

May the Living Lord go with you;  
May he go behind you, to encourage you,  
beside you, to befriend you,  
above you, to watch over you,  
beneath you, to lift you from your sorrows,  
within you, to give you the gifts of faith, hope,  
and love,  
and always before you, to show you the way.

*Blair Monie's Traditional Benediction*

## Faith & Grief<sup>SM</sup>

A Ministry of Compassion and Connection

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Faith & Grief Ministries resources:  
[faithandgrief.org](http://faithandgrief.org)



**21.** Life isn't about how you survived the storm ...  
but how you danced in the rain.

*Regina Brett*

*—Jack*

**22.** For surely I know the plans I have for you,  
says the LORD, plans for your welfare and  
not for harm, to give you a future with hope.  
Then when you call upon me and come and  
pray to me, I will hear you. When you search  
for me, you will find me; if you seek me with  
all your heart, I will let you find me, says the  
LORD...

*Jeremiah 29:11–14a*

*—Gary*

**23.** Precious Lord, take my hand,  
Lead me on, let me stand;  
I am tired, I am weak, I am worn;  
Through the storm, through the night,  
Lead me on to the light;  
Take my hand, precious Lord, and lead me  
home.

*Thomas A. Dorsey*

*—Madalyn*

**24.** I acknowledge your pain. I'm here with you.

*Tim Lawrence*

*—Judy*

**25.** Don't worry about anything; instead, pray  
about everything. Tell God what you need,  
and thank him for all he has done. Then you  
will experience God's peace, which exceeds  
anything we can understand. His peace will  
guard your hearts and minds as you live in  
Christ Jesus.

*Philippians 4:6–7*

*—Mana*

**26.** This is the day that the LORD has made;  
let us rejoice and be glad in it.

*Psalm 118:24*

*—Sue Mc*

**27.** I pray that our Heavenly Father may assuage  
the anguish of your bereavement, and leave  
you only the cherished memory of the loved  
and lost, and the solemn pride that must be  
yours to have laid so costly a sacrifice upon  
the altar of freedom.

Yours, very sincerely and respectfully,  
A. Lincoln

*written to Lydia Bixby facing the death of two sons  
in the Civil War*

*—Jeff*

**28.** Wait for the LORD; be strong, and let your  
heart take courage; wait for the LORD.

*Psalm 27:14*

*—Carol*

**29.** I love you, O LORD, my strength. The LORD  
is my rock, my fortress, and my deliverer, my  
God, my rock in whom I take refuge, my  
shield, and the horn of my salvation, my  
stronghold. I call upon the LORD, who is  
worthy to be praised, so I shall be saved from  
my enemies.

*Psalm 18:1–3*

*—Marsha*

**30.** Count None But The Happy Hours

*carved on a tombstone in England* —Ann L.

**31.** Even though I walk through the valley of the  
shadow of death, I fear no evil; for thou art with  
me; thy rod and thy staff, they comfort me.

*Psalm 23:4*

*—Teal*

# Faith & Grief<sup>SM</sup>

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*Comfort,  
O comfort my  
people....*

*A daily resource of  
ongoing comfort through  
Scripture and quotes*

**Comfort, O comfort my people is a compilation of Scripture and quotes to give ongoing comfort after the death of a loved one. Faith & Grief Ministries is grateful to the thirty one men and women who are well acquainted with the grief process for sharing these entries that continue to bring them comfort and encouragement. Faith & Grief Ministries prays that these daily readings will serve as threads of faith, hope, and love to bind up your broken heart and that each will echo the comfort and encouragement experienced by the contributors.**

1. Come unto me all ye that travail and are heavy laden, and I will refresh you. *Matthew 11:28*  
—Ina

2. But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.  
*Philippians 3:13-14*  
—Amy

3. Grief is the price we pay for love.  
*Queen Elizabeth I*  
—Kate

4. For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; . . . a time to weep, and a time to laugh; a time to mourn, and a time to dance . . . *Ecclesiastes 3:1-2a, 4*  
—Marjorie

5. Then they cried to the LORD in their trouble, and he brought them out from their distress; he made the storm be still, and the waves of the sea were hushed. Then they were glad because they had quiet, and he brought them to their desired haven. *Psalms 107:28-30*  
—Cathy

6. Between stimulus (the death of a loved one) and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.  
*Viktor E Frankl, Man's Search for Meaning*  
—Alice

7. The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. *Psalms 34:18*  
—Robert

8. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. *Romans 8:26-27*  
—Terri

9. Grief is not a disorder, a disease or a sign of weakness. It is an emotional, spiritual and physical necessity, the price you pay for love. The only cure for grief is to grieve.  
*Rabbi Earl Grollman*  
—Ellen

10. His loved ones are very precious to Him and He does not lightly let them die.  
*Psalms 116:15*  
—Kathy

11. Since we cannot make the journey backwards into innocence,  
help us to go forward into wisdom.  
Since we cannot begin again from the beginning,  
help us to go on faithfully from here.  
Since we cannot turn ourselves by our own will,  
Thou turn us towards Thee.  
*from South Delziel Parish Church*  
—Joan

12. Happiness is not outside of you waiting to jump on. Happiness is a choice that comes from within. *Unknown*  
—Jo

13. Do not fear, for I have redeemed you; I have called you by name, you are mine.  
*Isaiah 43:1*  
—Sue K.

14. Do not grieve for the joy of the LORD is my strength.  
*Nehemiah 8:10*  
—Jan

15. God does not cause our misfortunes. Some are caused by bad luck, some are caused by bad people, and some are simply an inevitable consequence of our being human and being mortal, living in a world of inflexible natural laws. The painful things that happen to us are not punishments for our misbehaviour, nor are they in any way part of some grand design on God's part. Because the tragedy is not God's will, we need not feel hurt or betrayed by God when tragedy strikes. We can turn to Him for help in overcoming it, precisely because we can tell ourselves that God is as outraged by it as we are.  
*Harold S. Kushner, When Bad Things Happen to Good People*  
—David

16. In all these things, we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor heights, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. *Romans 8:37-39*  
—Beverly

17. I can do all things through him who strengthens me. *Philippians 4:13*  
—Jim

18. Please remember, it is what you are that heals, not what you know. *Carl Jung*  
—Janice

19. When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.  
*Ephesians 3:14-19*  
—Rebecca

20. . . those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.  
*Isaiah 40:31*  
—Beth