

God's Word For Overcoming Grief

The Word of God is powerful. Scripture will strengthen your weakness, comfort you in your confusion, soothe your soul when sorrowing, lift you when grief's load is heavy, and will help you to mount up victoriously to rise above the pain of your personal loss.

When you are hurting, meditate upon the following Scriptures. Stir up your faith. Confess these healing words over your specific situation. Thank the Lord for His presence and praise Him for His Word that is turning your sorrow into a peace and joy that passes all human understanding.

“God is our refuge and strength, a very present help in a time of trouble.”

Psalm 46:1

“The Lord is my shepherd, I shall not want. He makes me lie down in green pastures. He leads me by quiet waters. He restores my soul.”

Psalm 23:1-3

“He was despised and forsaken by men; a man of sorrows, and acquainted with grief. Surely our grief He Himself bore, and our sorrows He carried. Yet we ourselves esteemed Him stricken, smitten of God, and afflicted. But He was pierced through for our transgressions. He was crushed for our iniquities. The chastening of our well-being fell upon Him, and by his scourging we are healed.”

Isaiah 53:3-5

“Come to Me, all who are weary and heavy laden, and I will give you rest. Take my yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. For My yoke is easy and My load is light.”

Matthew 11:28-30

“But they that wait upon the Lord will renew their strength; they will mount up with wings as eagles; they will run and not become weary; they will walk and not faint.”

Isaiah 40:31

“Remember my affliction and my wandering, the wormwood and bitterness. Surely my soul remembers and is bowed down within me. This I recall to mind, therefore I have hope. The Lord's lovingkindnesses indeed never cease, for His compassions never fail. They are new every morning. GREAT IS THY FAITHFULNESS.

The Lord is my portion, says my soul. Therefore, I have hope in Him. The Lord is good to those who wait for Him, to the person who seeks Him.”

Lamentations 3:19-25

“But when this perishable will have put on the imperishable, and this mortal will have put on immortality, then will come about the saying that is written, “DEATH IS SWALLOWED UP IN VICTORY. O DEATH, WHERE IS YOUR STING? O GRAVE WHERE IS YOUR STING?”

The sting of death is sin, and the power of sin is the law; but thanks be to God who gives us the victory through our Lord Jesus Christ.” **I Corinthians 15:54-57**

“What then shall we say to these things? If God is for us, who is against us? He who did not spare His own Son, but delivered Him up for us all, how will He not also with Him freely give us all things? Who will bring a charge against God’s elect? God is the one who justifies; who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Just as it is written, “For Thy sake we are being put to death all day long; we were considered as sheep to be slaughtered. BUT IN ALL THESE THINGS WE OVERWHELMINGLY CONQUER THROUGH HIM WHO LOVED US.

For am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord”. **Romans 8:31-39**

“And I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth whom the world cannot receive, because it does not behold Him or know Him. But you know Him because He abides with you, and will be in you.” **John 14:16-17**

“Peace I leave with you, My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, not let it be fearful.” **John 14:27**

“Thou will keep him in perfect peace, to those who keep their minds fixed on Him, to those who trust completely in Him.” **Isaiah 26:3**

“And He said to me, “My grace is sufficient for you; for power is perfected in weakness.” Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me.

Therefore, I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ's sake; for when I am weak, then I am strong."

II Corinthians 12:9-10

"Be we do not want you to be uninformed brethren about those who are asleep, that you may not grieve, as do the rest who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus.

For this we say to you by the word of the lord, that we who are alive and remain until the coming of the Lord, shall not precede those who have fallen asleep. For the Lord Himself will descend from heaven with a shout, with the voice of the archangel, and with the trumpet of God, and the dead in Christ shall rise first.

*Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air, and thus we shall always be with the Lord.
THEREFORE COMFORT ONE ANOTHER WITH THESE WORDS."*

I Thessalonians 4:13-18

Steps For Dealing With Grief Successfully

- **RELEASE your grief.**

Heavenly Father, I surrender my grief and sorrow to You. (Name your grief)

- **RECEIVE God's grace.**

Heavenly Father, I receive your grace and strength to meet my need. (Name your need.)

- **RESIST self-pity and depression.**

Heavenly Father, help me to rebuke and resist the spirit of despair.

- **REJOICE that you have family and good friends.**

Heavenly Father, thank you for loved ones who give me positive support.

- **REMEMBER you have a future in Christ.**

Heavenly Father, I look forward each day to the future You have graciously planned for me.

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