

Day 19 - Honest listening is one of the best medicines we can offer the dying & the bereaved. - *Jean Cameron*

Day 20 - Death ends a life, not a relationship. - *Jack Lemmon*

Day 21 - God is our refuge & strength, a very present help in trouble, Therefore, we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar & foam, though the mountains tremble at its swelling. - *Psalms 46:1-3*

Day 22 - There is no death, only a change of worlds. - *Chief Seattle*

Day 23 - Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief & heals them. - *Leo Tolstoy*

Day 24 - For death is no more than a turning of us over from time to eternity. - *William Penn*

Day 25 - We bereaved are not alone. We belong to the largest company in all the world, the company of those who have known suffering. - *Helen Keller*

Day 26- Say not in grief 'he is no more' but in thankfulness that he was. - *Hebrew Proverb*

Day 27 - You will lose someone you can't live without, & your heart will be badly broken, & the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly - that still hurts when the weather gets cold, but you learn to dance with the limp. - *Anne Lamott*

Day 28 - I love the Lord, because he has heard my voice & my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live. - *Psalms 116:1,2*

Day 29 - Life is eternal & love is immortal & death is only a horizon & a horizon is nothing save the limit of our sight. - *Rossiter Raymond*

Day 30 - *To everything there is a season & a time for every purpose under heaven.* - *Ecclesiastes 3*

A close-up photograph of a green leafy branch, likely from a tree, with several leaves visible against a bright, slightly blurred background. The leaves are vibrant green and have a serrated edge.
Faith & GriefSM

A Ministry of Compassion and Connection

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30 Days Of Comfort

*A daily resource of
ongoing comfort through
sacred texts & quotes*

Faith & Grief Ministries offers you these daily readings to provide you with ongoing comfort after the death of your loved one.

30 Days of Comfort is a collection of sacred texts and quotes from a variety of secular and faith traditions.

We hope these messages of hope give you comfort and encouragement as you navigate your grief journey.

Day 1 - What soap is for the body, tears are for the soul. - *Jewish Proverb*

Day 2 - *I give you this one thought to keep
I am with you still, I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.
When you awaken in the morning's hush,
I am the swift, uplifting rush of quiet birds
in circled flight.
I am the soft stars that shine at night.
Do not think of me as gone,
I am with you still, in each new dawn.*
- *Native American*

Day 3 - Let your steadfast love comfort me according to your promise to your servant. Let your mercy come to me, that I may live; for your law is my delight. - *Psalms 119:76,77*

Day 4 - To your Lord is the final destiny.
- *Quran 53:42*

Day 5 - Blessed are those who mourn for they shall be comforted - *Matthew 5:4*

Day 6 - *To One in Sorrow - Grace Noll Crowell*
Let me come in, where you are weeping, friend & let me take your hand. I, who have known a sorrow such as yours, can understand.

Let me come in, I would be very still beside you in your grief; I would not bid you cease your weeping, friend, tears can bring relief.

Let me come in, I would only breathe a prayer, & hold your hand, for I have known a sorrow such as yours, & understand.

Day 7 - When you are sorrowful look again in your heart, & you shall see that in truth you are weeping for that which has been your delight. - *Khalil Gibran*

Day 8 - My flesh and my heart may fail, but God is the strength of my heart and my portion forever - *Psalms 73*

Day 9 - The Spirit is neither born nor does it die at any time. It does not come into being or cease to exist. It is unborn, eternal, permanent, & primeval. The Spirit is not destroyed when the body is destroyed.
-*Hindu (2.20)*

Day 10 - May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.
- *Romans 15:13*

Day 11 - Though lovers be lost, love shall not;
And death shall have no dominion.
- *Dylan Thomas*

Day 12 - O people, enlightenment has come to you herein from your Lord, & healing for anything that troubles your hearts, & guidance, & mercy for the believers.
- *Quran 10:57*

Day 13 - The Lord is close to the brokenhearted & saves those who are crushed in spirit. - *Psalms 34:18*

Day 14 - Weapons do not cut this Spirit, fire does not burn it, water does not make it wet, & the wind does not make it dry. The Spirit cannot be cut, burned, wet, or dried. It is eternal, all pervading, changeless, immovable, & primeval. Atma is beyond space & time.
- *Hindu (2.23-24)*

Day 15 - *As long as we live, they too will live; for they are now a part of us; as we remember them.*
- *Jewish Prayer*

Day 16 - But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run & not be weary; they shall walk & not faint.
- *Isaiah 40:31*

Day 17 - The heart will rest & feel relief if it is settled with Allah, & it will worry & feel anxious if it is settled with people.
- *Ibn Al Qayyim*

Day 18 - Grief is not a disorder, a disease or sign of weakness. It is an emotional, physical & spiritual necessity, the price you pay for love. The only cure for grief is to grieve.
- *Earl A. Grollman*