

Grief Reflection

Date: _____

The Reflection: honored. In the Bible, lament is a frequent and holy form of prayer.

Focus: Shifting from "getting over it" to "walking with God through it."

1

Write down three specific things you miss most about what (or who) you lost. Feel free to be honest in your prayer; God handles our heavy hearts with grace.

2

Follow the pattern of the Psalms (e.g., Psalm 13).

“Lord, I feel [emotion], even though I know You are [attribute of God].
Help me trust You today.”

3

Read Psalm 34:18. How does the idea of God being "close to the brokenhearted" encourage your heart today?
