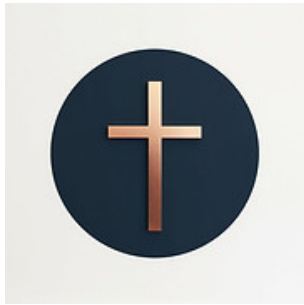




A FREE SCRIPTURE RESOURCE

5 Bible Verses on Grief and Loss

Scripture, gentle encouragement and room to reflect

Grief can change the shape of an ordinary day. These passages offer words of comfort and hope for the moments when loss feels close. There is no timetable for mourning, and you do not have to carry it alone.

A note on Scripture: The summaries in this guide are plain-English paraphrases, not direct quotations from a particular Bible translation. Read each passage in your preferred Bible for its full wording and context.

Free resource from Jesus Light Studio – jesuslightstudio.com

When sorrow feels near

The Bible does not ask us to hide our sadness. These first passages meet grief with tenderness and remind us that God is near to those who hurt.

01 The Lord is near to the broken-hearted

Psalms 34:18

Plain-English paraphrase: God draws close to those whose hearts are broken and brings help to those who feel crushed in spirit.

Reflection: You do not need to make your grief sound smaller or more acceptable before bringing it to God. This psalm offers comfort through presence: the hurting are not overlooked or pushed away.

Pause and consider: What would it mean for you to feel accompanied in this moment?

02 God tends to the wounded heart

Psalms 147:3

Plain-English paraphrase: God heals the broken-hearted and cares for their wounds.

The psalm pictures care that is patient and attentive. Healing after a loss may come slowly, in small steps, and it can include tears, memories, rest and the kindness of other people.

Pause and consider: What kind of care would feel supportive today?

Free resource from Jesus Light Studio – jesuslightstudio.com

Comfort, life and hope

These readings hold space for sorrow while pointing towards comfort and the promise that loss will not have the final word.

03 Those who mourn are not forgotten

Matthew 5:4

Plain-English paraphrase: Jesus calls those who mourn blessed and promises that they will receive comfort.

In Jesus' teaching, mourning is not a failure of faith. This blessing makes room for honest sorrow and assures us that comfort belongs to those who grieve, even when it arrives through a gradual process and caring community.

Pause and consider: What might comfort look like in one small, practical way?

04 Jesus meets us in grief

John 11:25–26

Plain-English paraphrase: Jesus speaks of himself as the resurrection and the life, offering hope beyond death to those who trust in him.

Jesus says these words while speaking with Martha after her brother Lazarus has died. The wider story shows Jesus grieving too. Christian hope does not erase the pain of saying goodbye; it trusts that death is not stronger than God's love.

Pause and consider: What helps you hold grief and hope together, even briefly?

05 A future without tears

Revelation 21:4

Plain-English paraphrase: The vision of God's renewed creation promises an end to death, mourning, crying and pain.

This promise looks towards a world made whole. It does not require us to feel cheerful now; it gives us permission to grieve while keeping a gentle hope for the healing God promises.

Pause and consider: Which part of this promise brings you the most comfort?

Free resource from Jesus Light Studio – jesuslightstudio.com

A gentle closing reflection

You may return to these passages whenever you need them. Read one slowly, sit quietly, or share it with someone who can listen. There is no right pace for grief, and asking for support can be a faithful and courageous step.

A prayer for someone who is grieving

God of compassion, meet me in the places where loss hurts. Hold me when I feel weary, and help me receive the care of people who walk beside me. Give me patience with my own grief, courage for the next small step, and hope in your promise of life and restoration. Amen.

A gentle reminder: If grief feels overwhelming or you are struggling to manage day-to-day life, consider reaching out to someone you trust, a pastor, a grief support group or a qualified mental health professional. Faith and compassionate support can sit alongside one another.

Free resource from Jesus Light Studio – jesuslightstudio.com