

# Psalms



## for the Grieving Heart

A 30 Day Devotional for those who grieve.

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## *Introduction:*

On February 10, 2008, my life changed forever. That was the morning my daughter Emily died.

In those early days following her death, I lived my life in a fog of mind-numbing grief. That fog was a blessing and the only way I was able to make all the funeral and burial arrangements. However, that fog eventually began to lift and I was left with raw emotions along with the agony of the reality that I now had to continue on without my precious child.

Thankfully, within my support circle of friends and family was another mother who had walked this road ahead of me...three times. She held my hand, listened to me, and gave advice only another grieving mother knows how to give. One piece of that advice was to get myself into God's Word, slowly and steadily, through the reading of the Psalms. It is that advice that sparked the writing of this devotional.

*Psalms for the Grieving Heart* starts at Psalm 31 on Day 1 and ends with Psalm 60 on Day 30. The reason I chose a systematic order to the readings starting with this particular set of psalms is because of how blessed I was by these chapters when, in my darkest hours, I could do nothing but read the next chapter, asking God to meet me there.

To use this devotional, you need only your Bible. Read the Psalm for the day, meditate on the key passage, consider the *Thoughts to Ponder*, and open your heart in prayer.

It is my deepest desire this devotional would reach grieving families everywhere, offering comfort, peace, and hope that can only come through the goodness of a merciful God who sees every tear, hears every cry, and delivers us from every trial.

*The righteous cry out, and the LORD hears,  
And delivers them out of all their troubles.  
Psalm 34:17*

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## Day 1 – Psalm 31

*For I said in my haste,  
“I am cut off from before Your eyes”;  
Nevertheless, you heard the voice of my supplications  
When I cried out to You.*

Psalm 31:22

### *Thoughts to Ponder:*

- David was a man after God's own heart, but he was also a man acquainted with trouble and loss. However, David knew he was not alone in his grief. He knew he had to but cry out to the Lord and he would be heard. Now is the time to cry out. You will be heard.
- Does God feel far away? Grief can feel like a chasm between you and God, but listen to the words of this Psalm. God is right there with you.
- Does your body and spirit feel weakened from your grief? Do you fear never feeling joy and strength again? Read verse 24 again. There is hope.
- Are there those who are judging you and your grief? Ask the Lord to block those voices from your ears, mind, and heart. Whenever those voices come to your mind, immediately ask the Lord to quiet them.

### *Prayer:*

*Oh Lord,  
I come to you weak and wasting away from this all-consuming grief. You are the only One to Whom I can go to find refuge in the agony of my loss. Only You know the extent of my troubles and the numbing ache of my heart. There are those who fear my grief and those who cannot understand it. I pray You blind me to the thoughtlessness of others. I commit my spirit to You, Oh Lord God. Grant me courage and hope and strength for the days to come. Amen.*

## Day 2 – Psalm 32

*You are my hiding place;  
You shall preserve me from trouble;  
You shall surround me with songs of deliverance. Selah*  
Psalm 32:7

### *Thoughts to Ponder:*

- The groans that come from your grief feel merciless at times. You want to silence them, yet you can't. Think about how you grieve, where and with whom you feel most comfortable grieving. Allow yourself your particular kind of grief. Don't worry about how you must look to others.
- God knows every inch of your grieving heart. Nothing remains hidden from Him. Remember this when you want to pray and can't find the words.
- The Lord is merciful to those who's hearts are upright. Stay near to Him; rejoice in His righteousness.

### *Prayer:*

*Heavenly Father,  
My voice carries the cries of death. I cannot silence the sobs. There are days I cannot seem to utter the words to offer up a prayer to you. Help me to remember that You already know my heart. You already know this grief I feel. Hold me close, Father. Let me rest in You. Amen.*

## Day 3 – Psalm 33

*The Lord looks from Heaven;  
He sees all the sons of men.*

Psalm 33:13

### *Thoughts to Ponder:*

- Do you feel as though your grieving heart will never play anything but the dirge of death? Do you hesitate to allow any joyful music to soothe the ache? Verse 3 tells us to sing a new song. This is the song of one who can still praise the Maker of Heaven and earth while standing in the midst of utter desolation. Are there any songs that have become precious to you as you grieve? Play them and ponder what it means to worship.
- Do you feel forsaken; as though God can't see your pain? Take heart! God looks on all of mankind. He knows you and He knows the loved one you lost. In His mercy we have hope.

### *Prayer:*

*Lord God,  
You created this world and when death entered You did not turn a blind eye. You see my pain. You know my grief. You have not forgotten me. My soul waits on you, Lord...waits on You to heal this hurt and give me hope. Amen.*

## Day 4 – Psalm 34

*Many are the afflictions of the righteous,  
But the Lord delivers him out of them all.*

Psalm 34:19

### *Thoughts to Ponder:*

- Verse 3 says, “Let us exalt His name together.” Who do you have in your life who has proven to be an encourager in the Lord? Spend time with them and exalt His name together.
- Are you fearful? Fearful of the future without your loved one? Fearful of having lost so much you can't go on? Or fearful you'll have to endure more loss? Seek the Lord. Praise Him. He will deliver you from your fears. Write out verse 4 and keep it near your bed. Consider starting a blessing journal. This will become a precious way to look back and see tangible evidence of the Lord's goodness.
- The Lord is good. Can you see His goodness in the midst of your grief?
- “Many are the afflictions of the righteous,” says verse 19. We are quick to blame afflictions on our own actions or inactions. We may even feel the others blame us. But the Lord delivers us from our afflictions. If we trust in Him, we do not stand condemned.

### *Prayer:*

*Abba Father,*

*Fear grips my heart, my spirit is troubled, and my afflictions are many. I need You now. I need to see Your goodness, feel Your presence, pursue Your peace. Deliver me, oh Lord. Amen.*



## Day 5 – Psalm 35

*This you have seen, O Lord;  
Do not keep silence.  
O Lord, do not be far from me.*

Psalm 35:22

### Thoughts to Ponder:

- Much of this chapter deals with those who attack in times of adversity. Are there those who you feel are attacking you in your grief? Call on the Lord to shelter you from those attacks.
- Death often makes those around us uncomfortable and fearful—fearful that someday they may have to deal with the same grief. Instead of rallying around the grieving person, they attack. Grief makes a person weak and vulnerable. The only way to stand up under these attacks is to gain strength from the Lord; always remembering it is the Lord who vindicates and not us.
- Verse 27 reminds us that even if there are those who stand against us, there are plenty who stand with us. We should rejoice and be thankful for those faithful ones. Take time today to be thankful.

### Prayer:

*Lord,  
You are not oblivious to the suffering I am enduring at the hands of others. Only You, Lord, can vindicate me. I gain strength from You, Father, to stand up under the stress of the attacks that are heaped upon my grief. Thank You for those who remain steadfast at my side. They are a blessing from You, Oh Lord. Amen.*



## Day 6 – Psalm 36

*Your mercy, O Lord, is in the heavens;  
Your faithfulness reaches to the clouds.*

Psalm 36:5

### *Thoughts to Ponder:*

- Grief stirs up all sorts of emotions. We must be careful not to allow anger to take root. Verse 4 tells us what a person who has ceased to fear God becomes. Do you see any beginnings of this in yourself?
- God is righteous and just. I know it feels unfair that you have had to endure such pain, but as verse 7 tells us, we must trust in Him. Even when we do not understand, we trust.
- Hatred is dark and ugly. The only way to avoid this darkness is to focus on God's light. (verse 9) Place a small lamp near a picture of your loved one to remind you to focus on the light.

### *Prayer:*

*Almighty God,  
Your light scatters my shadows. Help me to trust and find refuge under Your protective wings. Bind up my anger and keep it far from me. And if I see hatred in others, let Your Light shine through me so that even in the agony of my grief others may see Your loving-kindness. Amen.*

## Day 7 – Psalm 37

*The steps of a good man are ordered by the Lord,  
And He delights in his way.  
Though he fall, he shall not be utterly cast down;  
For the Lord upholds him with His hand.*

Psalm 37:23-24

### Thoughts to Ponder:

- When surrounded by grief, it often feels as if the wicked don't suffer. In fact, they even seem to prosper. But, the Lord will deal with them in His time. Focus today on trusting God, doing good, and feeding on His faithfulness. (verse 3)
- This chapter tells us to wait and be patient. What do you feel impatient about? Ask the Lord to calm your spirit.
- Grief is like being at the bottom of a deep, dark pit. Verses 23 and 24 tell us that our steps have been ordered by God. He delights in our ways and even at the bottom of that deep, dark pit, we are not without hope.

### Prayer:

*Lord,  
I ache. I am jealous of those who do not grieve. I don't understand how wicked men prosper while I suffer loss. Calm my spirit Heavenly Father. Teach me patience. Raise me from this pit of despair. Give me hope. Amen.*

## Day 8 – Psalm 38

*For in You, O Lord, I hope;  
You will hear, O Lord my God.*

Psalm 38:15

### *Thoughts to Ponder:*

- Do you feel as if you are enduring punishment at the hand of the Lord? Is there some sin you are sure you must have committed that has caused your loved one to die? These are all normal feelings when you've lost someone dear to you, but remember in Whom you have hope. No matter what you think you could have done differently, you are not God, and He is not working against you.
- Grief leaves you troubled and broken. You groan from the physical pain of grief. None of this is hidden from the Lord. Take rest in Him.
- Do you have friends and family who have chosen to separate themselves from you? Do they stand at a distance, refusing to touch your grief? Do some go as far as to speak ill of you? What is your answer to these people according to verses 13 and 14?

### *Prayer:*

*Father,*

*There are days when I feel as though You are punishing me. Try as I may, I do not understand why I have to suffer grief of this magnitude. Draw near to me Lord, and deliver me from the painful thoughts of my own head and the blistering comments of others. In You, Lord, I have hope. Let me never forget Your love for me. Amen.*

## Day 9 – Psalm 39

*Indeed, You have made my days as handbreadths,  
And my age is as nothing before You;  
Certainly every man at his best state is but vapor.*  
Psalm 39:5

### Thoughts to Ponder:

- Often when we grieve and there are those who hurt us in our grief, we sit and stew. We mull over their thoughtless words and deeds and think of all sorts of harsh and ugly things to say back to them, hoping to ease our own pain by hurting them. But this is not what the Lord would have us do. Even in our grief, we must practice restraint and guard our ways; possibly even avoiding situations where we might be tempted to lash out.
- This chapter says it all. We are a vapor. But when we've lost someone close to us, we feel consumed by fears of a future without them. We forget our life is but a mere blink before we are no longer left here to endure the pain of this grief. Ask the Lord to continually remind you just how soon it will be before the pain of this world is no more.

### Prayer:

*Merciful Lord,  
The emptiness I feel is overwhelming. I have personally witnessed how quickly a life can disappear from this earth, yet I forget that the pain of loss I feel will soon come to an end because my life, too, is a vapor. Lord, when my sorrow is at its greatest, remind me of Your offer of life-everlasting in a place without tears and grief. Amen.*

## Day 10 – Psalm 40

*He also brought me up out of a horrible pit,  
Out of the miry clay,  
And set my feet upon a rock,  
And established my steps.*

Psalm 40:2

### Thoughts to Ponder:

- Sometimes the pit of grief feels less deep than the day before. Then you have a setback: a memory, a fear, a bill, a phone call. Back into the depths of the pit you fall. This psalm entreats us to wait patiently and the Lord will pull us up out of the pit, set our feet on solid ground, and make us to sing again. Things will never be the same, but we do have the hope of the Lord.
- Grief has a testimony all its own. How we handle the adversity of this life and the sorrows of our grief speaks volumes of the God we serve. Do not forget to praise His name, declare His wonderful works, make known His mercies toward you in this time of suffering. Begin to find ways to tell others of your God's faithfulness.
- Grief makes you needy. For some, this is an uncomfortable place to be. But remember, the Lord thinks of you in your time of need. He is our “help and deliverer.” (verse 17) Allow others to be His hands and feet.

### Prayer:

*Gracious Lord,  
You have seen me at my worst. When I am a crumpled heap of tears, you hear my cries and are there. I humbly ask You for the patience to wait for that solid ground and new song I know will someday be mine. May I never forget to proclaim your loving-kindness and faithfulness to others. It is Your love and truth that guide me through the brambles of my grief. I want others to know of Your mercy and goodness. Thank you, Lord, for loving me. Amen.*

## Day 11 - Psalm 41

*Blessed be the Lord God of Israel  
From everlasting to everlasting!  
Amen and Amen.*

Psalm 41:13

### *Thoughts to Ponder:*

- Grief can make you physically ill. It isn't just your heart that grieves the loss of your loved one. Cry out to the Lord for mercy from the physical hurt of grief; He will strengthen you. (verse 3)
- People who don't understand what grief looks like can easily become “unnerved” by your grief. They just want you to get over it and be normal. When you fail to grieve on a certain time frame, they begin to build walls to protect themselves from what they feel is abnormal. But the Lord is merciful and can raise you up despite obstacles and timetables put in your way. Cling to Him and your integrity will remain intact.
- The Lord is everlasting. When you feel as though life here without your loved one will crush you with the weight of decades, remember to Whom time belongs. Consider posting Psalm 41:13 near your clock or calendar to remind you.

### *Prayer:*

*Gracious Lord,  
You have heard my cries. You are everlasting, Lord. Let me rest in that truth.  
Command time to be gentle on me. Amen.*

## Day 12 – Psalm 42

*The Lord will command His lovingkindness in the daytime,  
And in the night His song shall be with me—  
A prayer to the God of my life.*

Psalm 42:8

### *Thoughts to Ponder:*

- While the days of grief can be difficult, the nights can be torture. Verse 8 reminds us that God offers us lovingkindness during the day and a song—a lullaby, if you will—at night.
- Before the death of your loved one, happiness felt easy. You probably remember who you “used to be” as opposed to the sorrowful you that stares back at you in the mirror. The Lord offers you hope in the darkest of places. Someday joy will return. Do not feel guilty when you find something to smile about. Embrace joy where you find it. Post Psalm 42:5 on your mirror.
- Death can cause you to feel as if everything is dead or dying. Day in and day out you subsist on tears and anguish; your soul longs for something living. God is what your soul is thirsting for. Drink deep of His Word and live. Begin to venture outside the psalms during your daily Bible time.

### *Prayer:*

*God,  
My soul feels so very empty. I feel lost and forsaken and scared. Find me, Lord. Love me as only You can. Take away the fears that plague my nights. Heal me, Father.  
Amen.*



## Day 13 - Psalm 43

*Oh, send out Your light and Your truth!  
Let them lead me;  
Let them bring me to Your holy hill  
And to Your tabernacle.*

Psalm 43:3

### *Thoughts to Ponder:*

- The vulnerability you feel as part of your grief often invites hurt feelings stemming from the actions of others. If certain words and deeds had been said and done prior to your loved one's death, they would only have caused a minor sting. However now, those same words and deeds knock you flat on your face. The pain you suffer at the hands of others can make you feel the need for vindication. But remember, it is the Lord's responsibility to vindicate you in His time. Meanwhile, walk in His light and truth so the shadows cast by other's thoughtless words will not consume you.
- Are you able to praise the Lord in your grief? Reread David's words in verse 3 and concentrate on praising God today.

### *Prayer:*

*Father,  
Sometimes the hurt caused by others overwhelms me. I feel so cast down already. Why must others be so thoughtless? Remind me, Lord, to look to You. Remind me that You are my truth. Shine Your light in my life and drive out the shadows. Teach me to praise You in my pain. Amen.*

## Day 14 - Psalm 44

*For our soul is bowed down to the dust;  
Our body clings to the ground.  
Arise for our help,  
And redeem us for Your mercies' sake.*

Psalm 44:25-26

### Thoughts to Ponder:

- This chapter is heart-wrenching. You probably understand David's feelings of defeat. You may feel defeated yourself. You may feel as though grief will conquer you, subdue you, break you. You may wonder where God is when you feel this way. David did too. Yet we know, just as David knew, God is still powerful, still holy, still almighty. He will not allow us to be crushed.
- Watch for God's working in your life. Expect to receive His mercies. And boast...yes, boast in the Lord when you recognize His handiwork amidst your grief.

### Prayer:

*Gracious Lord,  
I feel defeated, yet I know You are there. Let me see You in the little things today that I may rejoice and be comforted. Amen.*

## Day 15 - Psalm 45

*Because He is your Lord, worship Him.*

Psalm 45:11b

### *Thoughts to Ponder:*

- Take a moment to reflect on the blessings the Lord has poured out since the death of your loved one. You may be surprised to find your heart is overflowing with a good theme (verse 1). Take some time today to write down these blessings.
- When you have lost someone near to you, you want their name to be remembered. You want others to remember their birthday, the day they died, and other special occasions. The first time someone forgets hurts terribly. Verse 17 says, “I will make Your name to be remembered in all generations.” God has not forgotten, and when you honor Him amidst your grief, others will remember how you gave God praise in your time of trouble. This is how your loved one is remembered...by remembering God.

### *Prayer:*

*My King,*

*Grace pours from Your lips and I am blessed by You. You are Almighty and I belong to You. Thank You for remembering me. I shall praise and remember You all the days of my life. Amen.*

## Day 16 - Psalm 46

*God is our refuge and strength,  
A very present help in trouble.  
Therefore we will not fear,  
Even though the earth be removed,  
And though the mountains be carried  
into the midst of the sea;*

Psalm 46:1-2

### *Thoughts to Ponder:*

- When it feels as if everything has been taken from us and our world has been devastated beyond repair, God is there. Be still and know that He is God.
- In order to drive out feelings of being overwhelmed and fearful, we have to immediately give those feelings over to God. Verse 1 tells us He is our “refuge” and our “strength.” He shelters us from the worst of the storm and strengthens us so we will be able to face this new world we live in...a world without our loved one.

### *Prayer:*

*Precious Lord,  
Everywhere I look, I see devastation and pain. My whole world has changed. But you are steadfast and unchanging. Draw me to You and shelter me from this storm. Amen.*

## Day 17 - Psalm 47

*God reigns over the nations;  
God sits on His holy throne.*

Psalm 47:8

### *Thoughts to Ponder:*

- During times of grief, moments of praise are difficult to find. Yet, as verse 8 tells us, it is God Who rules and that fact alone is praiseworthy.
- Look for ways to praise God and acknowledge His sovereignty over all, including the death of your loved one.

### *Prayer:*

*God Almighty,  
I want to learn to clap and shout again. I want to sing your praises. Show me your glory. Let me rejoice in Who You are! Amen.*

## Day 18 - Psalm 48

*For this is God,  
Our God forever and ever;  
He will be our guide  
Even to death.*

Psalm 48:14

### *Thoughts to Ponder:*

- Verse 3 tells us that God is known as a refuge. Has there ever been a time in your life when you have needed a refuge more than you do now? God is there. Rest in Him. Take time throughout your day to purposely and consciously rest in God.
- God's right hand is full of righteousness. It is difficult at times to see how losing your loved one is a part of God's great plan. It feels cruel. You hurt. However, no matter what you feel, remember this: God's Word is true. Believe in Him and His Word.
- God is our guide even to death. The rest of your years on this earth need not be spent in hopelessness and mindless wandering. God will guide you through this pain, and someday you will reside with Him in Heaven.

### *Prayer:*

*Almighty Father,  
Lift me up. Hold me together. Show me a future that does not overwhelm me with grieving. Guide me through this rough road. Bring me to victory on the other side of this pain. Amen.*

## Day 19 - Psalm 49

*But God will redeem my soul from  
the power of the grave,  
For He shall receive me. Selah*

Psalm 49:15

### *Thoughts to Ponder:*

- Nothing on this earth is forever. However, we cannot curl up inside our grief and hide. Stay focused as best you can. Do not give in to the fog that can so easily consume you. Do not give in to fear. Begin to set goals that reach beyond the here and now.
- Grief often has a way of causing us to withdraw from everything but our pain and memories. Now is the time to seek out ways to bless others. It is important we begin to live again, rather than spend the rest of our days simply surviving.

### *Prayer:*

*God,  
I hurt. I want to hide. I want to run away. It is so hard to just put one foot in front of the other. I can feel my memories slipping. I can see others are beginning to forget. Help me to focus on You. Help me to see outside myself. Help me to honor my deceased loved one by living for You. Amen.*



## Day 20 – Psalm 50

*Call upon me in the day of trouble;  
I will deliver you, and you shall  
glorify Me.*

Psalm 50:15

### *Thoughts to Ponder:*

- Losing a loved one is a sacrifice we all feel ill-equipped to handle. Your sacrifice does not go unnoticed by God. It is continually before Him, and He will not rebuke you for it.
- Remember, everything is His. Offer Him praise. It is tempting to lash out at others or let our grief become an excuse for behaving badly; however, God promises if we call upon Him, offer Him praise, and keep our conduct aright, He will deliver us and show us the mercy of His salvation.

### *Prayer:*

*Lord God,  
I know You hear me when I cry. I know You love me. May I forever glorify Your name.  
Amen.*

## Day 21 – Psalm 51

*Have mercy upon me, O God,  
According to Your lovingkindness;  
According to the multitude of Your  
tender mercies,  
Blot out my transgressions.*

Psalm 51:1

### *Thoughts to Ponder:*

- This is a difficult passage for anyone, especially someone in the middle of grieving. However, we must be honest and willing to take a hard inward look. Has our grief weakened us and brought us to a place where sin has slipped in? Perhaps it is bitterness or anger over our loss that has encouraged us to slander others or worse yet, lash out at God. Take some time to reflect and analyze your emotions since the death of your loved one. Ask for the Lord's merciful “blotting out” of any sin that may have entered in because of your grief.

### *Prayer:*

*Heavenly Father,  
The pain I feel is so heavy at times. I want to thrust that pain on others, if only to relieve my ache for a short time; however, I know that if I begin to allow anger and ugliness to creep into my life, sin will follow. Forgive me of my wrongdoing. Help me to humbly see that my grief is not an excuse to sin against others and against you. Amen.*

## Day 22 - Psalm 52

*But I am like a green olive tree in the house of God;  
I trust in the mercy of God forever and ever.  
Psalm 52:8*

### *Thoughts to Ponder:*

- There will always be those who delight in saying and doing mean things. Rather than focus on them, turn the focus back to God and the fact that despite the evil in the world, God's goodness endures forever.
- Is God your source of strength? Do not rely on others to pull you through this pain, because no matter how wonderful and godly your friends and family are, they are not perfect and you may find yourself disappointed. Be forgiving of others who do not fully understand your grief. Trust in God and keep Him in the center of your healing.

### *Prayer:*

*Loving Father;*

*All too often I allow my thoughts to be turned away from You as I focus on those around me. May I stay focused on You. May I never forget it is You Who exacts judgement on evil, and it is You Who sends blessings through others. Let me thrive in Your mercy. Your goodness endures forever. Amen.*

## Day 23 - Psalm 53

*Oh, that the salvation of Israel would come out of Zion!  
When God brings back the captivity of His people,  
Let Jacob rejoice and Israel be glad.*

Psalm 53:6

### *Thoughts to Ponder:*

- Unfortunately, there are those so wounded by grief, they choose to believe there must be no God. They foolishly reject the only true Source of hope and peace. Are you teetering on the edge of this abyss? Are you wondering if your loss means there is no God? Do not give in to the enemy's lies. Seek God with all your heart, mind, and soul. He will reveal Himself to you.
- Do you feel as if you are living in captivity? Does this grief have you bound in chains? Do you wonder if you will ever feel “normal” again? Continue to call on God to free you from all that is holding back healing. Ask Him to show you how moving forward does not mean moving on and forgetting your loved one. Ask God to bring gladness and rejoicing to your heart once more.

### *Prayer:*

*Lord,  
Keep me from foolishly turning away from You. Free me from any thoughts and emotions that hold me down. Teach me to sing and dance again in joyful gladness.  
Amen.*

## Day 24 – Psalm 54

*Behold, God is my helper;  
The Lord is with those who uphold my life.*  
Psalm 54:4

### *Thoughts to Ponder:*

- Often, grief feels like a one-step forward, two-steps back process. We see light from the depth of our darkness, only to stumble again. Remember to continually be in prayer. The Lord hears you and strengthens you. However, He may only strengthen you for a day, an hour, or a moment at a time.
- There are many times when God's strength comes in the form of kind words from a stranger, a helping hand from a friend, an unexpected card or email that brightens your day. Take time to thank God for those who are His hands and feet, lifting and strengthening your life.

### *Prayer:*

*Wonderful Lord,  
I continue to struggle and You continue to uphold me. When I feel desperate, You are there. When I feel burdened, You dry my tears. When I feel beaten, You remind me I am victorious—all because of your tenderness toward my broken heart. Amen.*

## Day 25 – Psalm 55

*My heart is severely pained within me,  
And the terrors of death have fallen upon me.  
Fearfulness and trembling have come upon me,  
and horror has overwhelmed me.*

Psalm 55:4-5

### Thoughts to Ponder:

- Rest eludes those who grieve. Often, we are up late into the night, praying to “fly away and be at rest.” (verse 6) Begin work on a nightly routine that will encourage rest. A warm bath, a cup of chamomile tea, Bible time and prayer in bed are all things you can do to help yourself find rest. Remember to ask the Lord to shut down your thoughts and to wrap His loving arms around you as you seek sleep.
- Night is often when emotions are at their highest. Fear can easily overtake you at these times. Enlist others to pray for you at bedtime. Post Scripture near your bed as a reminder that the Lord is always there, even as your heart aches from loss.
- For a long time you may feel as though what you are going through is unfair. You will notice that it seems so many others have not been asked to endure such pain. You will wonder why people who do not trust in the Lord at all seem to skip seamlessly through their lives. Remember, your hope is in the Lord. He will take on your burden. He will give you rest. Trust in Him. Lean on Him and not on your own understanding.

### Prayer:

*Father,  
I am so weary. I long for peaceful sleep. I long to rest in Your arms. Remind me of your tenderness. Show me your mercy. Cease my endlessly wandering mind from replaying this agony over and over. Teach me trust. Amen.*

## Day 26 - Psalm 56

*Whenever I am afraid, I will trust in You.*

Psalm 56:3

### *Thoughts to Ponder:*

- Fear. It seems to naturally accompany grief. Fear always seems to be just around the corner of our mind. There are days when we feel peaceful and fear does not have a hold of us. However, there are other days when we are nearly swallowed up by it. But God is not a god of fear. Fear is a feeling, not a reality. When fear looms large, God is larger. Trust.
- Verse 8 says “put my tears into Your bottle.” Has it ever occurred to you that God bottles every single tear you shed? He hasn't missed a single one. He knows your pain and He cares enough to take that pain and seal it in a bottle with your name on it. Consider finding a glass container to keep in your kitchen window sill or on your bedroom dresser to remind that God has noticed every single tear you have shed.

### *Prayer:*

*Loving Father;*

*Grief isn't an emotion that lives alone. I tremble in fear. I shudder in anger. I stumble in sadness. Help me to see you through these tears. Calm me when I am afraid.*

*Restrain me when I am angry. Comfort me when I cry. Bottle my tears and hold me close. Amen.*



## Day 27 – Psalm 57

*My heart is steadfast, O God, my heart is steadfast;  
I will sing and give praise.*

Psalm 56:7

### *Thoughts to Ponder:*

- Is it wrong to “hide out” and wait for calamity to pass by? The very first verse of this chapter paints a beautiful picture of someone who is “hiding out” underneath the wings of the Almighty. There will be days when you will need to stay away from certain places, people, and situations. There will be time enough to do the hard things in your own time...in God's time. Until then, rest.
- There may be those in your life who find themselves faltering in your grief. There are those who fear what you are going through, or those whose faith is not strong enough to withstand your grief. When you encounter those kinds of people, remain steadfast. Hold tight to what you know to be the Truth. And pray for those people; that they would see Christ's unwavering faithfulness in you.

### *Prayer:*

*Faithful Lord,  
You never leave me. You never forsake me. You are my refuge. So often it feels as if this grief has snuffed out any light in my life. Shine Your light through me so that others may see that grief does not own me. I am Yours. Amen.*

## Day 28 – Psalm 58

*“Surely there is a reward for the righteous;  
Surely He is God who judges in the earth.”*  
Psalm 58:11

### *Thoughts to Ponder:*

- This chapter is full of emotion. Emotion few of us feel comfortable facing. But if we are ever going to heal, we have to face whatever raw emotion is within us. Is it anger? Is it bitterness? Do we seek justice? Do we seek revenge? Face those emotions and then turn them over to God. Justice is His to impart. Vengeance is His to exact. Avoid telling God what needs to be done. Do not try to control things or take matters into your own hands. There IS reward for the righteous. There IS a God who judges the earth.

### *Prayer:*

*Lord,  
When tough emotions well up within me, give me the clarity to see them for what they are and hand them over to You to do with as You will. Amen.*

## Day 29 - Psalm 59

*But I will sing of Your power;  
Yes, I will sing aloud of Your mercy in the morning;  
For You have been my defense  
And refuge in the day of my trouble.*

Psalm 59:16

### Thoughts to Ponder:

- Satan does not avoid a grieving heart. He doesn't play fair and give you time to heal. He will surround you like a hungry dog, looking for a way to get at you. His lips are like swords, ready to pierce you to the core. He is the father of lies and he wants you to believe his lies. But God is all powerful. He is your defense. Use His power to keep Satan away. God is ready and willing to be your refuge and your strength.

### Prayer:

*Almighty God,  
I am weak. I know there is one who lurks about looking to destroy me at my darkest hour. I will run to You. I will take refuge in You. I will take hope in Your power, knowing full well Your power can cause the enemy to quickly flee from me. I praise your holy name! Amen.*

## Day 30 - Psalm 60

*You have made the earth tremble;  
You have broken it;  
Heal its breaches, for it is shaking.*

Psalm 60:2

### Thoughts to Ponder:

- Healing. That's what we long for. Grief breaks us. It shatters hopes and dreams. In a moment, our vision of the future changes and we are left cracked and broken. But the great Healer is there to bind up our wounds. The breaches will take time to heal. As we heal, we may feel guilty. We may feel it is wrong for us to move forward. But God's healing in our lives is a banner for others. It is a banner of Truth. Truth that God can and does heal. No, we are not the same as we once were. We feel the pain of the hairline fractures that remain. But it is through those fractures, His light shines. It is in our brokenness, others see Him.

### Prayer:

*Heavenly Father,  
There has been so much to learn through this grief. There is even more to learn through this healing. I have laid my broken pieces before You. I have allowed You to take those pieces and rearrange them for Your glory. You are holy and I rejoice in You. Amen.*

## Epilogue

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, Who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.*

2 Corinthians 1:3-4

There was a time when I wondered what healing would look like. I could not imagine being happy or peaceful. I could not imagine celebrating holidays or remembering my daughter without tears. Yet, here I am.

I still cry. I still ache. But, it is not the constant grief of those early days and months. I am a changed person. My normal is much different from what it once was. However, the fact that I am not the same person I once was gives testimony to God's mercy and grace in my life.

These cracks of grief are precious to me. It is because of them that I am now able to comfort others with His comfort. And as Christ's light shines through me, I see my daughter. I see her running up ahead of me, and Heaven is that much sweeter.

*For more information, articles, and resources for grieving families, please visit:*  
[www.raisingarrows.net/the-grieving-mother](http://www.raisingarrows.net/the-grieving-mother)