

Finding Comfort in Scripture While Grieving

Using Scripture gently rather than as a way to silence grief

Scripture can provide comfort, companionship, language for lament, and reminders of hope. Yet even familiar verses can feel different after a death. The goal is not to use Scripture to talk yourself out of grief, but to let meaningful words accompany you through it.

CHOOSE PASSAGES THAT MEET YOU WHERE YOU ARE

Some days you may need words of comfort. Other days you may connect more with lament, fear, longing, or hope.

- Read only a few lines at a time.
- Notice which words feel supportive today.
- Set aside passages that feel difficult and return later if you wish.

AVOID USING VERSES AS QUICK ANSWERS

A verse can be meaningful without explaining why the death occurred or requiring you to feel better.

- Let Scripture accompany pain rather than erase it.
- Be cautious of verses used to shut down questions.
- Pair reading with quiet reflection or journaling.

CREATE A SMALL PRACTICE

Grief can make concentration difficult. A simple routine may be more sustainable than a demanding devotional schedule.

- Keep one meaningful verse nearby.
- Read aloud if that helps you focus.
- Write one sentence about what the passage brings up for you.

A GENTLE REMINDER

Scripture does not have to remove your sorrow to be a source of companionship within it.

