When Your Heart Is Grieving

Scripture, Comfort, and Hope for the Hurting Heart

> *"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed."*
>
> — PSALM 34:18 (NLT)

My friend, grief is one of the hardest journeys we will ever walk. It doesn't follow a schedule, and it certainly doesn't ask our permission before showing up. Some days you can smile, laugh, and remember the beautiful moments. Other days, a song, a photograph, or an empty chair can bring you right back to the moment your world changed.

I want you to hear something today: You can love Jesus with your whole heart and still have a heart that is broken.

Faith doesn't mean you won't cry. Trusting God doesn't mean you won't miss them. And healing doesn't mean forgetting someone you love.

Even Jesus wept. (John 11:35)

He knew He was about to raise Lazarus from the dead, yet He still stood beside those who were grieving and cried. What a beautiful reminder that our Savior doesn't stand at a distance from our pain. He enters into it with us.

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When the Grief Feels Too Heavy

Psalm 147:3 (NLT)

> *“He heals the brokenhearted and bandages their wounds.”*

There are wounds that no one else can see. You can get dressed, go to work, serve others, and even encourage someone else while quietly carrying an ache that words cannot describe.

God sees that ache. And while healing may not happen as quickly as we would like, He has not abandoned you in the process.

When You Feel Weak

Psalm 73:26 (NLT)

> *“My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever.”*

You don’t have to be the strong one every day. You don’t have to hold everyone else together while falling apart yourself.

Sometimes strength looks like getting out of bed. Sometimes it looks like asking for help. And sometimes it looks like falling to your knees and saying, “Lord, I don’t know how to do this without You.”

That’s still faith, my friend.

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When You Wonder If You'll Ever Feel Joy Again

Matthew 5:4 (NLT)

> *"God blesses those who mourn, for they will be comforted."*

There is no expiration date on grief. And there is no requirement that you stop missing someone before you begin living again.

You are allowed to laugh without feeling guilty. You are allowed to make new memories while treasuring the old ones. You are allowed to experience joy and sorrow in the very same day.

Moving forward is not leaving your loved one behind.

When Tomorrow Feels Uncertain

Lamentations 3:22–23 (NLT)

> *"The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning."*

You don't have to figure out how to live the rest of your life without them today.

Just take today.

One breath. One prayer. One step.

And when tomorrow comes, trust that God's mercy will meet you there, too.

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A Prayer for the Grieving Heart

Heavenly Father,

You know the names we whisper, the memories we hold close, and the tears we cry when nobody is watching.

Lord, draw near to every heart carrying the weight of loss. Give strength where there is exhaustion, peace where there is turmoil, and comfort in those moments when the silence feels unbearable.

Help us remember that grief is not a failure of faith. Teach us to carry our love forward, to treasure what was, and to trust You with what is still to come.

And on the days when we cannot find the words to pray, remind us that You already know our hearts.

In the precious name of Jesus, Amen.

One last thing, my friend…

Grief is the price we pay for having loved deeply. And while we may never stop missing those we love, we can learn to carry their memory with gratitude alongside our sorrow.

Don’t rush your healing. Don’t compare your journey to someone else’s. And please don’t mistake a difficult day for a lack of progress.

God is still with you. Even here. Even now. Even in this.

❤️ & 🙏 CH Kimmie 🇺🇸

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