Yourself to Feel What You Feel

Scripture: *“Jesus wept.” — John 11:35*

Reflection:

Even Jesus expressed grief. Your tears are not a sign of weakness but of love, they are liquid prayers that share with your Creator messages that are too deep for words. Giving yourself permission to feel deeply is a divine step that shows you are making your way towards healing. God welcomes your emotions—your sadness, anger, confusion, and the emotions that you can find language to describe. Today permit your body with the gift of allowing what you feel to be acknowledge.

Prayer Point:

God, help me release the emotions I have been holding and remind me that You understand my sorrow.

3. Lean on God and Community

Scripture: *“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”*
— Galatians 6:2

Reflection:

Grief was never meant to be carried alone. God often provides comfort through the presence, prayers, and care of others. It can be difficult to share with people how you feel or what you are experiencing when it comes to grief because you don’t want to be a burden and you don’t want them to feel like you are not trying to move forward. Grief has no time limit and people who truly value you will make space for you. Allow yourself to receive support in this time of your life because it is not helpful to try to shoulder the sadness that you feel alone.

Prayer Point:

Lord, surround me with people who will walk with me, listen to me, and remind me of Your love.

4. Care for Your Whole Self

Scripture: *“Come to me, all you who are weary and burdened, and I will give you rest.”*
— Matthew 11:28

Reflection:

Grief affects your mind, body, and spirit as a whole. Rest when you need to, cry when you need to and seek professional help when you need to. Caring for yourself involves intentionally each day to do the things you love and build new life rhythms. This may include walking outside in the mornings, unplugging from social media for some time, finding a grief therapist and creating more intimate space with God. Loss impacts us all differently, by praying and reading scripture daily can provide us with language we need when words are hard to find. Trust that as you make the necessary steps to care for yourself, God is and will always take care of you.

Prayer Point:

God, help me to take care of myself better, may I find find rest in You as you restore my strength day by day.

5. Honor the Memory and the Love

Scripture: *“The memory of the righteous is a blessing.” — Proverbs 10:7*

Reflection:

The love of someone dear does not end with loss, it continues to live on in us and all of those who experienced them. Honoring the memory of someone who is no longer physically present is a sacred act that holds so much meaning. Remembering, sharing stories with people in your covenant community, and honoring those special moments keeps that love alive in your heart. Let your memory be a beautiful reminder of the joy that was shared with the one you loved.

Prayer Point:

Lord, thank You for the gift of the life and love I carry in my memory and hold in my heart.

6. Be Patient with Your Healing

Scripture: *“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3*

Reflection:

Healing takes time, sometimes more than we initially expect and that’s okay, be gentle with yourself during these moments. Some days will be harder than others, taking each day as it comes even if it is minute by minute can help you to know that rushing through this process is not the answer. Being patient with yourself as you heal is necessary. Today, trust that God is gently binding your wounds, even when you cannot yet see the progress, know that heaven is diligently working on your broken heart.

Prayer Point:

God, teach me to be patient with myself and to trust Your healing work that is happening within me.

7. Hold On to Hope

Scripture: *“Weeping may endure for a night, but joy comes in the morning.” — Psalm 30:5*

Reflection:

Grief changes you, but it does not have the final say, God does. God promises comfort, renewal, and hope to those who are bereaved. Even when it doesn’t look like it or maybe even feel like it, hold on to this truth...joy will return—not replacing your love, but

living alongside it. As you go through this season hold on to the hope of knowing that as you journey towards reclaiming your joy, that God goes with you.

Prayer Point:

Lord, help me trust that brighter days will come and that You are leading me toward peace.

St John Grief Support Resources

If you or someone you know is in crisis, call or text 988

St John Baptist Church GriefShare

[St. John Baptist Church GriefShare registration - GriefShare](#)

St John Baptist Church Monthly Grief Care Meetings

St John Baptist Church DivorceCare

[St. John Baptist Church DivorceCare | Divorce Recovery Support in Columbia, MD - DivorceCare](#)