

*Thirty-one Scriptures to Pray When I am
Grieving*

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Use these Bible verses as a prayer guide. You can fill in your name or the name of another widowed friend in the verse or use the sentence prayers that follow each Bible verse.

1. Bless the Lord O my soul and forget not all his benefits. Psalm 103
Lord, help me not to forget Your benefits and goodness. Today I remember _____ and am thankful. Amen

2. May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13
Lord, Fill me with joy and peace today so that I may live in the Holy Spirit's power. I want to know hope and your joy in my sadness. Amen.
3. Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28
Lord, I am weary and burdened. I trust your invitation and promise to give me rest when I come to you and ask. Amen.
4. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4: 15-16 NIV
Jesus, you are a Man of Sorrows and acquainted with grief. I come to you with confidence that you know my sorrow and will give me grace and mercy today. Amen.
5. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long. Psalm 25:5
Lord in my uncertainties, guide and teach me what to do. Amen.
6. For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11
Lord, life is so different, and I wonder about my future. Help me to rest in the security that you have plans for me. Amen.
7. You are my refuge and my shield; I have put my hope in your Word. Psalm 119:114
Thank you, Lord, that the truth of Your Word never changes. Amen.
8. When I am afraid, I put my trust in you. Psalm 56:3

Thank you, that with a new life and uncertainties, Lord, I know that you are a trustworthy God. Amen.

9. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19

You are Jehovah-Jireh- the God who provides. Thank you that You promise to meet every need that I have. Amen.

10. The Lord is good, a refuge in times of trouble. He cares for those who trust in him. Nahum 1:7

When I don't have any idea of where to go, who to ask for advice, or what to do next, Lord, I make you my safe place and refuge to wait for your direction. Amen.

11. The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

Psalm 28:7

I praise you, God for being my strength and shield and helping me. Amen.

12. For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. 2 Timothy 1:7

In this new way of living it is easy to be afraid. Lord, You do not give fear but power, love, and a sound mind. Amen.

13. Cast all your anxiety on him because he cares for you. 1 Peter 5:7

Heavenly Father, I know you care for me like no one else. You know I am anxious about _____. I give you my discouragement, fears, and anxieties.

14. We have this hope as an anchor for the soul, firm and secure. Hebrews 6:19

Lord, I often feel weak and not sure what to do. Thank you for being my stable and secure anchor. Amen.

15. But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint. Isaiah 40:31 ()
Heavenly Father, I place my hope in You- not wishful thinking, but confidence in Your character and faithfulness to keep your promises. Amen.
16. Let us hold unswervingly to the hope we profess, for he who promised is faithful. Hebrews 10:23
Thank you, Lord, for being faithful to never abandon me and to keep your promises. Amen.
17. Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6
Lord, I know you finish what you started. You are still working on me, and grief is part of that plan. Amen.
18. But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love, Psalms. 33:18
Lord, it is a comfort to know you never take your eyes off of me and you never stop loving me. Amen.
19. May your unfailing love be with us, Lord, even as we put our hope in you. Psalms 33:22
Lord, I am confident that you will never stop loving me. Amen.
20. I wait for the Lord, my whole being waits, and in his word I put my hope. Psalm 130:5
Lord your Word is truth and never changes. I can rely on it to guide me.
21. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28
Lord you fit all things together for your purposes-even my loss and grief. I trust your wisdom even in my pain. Amen.

22. Praise be to the God and Lord of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. 1 Peter 1:3-6

Lord, I read this verse again, affirming its truth in my life.
Amen.

23. The Lord delights in those who fear him, who put their hope in his unfailing love. Psalm 147:11

Lord, I revere and honor you as Lord of my life. May that be a delight to you. Amen.

24. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4: 17-18

Lord, Right now, this pain doesn't feel light, but I know it will lessen with time and your comfort. Help me to fix my heart on You.

25. "You are my hiding place and my shield; I hope in Your word."
Psalm 119:114

Lord, on days when I want to hide under the covers, be my hiding place and comfort me with your promises.

26. Be still, and know that I am God... Psalm 46:10a

Lord, in my stillness I know you are sovereign and don't make mistakes.

27. My peace I leave with you. John 14:27

Lord, cover me with your peace today.

28. My enemies will retreat when I call to you for help. This I know: God is on my side. Psalm 56:9 NLT

Father, I know that my own thoughts are sometimes my enemies.
Help me to remove those thoughts when I call to you. You are on my
side to thrive, not live in defeat, Amen.

29. The joy of the Lord is your strength. Nehemiah 8:10

Lord show me how joy in you is different from happiness in
temporary situations.

30. Blessed is the one who perseveres under trial because, having stood
the test, that person will receive the crown of life that the Lord has
promised to those who love him. James 1:12

Lord, grieving is a trial and I know it won't last forever. Help me
to grieve well with your grace.

31. Weeping may last through the night, but joy comes with the morning.
Psalm 30:5 NLT

Thank you God that I will see light and joy in your timing of
healing.

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