

Grief — Day 1



Precious Promises

Devotional Guide



🎧 Listen to
Scripture Song:



Today's Promise (#121) — KJV

Psalm 30:5, 11-12 "...weeping may endure for a night, but joy cometh in the morning. Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness...I will give thanks unto thee for ever."

Psalm 147:3 "He healeth the brokenhearted, and bindeth up their wounds."

♥ Apply the Promise!

Even when you are so sad that you cry yourself to sleep, remember that the "night" of weeping will end. God promises that a bright morning of joy is coming because He heals your heart.

📖 Bible Story (Ruth 1-4)

Long ago, a woman named Naomi moved away from Bethlehem with her husband and two sons because there was not enough food. But while they were living in a new country, a great sadness came into her life. Her husband died, and later both of her grown sons died too. Naomi was left far from home with an aching, lonely heart.

When Naomi decided to return to Bethlehem, her daughter-in-law Ruth loved her and refused to leave her side. But when Naomi came back to her old home, she was so sad that she told her friends not to call her Naomi, which means "pleasant." She told them to call her Mara, which means "bitter." Naomi felt empty, as if all the happiness had gone out of her life.

But God had not forgotten Naomi. He was already working, even while she was hurting. Ruth traveled back to Bethlehem with her and worked hard in the fields to gather food for them. Slowly, Naomi began to see God's kindness again.

In those fields, Ruth met a kind man named Boaz. He cared for Ruth and Naomi, and later he married Ruth. God gave them a baby boy named Obed. When Naomi held that little grandson in her arms, her neighbors rejoiced with her. The woman who had come home feeling empty was now being comforted. Her bitterness was gone, and her heart was filled with gladness.

Naomi's story reminds us that even when our sadness feels long and heavy, God still sees us. He can bring comfort, kindness, and joy back into our lives.

☀ True Story

In the summer of 1967, seventeen-year-old Joni Eareckson was swimming with friends. She loved riding horses, hiking, and being active. But that afternoon, Joni dove into the water without realizing it was too shallow. She hit the bottom and broke her neck. In one moment, her life changed. She could no longer move her body the way she had before.

At first, Joni's heart sank into deep grief. She had to stay in the hospital for months, lying still while others cared for her. She cried often and wondered why God had allowed this to happen. She missed the life she used to have and feared that nothing would ever feel bright again.

But Joni did not hide her sorrow from God. She cried out to Him and told Him the pain in her heart. Friends read the Bible to her and reminded her that Jesus had not left her alone. Slowly, she began to understand that God was with her even in the hardest place.

Her sadness did not disappear all at once. But day by day, God gave her strength. Over time, Joni learned to hold a paintbrush in her mouth and paint beautiful pictures. She later wrote books, spoke to many people, and encouraged others who were hurting.

Joni found joy again, not because everything became easy, but because she learned that Jesus was close to her in her suffering.

Joni's life reminds us that God can comfort the deepest sadness. He can stay near to broken hearts and still give our lives meaning, hope, and beauty.

💬 Discussion Questions:

- Why did Naomi want her friends to call her "Mara" when she first got back to her hometown?
- Joni went through something very hard. What helped her begin to find hope again?
- Is it okay to cry when we are sad?

📖 Activity:

Give each child a paper heart and ask them to gently tear it into a few pieces to represent how grief can feel. Then, have them use colorful bandages or bright tape to "mend" the heart back together. As they work, explain that while we feel broken sometimes, God is the Great Physician who stays close to us, gently binding up our wounds and making our hearts strong again.

Grief — Day 2



Precious Promises

Devotional Guide



🎵 Listen to
Scripture Song:



Today's Promise (#122) — KJV

Psalm 34:3, 18-19 "O magnify the LORD with me, and let us exalt his name together... The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit... Many are the afflictions of the righteous: but the LORD delivereth him out of them all."

❤️ Apply the Promise!

Even when you face many troubles, the Lord is right beside you. When your heart is broken, He is closer than ever to save and deliver you. Let's praise His name together for His goodness!

📖 Bible Story (Job)

Long ago, there was a man named Job who loved God with his whole heart. Job had a large family, many animals, and a beautiful home. But one day, everything changed. Messengers ran to Job with terrible news. In a single day, all his animals were stolen, and his servants were killed. Then, the saddest news of all arrived: a strong wind had knocked down a house, and all of his children had died.

Job's heart was completely broken. He fell to the ground in the dust and wept. Most people would have been angry at God, but Job made a different choice. Even in his deep sadness, he chose to worship. He said, "The Lord gave, and the Lord has taken away; blessed be the name of the Lord."

Job's grief soon grew even heavier. Painful sores covered his entire body. His friends came to visit, but instead of comforting him, they spoke unkind words and misunderstood his pain. Job asked hard questions and cried out in his sorrow. Yet, he did not let go of God. He believed that God was still near, even when he could not understand what was happening.

After a long time of sadness, God spoke to Job out of a swirling whirlwind. God reminded Job of His great power and wisdom. Job had walked through deep grief, but he was never forgotten. The Lord healed Job and eventually gave him a new family and twice as much as he had before.

Job's story reminds us that God is close to us when our hearts are broken, and He never leaves us alone in our sadness.

☀️ True Story

Annie Johnson Flint was a young girl who knew exactly what it felt like to have a broken heart. Before she even became an adult, both of her parents passed away. Annie was left as an orphan. Not long after that great loss, she developed a painful disease called arthritis. Her joints ached so badly that it became impossible for her to walk, and she could not use her hands easily.

Annie lost her family and her health. She spent many nights in physical pain and deep sadness. It would have been very easy for her to become angry or give up on her faith entirely. Instead, Annie began to trust that God was near to her right in the middle of her suffering.

She started to write poems about the peace she found during her tears. Because she could not hold a pen easily, she often had to push the keys of a typewriter with her knuckles. She wrote beautiful words about how God gives us more grace when our burdens grow heavy. Her poems did not come from an easy life. They came from a heart that had been broken and then comforted by the Lord.

Annie's words traveled all around the world. Her poems brought hope to millions of people who were also walking through seasons of grief. She lived a life of peace despite her many daily trials.

Annie's story reminds us that no matter how much we have lost, God has a deep storehouse of comfort, and He can use our sadness to bring hope to others.

💬 Discussion Questions:

- How did Job react differently than most people?
- Annie Johnson Flint had to type with her knuckles because of her illness; what does that tell you about how much she wanted to share God's love?
- Annie wrote that God gives "more grace" as our burdens grow heavier. What do you think "more grace" feels like when you are sad?

🖍️ Activity:

Cut out simple flower shapes from colorful paper. Have the children write or draw one thing that makes them feel happy or a way God has been kind to them on each flower. Tape these flowers onto straws and place them in a jar. Talk about how God can grow beautiful things like joy even in the middle of a "rainy" season of sadness.

Grief — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#123) — KJV

2 Corinthians 1:3-4 "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."

❤️ Apply the Promise!

God is the Father of mercies who comforts you in every hard time. He gives you peace so that you can share that same love and comfort with others who are hurting.

📖 Bible Story (2 Samuel 18 & 19)

King David once faced a sorrow that cut deeply into his heart. His son Absalom had rebelled against him and tried to take the kingdom away. David had to leave Jerusalem because of his own son's choices. Yet even after all Absalom had done, David still loved him.

When the battle began between David's men and Absalom's men, David stood near the city gate and gave one clear command: "Deal gently for my sake with the young man, even with Absalom." David was not thinking only like a king. He was thinking like a father who still loved his son.

After the battle, David waited anxiously for news. When a messenger arrived, David did not first ask if his army had won. He asked, "Is the young man Absalom safe?" Then the painful answer came. Absalom had died.

David's heart broke. He went up to the room over the gate and wept. He cried, "O my son Absalom, my son, my son Absalom! would God I had died for thee." David did not hide his tears or pretend he was fine. He cried out loud because his sorrow was real.

Later, David had to keep leading his people, but the Bible still lets us see his grief. God did not erase David's tears from the story.

David's experience reminds us that God understands deep family sorrow. When someone we love is gone, or when our family story is painful, we can bring our tears to the Father of mercies. He can comfort broken hearts and help us keep going one day at a time.

☀️ True Story

When Jaden Hayes was six years old, he went through a heartbreak no child should have to face. His father had died when Jaden was four, and two years later, his mother suddenly died in her sleep. Jaden had to move in with his aunt, and his little heart was full of grief.

At his mother's funeral, Jaden looked around and saw the people he loved crying. Their faces were heavy with sadness. Jaden was sad too, but he wanted to do something kind. He told his aunt that he was tired of seeing everyone with frowny faces. He wanted to make people smile.

So Jaden started what he called "The Smile Experiment." His aunt helped him buy a bag of small toys, like little rubber ducks and dinosaurs. Then they went to the busy streets of Savannah, Georgia. Jaden looked for people who seemed sad or serious.

When he saw someone who was not smiling, he walked up and handed them a toy. He simply wanted to see them smile. Many people were surprised. Some smiled right away, and some were so touched that they cried and gave him a hug. Soon, his small idea grew bigger than he ever imagined. He ended up giving away thousands of little toys to hurting people all over his city!

Jaden was still sad about losing his parents. But by bringing comfort to others, he found a little light in his own grief too.

Jaden's story reminds us that grief does not disappear all at once. But when God comforts our hurting hearts, He can help us gently bring comfort to someone else who is hurting too.

💬 Discussion Questions:

- Why was King David so sad even though the battle was won?
- What did Jaden call his plan to hand out small toys to people on the street?
- 2 Corinthians 1 says God comforts us so we can comfort others. If your friend is feeling sad today, what is one kind thing you could do to make them smile?

📖 Activity:

Give the children three small items (like cute stickers, colorful plastic animals, or pieces of candy). Challenge them to go on their own "Smile Experiment" this week! Tell them to look closely for someone in their house, neighborhood, or church who looks tired, grumpy, or sad, and hand them the item. Talk about how sharing God's comfort with others helps heal our own sad hearts, too.



Today's Promise (#124) — NKJV

1 Thessalonians 4:13-18 "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."

♥ Apply the Promise!

Because Jesus rose again, we have a wonderful hope! We do not have to be overwhelmed by sorrow when loved ones die. We can comfort each other knowing we will see them again.


 Bible Story (John 11)

In the small town of Bethany, two sisters named Mary and Martha were facing the saddest day of their lives. Their brother, Lazarus, had become very sick and passed away. By the time Jesus arrived, Lazarus had already been in the grave for four days. The sisters were grieving, and their friends had gathered to mourn with them.

Martha went to meet Jesus and said, "Lord, if You had been here, my brother would not have died." Even in her sadness, she still trusted Him. Jesus looked at Martha and gave her a wonderful promise, saying, "Your brother will rise again." When Jesus saw Mary weeping, He did not tell her to stop. He did not act as though her sorrow did not matter. Instead, He felt their grief so deeply that He cried right along with them.

Then, Jesus went to the grave and asked the people to roll the stone away from the door. He prayed to His Father and shouted with a loud voice, "Lazarus, come forth!" Suddenly, the man who had been dead walked out of the tomb, still wrapped in his burial clothes!

One day, Jesus will return from heaven with a shout. We can comfort each other with the promise that our sorrow will not last forever, and we will be gathered safely with Him. Mary and Martha's story reminds us that because Jesus has power over death, we have hope even when we grieve, knowing He understands our tears.

 True Story

Sadie Delany lived to be one hundred and nine years old! Because she lived such a long life, she experienced a unique kind of sadness. One by one, Sadie outlived her parents, all nine of her siblings, and almost everyone she knew.

Sadie never did marry. For her entire life, Sadie lived with her younger sister, Bessie. They were best friends for over a century. When Bessie passed away at one hundred and four years old, Sadie's house felt incredibly quiet and lonely.

Many people would feel overwhelmed by that much grief. But when Sadie was one hundred and seven years old, she decided to write a book about her life to help others. She wanted to share the secret of how she handled her lonely feelings. She wanted people to know that even when your heart is broken, you do not have to sorrow without hope.

Sadie chose to wake up every single morning, look around her room, and say out loud, "Thank you, Lord, for another day!" She decided to keep being kind and thankful while she waited for the day Jesus would return. She knew God was preparing a beautiful, happy reunion for all His children!

Sadie's story reminds us that grief can feel lonely when someone we love is gone. But God can still help us face one day at a time. We can thank Him for the love we shared, trust Him with our tears, and hold on to the hope that one day He will make every sad goodbye right again.

 Discussion Questions:

- How did Jesus show that He cares about our sadness even before He performed the miracle for Lazarus?
- How old was Sadie when she decided to write a book to help other people?
- When Jesus reunites all His children, who is someone you are excited to see again?

 Activity:

Write "forever treasures" on slips of paper, such as Jesus, family, love, joy, peace, heaven, the New Earth, animals, or a happy home with God. Let one child secretly pick a slip and draw it while everyone guesses. Afterward, talk about how toys and money do not last forever, but God's best treasures will be safe with Him forever, where nothing can spoil or be lost.



Today's Promise (#125) — KJV

Revelation 21:4-5 "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."

♥ Apply the Promise!

When we feel overwhelmed by sadness, we can look forward to the day God Himself will wipe away our tears. In His New Earth, there will be no more pain, crying, or goodbyes ever again.

Bible Story (Revelation 21 & 22)

The Bible ends with a comforting promise about a place where grief and sadness can never enter. The apostle John was given a vision of the New Earth, the final home that Jesus is preparing for all His children. In this wonderful place, the streets are made of pure gold and the gates are solid pearl. But the absolute best part is not the riches; it is the perfect peace. John saw that in this new home, God Himself will come down to live right beside us. He will gently reach out His hand and wipe away every tear from our eyes.

In this brand-new world, there will be no more hospitals, no more cemeteries, and no more heartbreaking goodbyes. A pure river of life flows through the city, and the tree of life grows on its banks. Even the animals will be completely at peace. The Bible says the lion and the lamb will rest together, and a little child will lead them. There will be no more pain in our bodies, no sickness, and no heaviness in our spirits. Everything that was broken by sin will be made perfectly new.

This promise of the New Earth is what helps us get through sad days right now. When our hearts break, we can remember that we are just travelers headed toward a home that lasts forever. One day soon, death and sorrow will pass away completely, and we will live safely with our Creator. Every ache will be completely healed, and we will finally get to see Jesus face-to-face.

John's vision reminds us that we can have hope when we are grieving, because God is preparing a place where our joy will never end.

True Story

Imagine working on a single project every day for ten whole years. That is exactly what William Carey did. In 1793, He moved to India to translate the Bible into new languages. He spent years carefully translating verses by hand and had giant stacks of finished paper ready to be turned into books. It was his prized possession.

But one night, a terrible fire started. By the next morning, the printing press and all ten years of his irreplaceable work had burned to the ground. It was nothing but a pile of gray ashes.

If William had made his work his ultimate "treasure" or his only reason to live, that fire would have completely destroyed his heart. He felt very sad to see the ashes, but he understood that paper was an earthly treasure. His true, number one treasure was God! Because his ultimate joy was kept safely in heaven, the fire could not touch it. He thanked God for giving him strength and cheerfully started translating all over again.

Sometimes we lose things far more precious than paper. We may lose someone we love, and our hearts may hurt deeply. God does not ask us to pretend we are not sad; He wants us to love our family and friends deeply!

However, He knows that if we make another person our only reason to live, losing them can feel like our entire world has ended. That is why He asks us to let our deepest hope rest in Him. When God is our greatest treasure, grief can hurt, but it cannot take away all hope. His love, His promises, and His coming kingdom can never be burned, broken, or lost.

Discussion Questions:

- What is the best part about the New Earth that John saw in his vision?
- What happened to the giant stacks of paper William Carey spent ten years translating?
- Why is God a safer treasure than anything we own?

Activity:

Give everyone paper and crayons to draw a map of the New Earth. Encourage them to draw the river of life, trees with twelve kinds of fruit, and bright, happy homes where families live together.

This activity helps us focus our hearts on the beautiful home Jesus is preparing for us right now.