GO DEEPER

What Do I Do with My Grief

» Read Psalm 6, then write your own psalm in the same shape: name the pain honestly then tell God the pain you are feeling. Remember that He is near to the brokenhearted.

PRAYER

Your word tells us in Isaiah 53 that you are a "man of sorrows and acquainted with grief." This is so comforting to us because we know you understand our sadness. Some days we walk around with heaviness in our hearts and the tears won't stop. Some days grief stays with us like an unwanted friend, and it consumes our emotions to the point where we do not want to get out of bed. But you see our grief and you invite us into your welcoming and loving arms. Thank you for saying that one day we will see all the tears and sorrows you've collected in a bottle. Thank you for saying that one day we will see you face to face and you will wipe away all of our tears. For now, help us rest in your love and peace.

Amen

If you aren't a Christian and want to know more about the gospel, or you'd like help finding a local church that preaches from the Bible, talk with a Christian you know or reach out to us. Go to our website for more information.

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