

Grief



Precious Promises

Devotional Guide

Day 1

Promise #121

Bible Story (Ruth 1-4)

Naomi's life was full of sadness. First her husband died, and later both of her sons died too. She returned to Bethlehem with her daughter-in-law Ruth, feeling bitter and brokenhearted. She even said, "Call me Mara, for the Lord has dealt bitterly with me."

But God had not forgotten Naomi. Ruth worked faithfully in the fields and later married Boaz. Together they had a son, Obed.

The women of the town gathered around Naomi when the child was born. They said, "Blessed be the Lord, which hath not left thee this day without a kinsman." Naomi took Obed in her arms, and her heart overflowed with joy. She had felt so empty, but now God had filled her life again.

Her sorrow slowly lifted as God gave her comfort and hope. Naomi had once thought her life was over, but God showed her it wasn't the end of her story. The family line of this little boy would one day lead to King David, and even to Jesus. Naomi learned that even in the deepest grief, God is able to bring healing and joy.

Today's Promise (#121)

Psalm 30:5 (KJV)

"...Weeping may endure for a night, but joy cometh in the morning."

Psalm 30:11–12 (KJV)

"Thou hast turned... my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness ...I will give thanks unto thee..."

Psalm 147:3 (KJV)

"He healeth the broken in heart, and bindeth up their wounds."

Apply the Promise!

God says, "Your weeping will not last forever. I can turn your mourning into joy and your sadness into songs of praise. I am near to heal your broken heart."

Real-Life Example:

Lucas loved his dog, Buddy, more than any other toy or game. Buddy was always there with a wagging tail, but after Buddy died, the whole house felt like a "sad quiet". Lucas felt like his heart was broken into pieces, and he didn't think he would ever want to play outside again. The pain in his chest felt so heavy that he wondered if he would ever feel happy again.

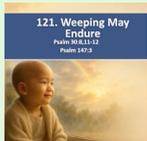
Instead of just waiting for the sadness to go away, Lucas's mom sat with him and explained that God is the only one who can "bind up" a broken heart. They didn't just read a verse; they prayed and asked Jesus to do what only He can do—to take the sharp pain of the grief and replace it with His gentle comfort. One morning, Lucas woke up and noticed the sun shining on Buddy's old tennis ball. Instead of crying, he felt a warm, happy memory of Buddy's silly jumps. He realized that while the "night" of crying was very long, God was helping his heart heal so he could think of his friend with joy instead of just pain.

Discussion Questions:

- When Naomi and Ruth first got back to Bethlehem, Naomi told everyone her name wasn't Naomi anymore. What did she want them to call her instead?
- Naomi's sorrow turned into joy when she held Obed. What are some ways God has turned your sadness into joy?

Activity:

Go around and let each person pray one short sentence asking God to comfort someone they know who is sad. If they are the one grieving, they can simply pray for themselves. Remember God hears our prayers and is close to the brokenhearted.



 Listen to
Scripture Song:

<https://precious-promises.com/121>



Grief



Precious Promises

Devotional Guide

Day 2

Promise #122

Bible Story (John 20:11-18)

Mary Magdalene was so sad. She had watched Jesus die, and now even His body was gone. Early in the morning, she stood outside the empty tomb, crying. Her heart felt broken, and she thought she was all alone in her sorrow.

As she wept, she bent down and looked inside the tomb. Two angels in white asked her, "Why are you crying?" She told them that someone had taken her Lord, and she didn't know where He was. Then she turned and saw a man standing there, though she didn't recognize Him at first.

"Why are you crying? Who are you looking for?" the man asked. Thinking He was the gardener, Mary begged Him to tell her where Jesus was.

Then the man spoke her name: "Mary." Suddenly she knew—it was Jesus! Her sorrow turned instantly to joy. She fell at His feet, overwhelmed with love and relief.

Mary's story shows that even in the deepest grief, God is near. Just as Jesus came close to her in her sadness, He comes close to us when our hearts are hurting.

Today's Promise (#122)

Psalm 34:18 (KJV)

"The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit."

Psalm 34:3 (KJV)

"O magnify the Lord with me, and let us exalt his name together."

Psalm 34:19 (KJV)

"Many are the afflictions of the righteous: but the Lord delivereth him out of them all."

Apply the Promise!

God says, "When your heart feels broken, I am right beside you. I see your tears, I know your pain, and I will deliver you from every trouble you face."

Real-Life Example:

Paul's family had recently moved to a new town, and just a few months later, his favorite uncle passed away. His uncle had always been the one to play ball with him and cheer him on, and now Paul felt completely alone. Without his old friends nearby, the grief felt too heavy to carry by himself.

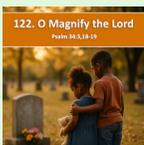
One morning, an older man at church noticed Paul sitting quietly on a bench by himself. He came over and shared how God had helped him through his own deep sadness when he lost someone he loved. Paul realized that God was performing a miracle by sending someone who understood his exact "heart-pain" at just the right moment. He asked Jesus to use this new friend to help him feel His presence. Even though his grief didn't disappear instantly, Paul felt "lighter" knowing the Lord was near. He saw that God often stays "nigh" to the brokenhearted by placing people around us to carry the weight of the sadness with us.

Discussion Questions:

- Mary Magdalene was so heartbroken she didn't recognize Jesus at first. What did Jesus say that finally made her realize it was Him standing right there?
- Paul felt "lighter" after talking to the older man. Does talking about your sadness with a friend make the problem smaller, or does it make you feel stronger?

Activity:

Fill a backpack with heavy books to represent grief. Have a child try to lift it alone, then have another person help. Talk about how it is much easier to carry when we aren't alone. When our hearts are broken, Jesus stays "nigh" by giving us a family of believers to help carry our heavy feelings so we don't collapse under the weight.



 Listen to
Scripture Song:

<https://precious-promises.com/122>



Grief



Precious Promises

Devotional Guide

Day 3

Promise #123

Bible Story (2 Samuel 18:24-33)

David waited anxiously for news from the battlefield. His son Absalom had led a rebellion against him, and now the armies of Israel were fighting. Soon a runner came with news: David's soldiers had won the battle. But then came the words David feared—Absalom was dead.

The victory felt like a crushing loss. David was overwhelmed with grief. He went up to his room, weeping as he cried, "O my son Absalom—my son, my son Absalom! Would God I had died for thee!" His heart broke, not only because Absalom had died, but because his son had died far from God.

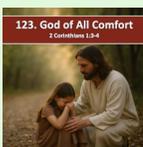
David's men didn't understand. They expected him to rejoice over the victory, but all David could think about was his son. His grief showed the deep love of a father, even for a rebellious child.

Later in Scripture, Paul wrote that God is "the Father of mercies, and the God of all comfort, who comforteth us in all our tribulation." (2 Corinthians 1:3-4). Just as David poured out his sorrow, we too can bring our pain to God. He understands our grief and promises to comfort us, so that we can also comfort others when they are hurting. God's comfort is greater than any loss we face. He can turn even the deepest sorrow into strength, helping us to keep trusting Him and share His love with others.

Today's Promise (#123)

2 Corinthians 1:3-4 (KJV)

"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God."



 Listen to
Scripture Song:

<https://precious-promises.com/123>



Apply the Promise!

God says, "I am the Father of mercies and the God of all comfort. I will comfort you in every sorrow, and I will help you comfort others with My promises."

Real-Life Example:

Olivia stood in the driveway watching the smoke rise from what used to be her bedroom. A fire had damaged her house, and even though her family was safe, her favorite books and her softest blanket were gone. She felt a heavy, hollow ache in her chest, wondering if life would ever feel normal or happy again.

Her family didn't just wait for time to pass; they prayed and asked the "Father of Mercies" to provide a comfort that only He can give. Slowly, Olivia noticed a change. When friends from church brought over meals and new clothes, she realized God was using their kindness to surround her family with love.

Months later, when a classmate's home was damaged by a storm, Olivia noticed something unexpected. She didn't just feel sorry for her friend; she knew exactly what to say because she had walked that same path. She shared the same encouragement that had helped her, realizing that God had turned her deepest sadness into a special way to help others heal.

Discussion Questions:

- King David was a powerful leader who had just won a big battle, so why was he crying so loudly that he wished he could have died instead of his son?
- Do we have to wait until we are perfectly happy to help others, or can we share God's love while we are still healing?

Activity:

Give each person a card or small paper. Write a short note or draw a picture to encourage someone who might be sad (a friend, neighbor, or family member). Pray for that person, asking God to use you to share His comfort.



Grief



Precious Promises

Devotional Guide

Day 4

Promise #124

Bible Story (John 11:17–44)

Mary and Martha were heartbroken when their brother Lazarus died. Their house was filled with weeping. Friends came to comfort them, but nothing could take away the pain of losing someone they loved. When Jesus arrived, Martha cried, “Lord, if You had been here, my brother would not have died.” Mary fell at His feet, and Jesus Himself began to weep with them.

Then Jesus said, “I am the resurrection and the life. He who believes in Me, though he may die, he shall live.” Standing at the tomb, He called, “Lazarus, come forth!” To everyone’s amazement, Lazarus walked out alive, still wrapped in grave clothes.

The family’s tears of sorrow turned into tears of joy. That day Jesus showed that death is not the end for those who believe. One day He will call all His children from the grave, and we will be together with the Lord forever.

Today’s Promise (#124)

1 Thessalonians 4:13–18 (NKJV)

“But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words.”



 Listen to
Scripture Song:

<https://precious-promises.com/124>



Apply the Promise!

God says, “When someone you love dies, you don’t have to grieve without hope. I promise that all who sleep in Jesus will rise again, and you will be together forever with Me.”

Real-Life Example:

Trina loved visiting her grandfather. He always had a story to tell, a garden to show her, and a Bible verse to share. But after a long illness, her grandfather passed away. Trina felt crushed by grief. She missed his hugs and the sound of his kind voice praying for her. At the funeral, it felt like she would never see him again.

Then she heard the pastor read: “The dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air”. Trina realized that because her grandfather loved Jesus, the “goodbye” wasn’t forever. She prayed and asked God to help her focus on the “hello” that was coming later. A quiet peace settled over her heart as she imagined the day Jesus would return. She still missed him, but she held onto the promise that one day they would be together with the Lord forever, and death would never separate them again.

Discussion Questions:

- Even though Jesus knew He was going to bring Lazarus back to life in just a few minutes, what did He do when He saw Mary and Martha crying?
- Who are you most excited to see when Jesus makes everything new?

Activity:

As a group, make a list of all the things that won’t be taken away when Jesus comes — things that last forever, like God’s love, His promises, and eternal life. Talk about why this brings hope. Remind everyone that when we put our treasures in heaven — by loving God, trusting His Word, and caring for others — those treasures can never be lost.



Grief



Precious Promises

Devotional Guide

Day 5

Promise #125

Bible Story (Revelation 21:1-4)

When the apostle John was very old, God gave him a special vision. He saw a glimpse of heaven—the beautiful home God is preparing for His children. It was more wonderful than anything John had ever seen.

John saw the holy city, the New Jerusalem, coming down out of heaven like a bride beautifully dressed for her husband. Its walls were made of shining jasper, and the city itself was pure gold, clear as glass. The gates were pearls, and the foundations sparkled with every kind of precious stone. A bright river of life flowed from God's throne, and on each side of the river grew the tree of life, bearing twelve kinds of fruit.

In that place, there was no night and no need for the sun, because God's glory lit the whole city. No one was sick, hungry, or afraid. God's people served Him with joy, and His name was written on their foreheads. Heaven was filled with beauty, light, and peace everywhere.

Then John heard a loud voice say, "Behold, I make all things new." God promised that He will wipe away every tear, and there will be no more death, sorrow, crying, or pain. All the grief, loneliness, and brokenness of this world will be gone forever.

Today's Promise (#125)

Revelation 21:4–5 (KJV)

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And he that sat upon the throne said, Behold, I make all things new. And he said unto me, Write: for these words are true and faithful."

Apply the Promise!

When you cry, remember this promise: one day God Himself will wipe away your tears. In His new world, there will be no more death, pain, or sorrow—only joy forever.

Real-Life Example:

Logan sometimes felt heavy-hearted when he heard the news. There were stories about sickness, hunger, and storms that destroyed people's homes. One day he saw pictures of children far away who didn't have enough food, and it made him cry. He wondered why the world had to be filled with so much suffering and if things would ever be okay.

That weekend at church, the pastor read from Revelation: "God shall wipe away all tears from their eyes; and there shall be no more death, nor sorrow, nor crying". Logan listened closely, and his imagination began to soar. He pictured a New Earth where no one was hungry, no one got sick, and every child was safe with Jesus. He prayed and asked God to help him hold onto this vision when the world felt scary. He realized that while the world is broken now, Jesus has a plan to make everything brand new. He smiled knowing that in heaven, the happy endings will never, ever end.

Discussion Questions:

- John saw a glimpse of a beautiful city coming down from heaven. What were the gates made of, and what was the street made of?
- Revelation 21:5 says, "Behold, I make all things new." What is one thing in our world today that you are most excited to see Jesus fix or make new?

Activity:

Give everyone paper and crayons to draw a map of the New Earth. Encourage them to draw things from the Bible story, like the river of life or trees with twelve kinds of fruit. Talk about how there are no hospitals, cemeteries, or fences because everyone is safe and healthy forever. This helps us focus our hearts on the home Jesus is preparing for us right now.



 Listen to
Scripture Song:

<https://precious-promises.com/125>





121. Psalm 30:5,11,12
Psalm 147:3

**⁵Weeping may endure for a night,
but joy cometh in the morning.**

**¹¹Thou hast turned...
my mourning into dancing:
thou hast put off my sackcloth,
and girded me with gladness...**

¹²I will give thanks unto thee for ever.

**³He healeth the broken in heart,
and bindeth up their wounds**



Listen to
Scripture Song:

<https://precious-promises.com/121>



122. Psalm 34:3, 18-19

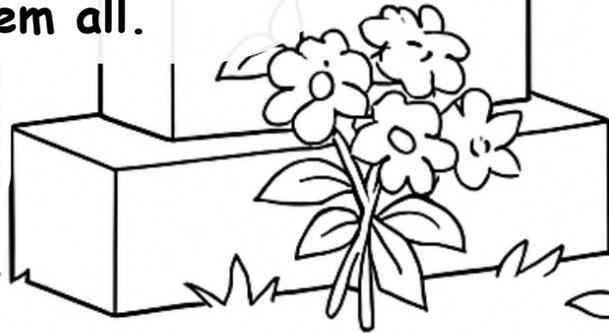
¹⁸The Lord is nigh unto them
that are of a broken heart;
and saveth such as be
of a contrite spirit.

³O magnify the Lord with me,
and let us exalt his name together.

¹⁹Many are the afflictions
of the righteous:
but the Lord delivereth him
out of them all.

 Listen to
Scripture Song:

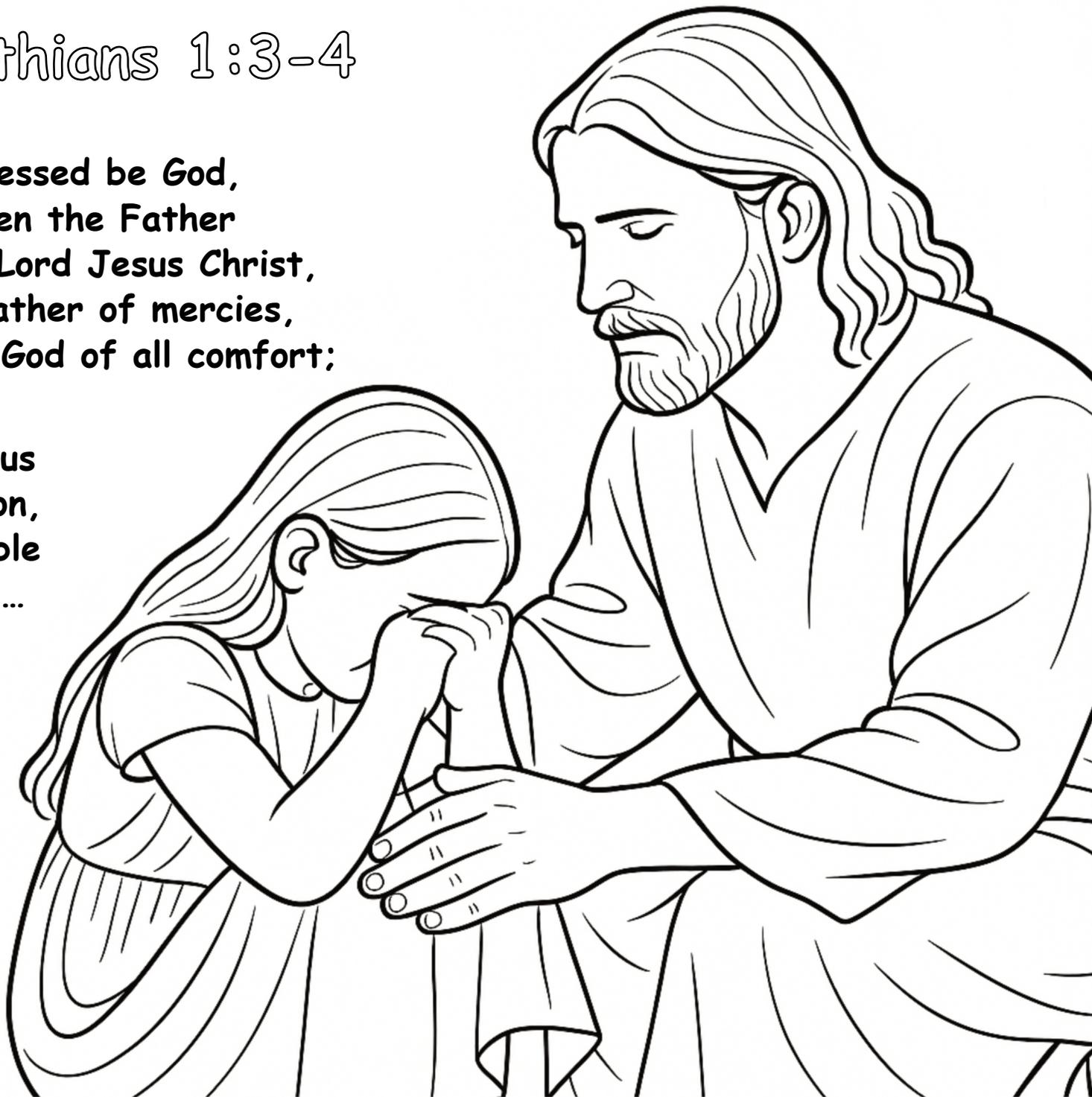
<https://precious-promises.com/122>



123. 2 Corinthians 1:3-4

**³Blessed be God,
even the Father
of our Lord Jesus Christ,
the Father of mercies,
and the God of all comfort;**

**⁴Who comforteth us
in all our tribulation,
that we may be able
to comfort them ...
by the comfort
wherewith
we ourselves
are comforted.**



Listen to
Scripture Song:

<https://precious-promises.com/122>



124. 1 Thessalonians 4:13-18

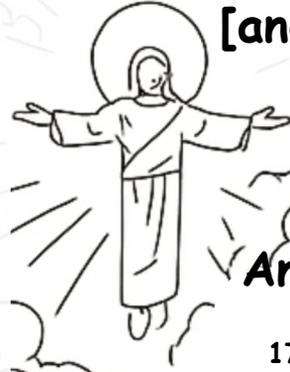
 Listen to
Scripture Song:
<https://precious-promises.com/124>



¹³I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope.

¹⁴If we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.

¹⁵For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep.

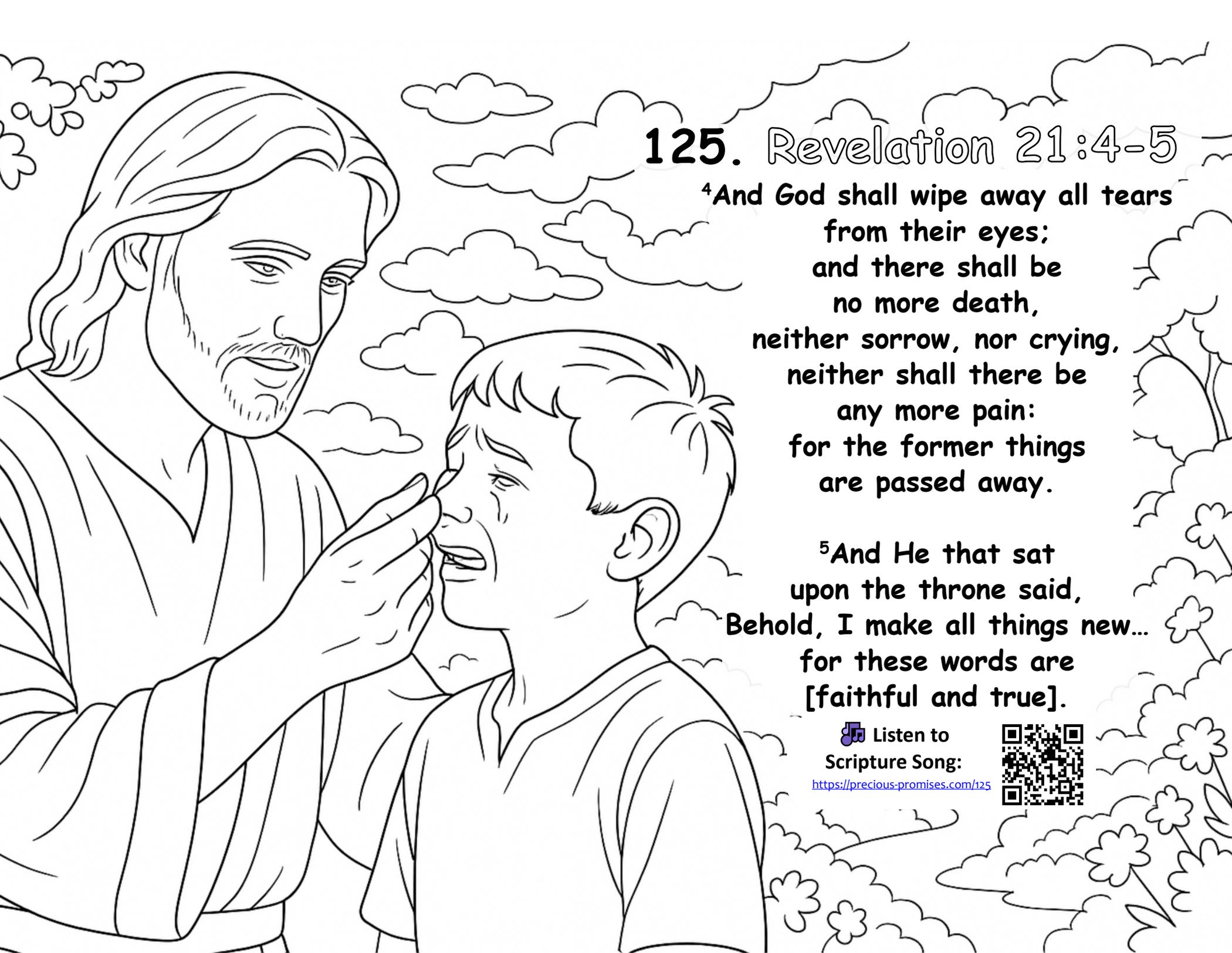


¹⁶For the Lord Himself will descend from heaven with a shout, [and] with the voice of [the] archangel, and with the trumpet of God. [Hear it sounding loud and clear, He's coming soon] And the dead in Christ will rise first.

¹⁷Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.

¹⁸Therefore comfort one another with these words.





125. Revelation 21:4-5

⁴And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

⁵And He that sat upon the throne said, Behold, I make all things new... for these words are [faithful and true].

 Listen to
Scripture Song:
<https://precious-promises.com/125>

