BIBLE STUDY WORKSHEET

Grief, Loss, and God's Comfort

Sorrow and hope can exist in the same faithful heart.

Prepared by Vanessa

"Blessed are those who mourn, for they will be comforted."
Matthew 5:4

OPENING PRAYER

God of all comfort, meet me in what is missing. Hold the memories, unanswered questions, and waves of emotion. Give me permission to grieve honestly and strength to receive care one day at a time. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study creates space for grief, remembrance, changing emotions, supportive community, and hope that does not rush sorrow.

[ ] Name the loss [ ] Honor emotion [ ] Receive support [ ] Carry hope

PART 1

Grief Is Love Responding to Loss

Grief may follow death, separation, illness, lost dreams, betrayal, transition, or a life that changed unexpectedly.

Jesus wept.

John 11:35

TRUTH TO CARRY

Tears do not contradict faith. Jesus honored sorrow with His presence.

REFLECT AND DISCUSS

What loss are you carrying?

What part feels hardest to name?

How has this loss changed daily life?

You do not have to explain your grief to deserve comfort.

PART 2

Grief Moves in Waves

Grief is rarely orderly. Relief, anger, numbness, laughter, guilt, and longing may appear together.

> **There is a time to weep and a time to laugh.**
>
> Ecclesiastes 3:4

TRUTH TO CARRY

Changing emotions are not proof that you are grieving incorrectly.

REFLECT AND DISCUSS

Which emotion surprises you most?

What situations trigger a wave?

What helps you stay grounded when it comes?

> **A wave can be intense without lasting forever.**

PART 3

Comfort Often Arrives Through People

Specific support can make grief less isolating: a meal, a ride, quiet company, prayer, childcare, or professional care.

Carry each other's burdens.

Galatians 6:2

TRUTH TO CARRY

Receiving help is not burdening others; it allows love to become practical.

REFLECT AND DISCUSS

What kind of support would actually help?

Who feels safe to ask?

What unhelpful response may need a boundary?

You do not have to carry every day alone.

PART 4

Hope Does Not Erase Memory

Christian hope makes room for remembrance while trusting that sorrow will not have the final word.

> **He will wipe every tear from their eyes.**
>
> Revelation 21:4

TRUTH TO CARRY

Moving forward does not mean leaving love behind.

REFLECT AND DISCUSS

What memory do you want to honor?

What hope feels possible today?

What would gentle forward movement look like?

> **You can carry memory and still welcome future joy.**

PRACTICE

My Grief Care Plan

Build a compassionate plan for difficult days, meaningful remembrance, and supportive connection.

The loss I am naming:

A feeling I need permission to experience:

A grounding practice for hard moments:

A person I can contact:

A meaningful way to honor memory or hope:

THIS WEEK I WILL

[ ] Eat and hydrate
[ ] Rest when possible
[ ] Accept practical help
[ ] Make space for tears
[ ] Seek counseling if needed
[ ] Let joy return without guilt

MY ANCHOR PRAYER

God, hold my sorrow and guide me gently through today.

CLOSING TOGETHER

Held in Sorrow and Hope

There is no deadline for grief and no shame in needing support.

CLOSING PRAYER

Comforting God, surround every grieving heart. Give strength for today, patient companions, and hope that does not demand we rush. Amen.

A WORD OF ENCOURAGEMENT

You can miss what was and still believe God has not abandoned what remains.

CLOSING CIRCLE

The loss or memory I want honored:

The support I need from this group:

MY DECLARATION

I will grieve honestly, receive care, and hold hope without rushing my heart.

Signature

Date