



*L*iving with loss



Pain and loss

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

The LORD is close to the broken-hearted

*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

God understands us

... 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

God gives us peace

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



Hope 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



God will wipe every tear from their eyes



Hope beyond tomorrow

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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