

'Handling Life's Challenges when faced by grief and loss'

Psalm 23:4;

Even though I walk
through the darkest valley,^[a]
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

a. [Psalm 23:4](#) Or *the valley of the shadow of death*

Isaiah 61:1-2 The Year of the Lord's Favor

61 The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the broken-hearted,
to proclaim freedom for the captives
and release from darkness for the prisoners,^[a]
² to proclaim the year of the Lord's favour
and the day of vengeance of our God,
to comfort all who mourn,

a. [Isaiah 61:1](#) Hebrew; Septuagint *the blin*

1. Psalm 147:3 - 'He heals the broken-hearted, and binds up their wounds.'

2. Matthew 5:4 - 'Blessed are those who mourn, for they will be comforted.'

3. Isaiah 41:10 - 'Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand.'

4. Revelation 21:4 - 'He will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

5. Psalm 34:18 - 'The Lord is near to the broken-hearted, and saves the crushed in spirit.'

6. Jeremiah 31:13 - 'Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow.'

7. John 14:27 - 'Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.'

[Romans 8:38-39](#)^L

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

[1 Corinthians 15:51-57](#)^L

Behold! I tell you a mystery. We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised

imperishable, and we shall be changed. For this perishable body must put on the imperishable, and this mortal body must put on immortality. When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." "O death, where is your victory? O death, where is your sting?"

[John 11:25-26](#)^L

Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, and everyone who lives and believes in me shall never die. Do you believe this?"

[John 3:16](#)^L

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

[1 Corinthians 2:9](#)^L

What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him.

[Revelation 1:17-18](#)^L

When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, "Fear not, I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades."

[Revelation 14:13](#)^L

And I heard a voice from heaven saying, "Write this: Blessed are the dead who die in the Lord from now on." "Blessed indeed," says the Spirit, "that they may rest from their labours, for their deeds follow them!"

[Romans 14:7-9](#)^L

For none of us lives to himself, and none of us dies to himself. For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's. For to this end Christ died and lived again, that he might be Lord both of the dead and of the living.

[Philippians 1:21-23](#)^L

For to me to live is Christ, and to die is gain. If I am to live in the flesh, that means fruitful labour for me. Yet which I shall choose I cannot tell. I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better.

[2 Timothy 4:7-8](#)^L

I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing.

[Revelation 21:4](#)^L

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

[James 1:12](#)^L

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

[1 Corinthians 15:42-44](#)^L

So is it with the resurrection of the dead. What is sown is perishable; what is raised is imperishable. It is sown in dishonour; it is raised in glory. It is sown in weakness; it is raised in power. It is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body.

[2 Corinthians 5:6-9](#)

So we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him.

[Romans 6:23](#)

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

[1 Thessalonians 4:13-18](#)

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. Therefore encourage one another with these words.

[1 Peter 1:23-25](#)

...You have been born again, not of perishable seed but of imperishable, through the living and abiding word of God; for "All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, but the word of the Lord remains forever."

[Job 1:21](#)

And he said, "Naked I came from my mother's womb, and naked shall I return. The LORD gave, and the LORD has taken away; blessed be the name of the LORD."

[Psalm 16:8-11](#)

I have set the Lord always before me; because he is at my right hand, I shall not be shaken.

Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. For you will not abandon my soul to Sheol, or let your holy one see corruption.

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

[Psalm 34:4-5](#)

I sought the Lord, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed.

[Psalm 46:1-2](#)

God is our refuge and 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.

[Psalm 55:22](#)

Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

[Psalm 73:25-26](#)

Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

[Psalm 116:15](#)

Precious in the sight of the LORD is the death of his saints.

[Psalm 149:6](#)

For the LORD takes pleasure in his people; he adorns the humble with salvation.

Bible Verses about Grief & Loss

Isaiah 41:10 (NIV)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

John 16:33 (NIV)

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Isaiah 40:29 (NIV)

"He gives strength to the weary and increases the power of the weak."

Psalm 34:18 (NIV)

The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Psalm 46:1-3 (NIV)

"God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."

Revelation 21:4 (NIV)

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

Philippians 4:6 (NIV)

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Psalm 119:50 (NIV)

"My comfort in my suffering is this: Your promise preserves my life."

Psalm 23:4 (NIV)

"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me." - Psalm 23:4

Matthew 5:4 (NIV)

"Blessed are those who mourn, for they will be comforted."

Psalm 30:5 (NIV)

"For his anger lasts only a moment, but his favour lasts a lifetime; weeping may stay for the night, but rejoicing comes in the morning."