



7
day

PRAYER PLAN FOR SADNESS IN GRIEF

REDBIRD.LOVE

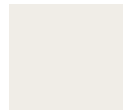
A *Catholic* GRIEF SUPPORT MINISTRY

7 day

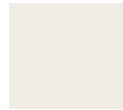
PRAYER PLAN FOR SADNESS IN GRIEF

The prayer plan for sadness in grief is designed to dive deeper into what God wishes to reveal to you in your grief. Each morning you will grab your bible, read, reflect, pray, and respond to what God is revealing. Time 20 minutes per day.

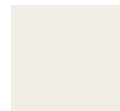
Day 1



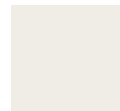
Day 2



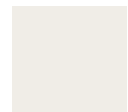
Day 3



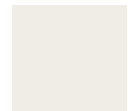
Day 4



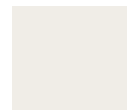
Day 5



Day 6



Day 7





day 1

PSALMS 86:1-2

You're mourning. It may be that you've lost someone you loved. You can point to a specific reason for your grief, locate a point in time when it happened. Or perhaps your sadness is not as clear as that. Maybe you're struggling with a hopelessness that won't go away. When you experience or observe the world, everything seems bleak. No two people express their sadness in exactly the same way. It can show up disguised as anger or an eating disorder, an obsession with work, or a habit of binge-watching. But whether you just slammed the door on your parent, or you found yourself crying as you drove home from work—God's Word offers you hope for your unique situation. Do you think God's ability and willingness to help is just a fairy tale? Have you given up waiting for God to help you? Are you angry at God because he could have arranged your life differently, but didn't? Bring your doubts and your questions to God. Open his Word and find others expressing the same questions and doubts there. In this reading plan, you'll also discover God's promises for you. Jesus asked a man who had been an invalid for almost four decades, "Do you want to be healed?" He's asking you the same question now. "Do you want to be healed?" Tell him your answer.

Pray

Heavenly Father, please bring me healing—even joy—through your Word.

Read

David is weak, afraid, sorrowful. He cries out to God for help. Psalm 86:1-5

Reflect

Have you ever laid it all out to someone? It can be hard to be completely honest about how we feel. Maybe we suspect that people are tired of hearing us, or that they won't understand. Sometimes, the hardest person to be honest with is God. But David doesn't shy away from baring it all before God. He lays out how desperate he is and asks God to fix his situation.

Respond

Has your sadness cut you off from other people or from God? God wants to hear from you—the most honest, vulnerable things you can say. Try voicing your sadness to God now. Read verse 5 of this Psalm aloud to him.



day 2

PSALMS 34:18

If you've been dealing with sadness for a while, maybe your hope is flagging. Grief can be so overwhelming that it blocks out our future. It's hard to have hope while you're sad.

Pray

Creator God, you made me to have joy. Joy seems far off right now. Please give me your hope.

Read

God has just delivered the psalmist from danger, so he's rejoicing. It's not that he thinks that he is clear of trouble from now on. But he exults in what he has just learned about God. Psalm 34:17-18

Reflect

What is your first thought when you wake up? Is it a wish for different circumstances? A desperate cry of "I can't handle any more of this"? Our troubles threaten to undo us. We want a way out, but it's hard to believe that things will change. These moments don't surprise God. In fact, it's especially in these times that God shows us most clearly who he is.

Respond

You might not know when your grief is going to end, or if your circumstances will change. But you can trust that God hears you, is near to you, and will take care of you. In the midst of sadness, we can hold on to this confident hope in God.



day 3

JOHN 14:1

Pray

Lord Jesus, through today's reading please show me more about who you are.

Read

Jesus had a special bond with Lazarus and his two sisters, Martha and Mary, so when he hears about Lazarus's untimely death, he travels to their home. John 11:32-36

Reflect

Sadness isolates us. People carry on with their own lives—meals, friendships, laughter—while we feel left behind in our grief. But when Jesus sees his friends grieving, he enters into their pain. Jesus knew what was about to happen: he would call Lazarus's body out of death and into life. Even though he knows that Lazarus will live again, he is so troubled by Mary's pain (and perhaps by the fact of death itself) that he weeps with her.

Respond

Try to picture this: Jesus comes to you right now, right in the physical place where you are. He sees how much you're hurting. Share your disappointment and pain with him, just like Mary did. Believe that he understands.





day 4

JOHN 14:27

Sometimes, our sadness comes from regret: something we've done, something that's been done to us, or something about our character that we can't seem to change.

Pray

Lord, you are the great healer. Please heal me

Read

Jesus spent the three years of his ministry teaching and healing people. He worked tirelessly to bring good news to them. Matthew 9:35-36

Reflect

We've all heard the phrase, "Jesus loves you." But what does that really mean? One thing it means is that Jesus sees us for who we really are, and he has compassion for us. One of Jesus's closest friends observed that Jesus didn't need anyone to teach him what was in people's hearts (John 2:24). He could see into their deepest motives and desires, even beyond what they knew about themselves. That's part of the power of today's passage—for you.

Respond

Do you ever feel that if Jesus really saw you, he wouldn't care to help you? In your sadness, you can count on Jesus's tender care and what the Bible calls God's "everlasting arms" (Deuteronomy 33:27).



day 5

PSALMS 23:1,4

Yesterday we read that Jesus had compassion on people who were like sheep without a shepherd. Today, we learn more about what makes a good Shepherd.

Pray

Jesus, thank you that you promise to be with me.

Read

As you read, notice what the Shepherd does for the writer of this psalm. You can apply these actions to what the Lord does in your own life, especially when you are walking through a dark valley (see verse 4). Psalm 23:1-6

Reflect

When the Lord is taking care of us, we lack nothing (verse 1). Yet we often feel that we do lack! As we get to know our Shepherd better and better, we can affirm that even when we are exhausted with sorrow, our God never fails to refresh and restore us. In fact, the psalmist says that even in the face of his worst fears, he knows that God is providing lavishly for him.

Respond

Recall a time when you were suffering. Can you see ways that God was providing for you even during that time? Are there ways that God is showing up even now?



day 6

MATTHEW 5:4

God is not frustrated or taken off guard by our weaknesses. He is working in the very things that seem like they are crushing us.

Pray

Holy Spirit, please pray for me—for the things I would pray for if I knew everything you know.

Read

God promises his children that he will make sure that every circumstance—even the most painful—will turn out for their benefit. Romans 8:26-28

Reflect

Over and over, the Bible emphasizes that God made the universe. His wisdom is too vast for us to understand. So in a mysterious way, we can rest knowing that we can't always understand how he's working things out. But he asks us to trust him. God has a purpose for your pain.

Respond

You can't force yourself to trust God. Trusting him requires supernatural faith. No wonder it feels so difficult! But God's Spirit is delighted to open our eyes to see how he is at work—if we ask him. Ask God to strengthen your faith.



day 7

ISAIAH 40:31

This week, we've seen that God welcomes your honest lament. God hears you when you call to him. Jesus suffered grief and sorrow just as you do. Jesus has compassion on you. God promises to be with us in suffering. God promises that he has a good purpose for us that he is working out even in our pain. This picture of grief in the Bible may not line up with what you've experienced. Maybe you think you have to say the right thing and pretend that you're "over" your grief. Maybe your friends offer easy fixes. Maybe they're convinced that your pain defines you, so they don't have the comfort to offer. God is the ultimate grief counselor. He offers comfort for the brokenhearted. Take hold of that comfort! People who have been following the Lord for a long time often note that when they run to God's Word in hard times, they experience his presence in deeper, richer ways. Today we'll look forward to experiencing God's presence in a way that will end all of our tears.

Pray

Father God, I love you, because I know you have set your love on me.

Read

Jesus's disciple John is given a vision of what will happen when Jesus comes for the second time. He describes a world in which everything has been made new. Revelation 21:3-4

Reflect

Along with the writer of Psalm 23, we need eyes of faith to believe that God is with us during painful times. But in the new order of things, God's presence will be a constant reality. The compassionate, watchful, tender God will finally be fully with us. That is the promise of the whole story of the Bible. It's what we all long for, deep down.

Respond

One of Jesus's apostles wrote that this hope allowed him to rejoice even in his sufferings (see Romans 5:2-5). Rejoicing may seem impossible right now. That's okay. What have you learned about God over the past week? What can you count on—hope for—from him?





BLESSINGS!

Our prayer is that God speaks to you during this time of reflection. Grief can bring sadness to our hearts and sadness brings forward so many questions. God is waiting for you to help you to dive deeper into prayer and understanding. Especially understanding how much He loves us.

Kelly Breaux

@REDBIRDMINISTRIESINC

REDBIRD.LOVE

HELLO@REDBIRD.LOVE

