

7-DAY DEVOTIONAL

Finding Strength in God's Word Through Grief

*A week of biblical comfort, correction,
and hope for the grieving heart*

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7-Day Devotional: Finding Strength in God's Word Through Grief

By Dr. David M. Tyler, PhD

Subtitle: A week of biblical comfort, correction, and hope for the grieving heart.

Day 1: Jesus Wept, So Can You

Scripture: "Jesus wept." - John 11:35

Reflection:

Grief is not a sign of weak faith. It is the human response to living in a broken world.

Prayer:

Lord, thank You for showing us that tears are not failure. Comfort my heart and teach me to change.

Day 2: Sorrow Can Become Sin

Scripture: "Why are you in despair, O my soul?... Hope in God." - Psalm 42:11

Reflection:

What has my grief kept me from doing in obedience to Christ?

Prayer:

Father, show me if my sorrow has become excessive. Help me repent where needed and trust You to move forward.

Day 3: Discipline Yourself for Godliness

Scripture: "Discipline yourself for the purpose of godliness." - 1 Timothy 4:7

Reflection:

Grief may linger, but my obedience to Christ must not. Am I daily choosing godliness?

Prayer:

God, help me discipline my heart with Scripture. Strengthen me to walk by faith, not by feelings.

Day 4: Put Off and Put On

Scripture: "You are to lay aside the old self... and put on the new self." - Ephesians 4:22-24

Reflection:

What habits of sorrow do I need to put off? What righteous habits must I put on in their place?

Prayer:

Lord, help me identify what to put off and teach me how to put on Christ in thought, word, and action.

Day 5: God's Word Trains the Heart

Scripture: "All Scripture is... profitable for teaching, reproof, correction, and training in righteousness." - 2 Timothy 3:16

Reflection:

Am I letting Scripture shape how I think and act today?

Prayer:

Father, train me in righteousness. Use Your Word to correct and teach me how to walk in obedience, even in sorrow.

Day 6: God Is at Work In You

Scripture: "For this purpose also I labor, striving according to His power, which mightily works within me." - Colossians 1:29

Reflection:

What steps of obedience am I actively practicing today?

Prayer:

Lord, as I strive to follow You, work mightily in me. Change my heart, not just my habits.

Day 7: Grief Redirected to Hope

Scripture: "We make it our aim... to be pleasing to Him." - 2 Corinthians 5:9

Reflection:

Is my grief directed toward worship or self-pity?

Prayer:

God, let my grief glorify You. May it lead me to love You more deeply and trust You more fully.