



*L*iving with loss



# Pain and loss

*The LORD is close to the broken-hearted*

*The death of those we love is always devastating.  
It's as though a part of us has also died.*

*We wonder if the sense of pain and loss will ever  
stop – and whether anyone really understands.*

The LORD is close to the **broken-hearted**.

**Psalm 34:18**





*The LORD has heard my weeping*



# *T*ears and questions

*We have many different emotions at times like this. It's natural to feel and express them.*

I am **worn out from sobbing**. All night I flood my bed with weeping, drenching it with my tears. My vision is blurred by grief ... The LORD has heard my weeping.

Psalm 6:6-8



*The LORD knows how weak we are*



# *Compassion and understanding*

*The Lord both knows and understands how we feel in our loss. He is the God who wants to bring comfort.*

The LORD is like a father to his children, **tender and compassionate** to those who fear him. For he knows how weak we are.

Psalm 103:13-14



*God brings  
comfort ...*

*Whether we journey slowly or quickly through  
our grief, God brings his comfort.*

*... in our anger and numbness*

I cry out to the LORD ... I pour out my complaints before him and tell him all my troubles. When I am overwhelmed, **you alone know** the way I should turn.

Psalm 142:1-3

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*God understands us*

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*... in our guilt and regret*

Jesus said: "I am leaving you with a gift – **peace of mind and heart**. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

John 14:27

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*God gives us peace*

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# God brings comfort ...

*Whether we journey slowly or quickly through  
our grief, God brings his comfort.*

## *... in our fear and doubt*

For I **hold you** by your right hand – I, the LORD your God. And I say to you, “Don’t be afraid. I am here to help you.”

Isaiah 41:13

*God holds us*

## *... in our isolation and loneliness*

*The LORD said:* ‘Do not be afraid or discouraged. For the LORD your God is **with you wherever you go.**’

Joshua 1:9

*God is with us*



*The LORD is my shepherd*



# *S*oping with today

*The day can be painful and daunting.  
We need strength for each day.*

The LORD is my shepherd;  
I have all that I need.

He **renews my strength** ...  
Even when I walk  
through the darkest valley,  
I will not be afraid,  
for you are close beside me.

**Psalm 23:1,3-4**



*Free me from my troubles*

# *Getting through the night*

*Nights can be lonely, empty, and sleepless.  
We feel overwhelmed and vulnerable.*

Free me from my troubles. Have mercy on me  
and hear my prayer.

In **peace** I will lie down and sleep, for you  
alone, O LORD, will keep me safe.

Psalm 4:1,8



*My help comes from the LORD*



# *B*elieving in *tomorrow*

*The thought of tomorrow and beyond can leave us frightened, hopeless, and confused.*

I look up to the mountains – does my help come from there? My help comes from the LORD, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber.

The LORD keeps watch over you as you come and go, both **now and forever**.

Psalm 121:1-3,8



# Hope beyond tomorrow

*God will wipe every tear from their eyes*

Then I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared.

God will wipe every tear from their eyes, and there will be **no more death or sorrow or crying or pain.**

Revelation 21:1,4



*My future is in your hands*



# *A* prayer of trust in God

*For today, tomorrow, and beyond.*

Have mercy on me, LORD, for I am in distress.  
Tears blur my eyes ... I am dying from grief;  
my years are shortened by sadness.

But I am **trusting you**, O LORD,  
saying, 'You are my God!'  
My future is in your hands.

**Psalm 31:9-10,14-15**



*You can read more about God's comfort in the Bible. The Psalms would be a good place to start – there you will find accounts of personal journeys through times of difficulty and trial.*

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