

50 Bible Verses for Grief & Loss

Anchors for the brokenhearted – words to hold onto when the night is long

If all you can do today is read one verse and breathe, that is enough. God meets you exactly where you are.

SECTION 1 – When the Tears Won't Stop

1. Psalm 34:18

"The Lord is near to the brokenhearted and saves the crushed in spirit."

He does not promise to fix everything immediately. He promises to be close. Sometimes that is the only thing we need to know.

2. Matthew 5:4

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

Jesus does not say comfort might come. He says it will. Not on our timeline, but with certainty.

3. Revelation 21:4

"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."

Not some tears – every tear. A day is coming when grief itself will be gone forever.

4. Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

The Hebrew word for 'binds up' is the same used for treating physical injuries. God treats the wounds of grief as real.

5. 2 Corinthians 1:3–4

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

The comfort God gives is not wasted. In time, it becomes something you can offer to others walking the same road.

6. Psalm 119:50

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

When everything else fails, God's promises remain. They become life preservers in the storm of grief.

7. Psalm 56:8

"You have kept count of my tossings; put my tears in your bottle. Are they not in your book?"

God does not overlook a single tear. He counts them. He keeps them. Your grief is not invisible to Him.

SECTION 2 – When You Feel Alone in Your Grief

8. Psalm 23:4

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

The promise is not that we avoid the valley. It is that we never walk it alone.

9. Deuteronomy 31:8

"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

God goes ahead of you into the grief. He is already in tomorrow, and He will not abandon you there.

10. Isaiah 41:10

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

When you cannot stand on your own, He upholds you. His strength becomes yours.

11. Psalm 73:26

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

When you have nothing left — no energy, no strength, no words — God does not add to your strength. He becomes it.

12. 1 Peter 5:7

"Cast all your anxieties on him, because he cares for you."

The Greek word for 'cast' means to throw forcefully. You do not have to lay your grief down gently. You can hurl it at God. He can bear it.

13. Psalm 139:7–10

"Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me."

There is no depth of grief so dark that God's presence cannot reach you there.

14. Isaiah 43:2

"When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."

The waters of grief may rise, but God promises they will not overwhelm you. He is with you in the flood.

SECTION 3 — Finding Hope When Everything Feels Hopeless

15. Psalm 31:24

"Be strong, and let your heart take courage, all you who wait for the Lord!"

Even the smallest thread of hope counts. If you are waiting for the Lord, however weakly, that is courage.

16. Lamentations 3:31–33

"For the Lord will not cast off forever, but, though he cause grief, he will have compassion according to the abundance of his steadfast love; for he does not afflict from his heart or grieve the children of men."

This is written in the middle of Lamentations — an entire book of sorrow. Even there, hope breaks through.

17. John 11:25–26

"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.'"

Jesus spoke these words to Martha while she was still grieving. He did not minimise her pain. He gave her an eternal promise.

18. 1 Thessalonians 4:13

"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."

Scripture does not say we should not grieve. It says we grieve differently — because our grief carries hope inside it.

19. John 16:22

"So also you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you."

The joy that is coming is permanent. No one and nothing can take it from you.

20. Romans 15:13

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."

Hope is not something we manufacture. It is something God fills us with, by His Spirit, even when we cannot produce it ourselves.

21. Jeremiah 29:11

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

Even when the future feels empty, God says He has plans for it — and those plans are for your good.

SECTION 4 — When You're Angry at God or Questioning Why

22. Psalm 13:1–2

"How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I take counsel in my soul and have sorrow in my heart all the day?"

David did not sanitise his prayers. He brought his frustration directly to God. This psalm is in Scripture because God honours that honesty.

23. Psalm 73:21–23

"When my soul was embittered, when I was pricked in heart, I was brutish and ignorant; I was like a beast toward you. Nevertheless, I am continually with you; you hold my right hand."

Even at his most bitter and confused, the psalmist was still held by God. Your worst moments do not push you beyond His reach.

24. Ecclesiastes 3:1, 4

"For everything there is a season, and a time for every matter under heaven ... a time to weep, and a time to laugh; a time to mourn, and a time to dance."

Sometimes it is simply the season for mourning. You do not need to rush toward the dancing.

25. Matthew 11:28–30

"Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Jesus does not say 'Come to me when you have it together.' He says come weary, come burdened, come heavy with grief. He is gentle with broken people.

26. Habakkuk 1:2

"O Lord, how long shall I cry for help, and you will not hear? Or cry to you 'Violence!' and you will not save?"

Even the prophets cried out in frustration. God included these words in Scripture because honest wrestling with Him is not sin. It is faith.

SECTION 5 — God's Peace in the Storm of Grief

27. John 14:27

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

Jesus spoke these words hours before His own death. The peace He offers is not the absence of suffering — it is His presence within it.

28. Philippians 4:6–7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

This peace surpasses understanding — meaning you will not be able to explain why you have it. But you can have it even in grief.

29. Isaiah 57:1–2

"The righteous man perishes, and no one lays it to heart; devout men are taken away, while no one understands. For the righteous man is taken away from calamity; he enters into peace."

For those who die in Christ, death is not defeat. It is an entering into peace — a rest that cannot be disturbed.

30. 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."

Even when everything that felt stable is shaken, God remains a refuge. He is present — not distant, not delayed, but very present.

31. Numbers 6:24–26

"The Lord bless you and keep you; the Lord make his face to shine upon you and be gracious to you; the Lord lift up his countenance upon you and give you peace."

This ancient blessing has been spoken over God's people for thousands of years. In grief, it is a prayer worth receiving: the Lord give you peace.

SECTION 6 — Eternal Perspective and Reunion

32. John 14:1–3

"Let not your hearts be troubled. Believe in God; believe also in me. In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."

Jesus is preparing a place. Reunion is not a wish — it is a promise made by the one who conquered death.

33. Romans 8:38–39

"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."

Not even death can break this bond. If your loved one is in Christ and you are in Christ, you are both held by the same unbreakable love.

34. John 16:16

| *"A little while, and you will see me no longer; and again a little while, and you will see me."*

From eternity's perspective, the separation is a little while. It does not feel little — but compared to forever, it is.

35. 1 Corinthians 15:54–55

| *"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?'"*

Death does not get the final word. Christ has swallowed it up. The sting is temporary; the victory is eternal.

36. Revelation 7:17

| *"For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes."*

Those who have gone before us in Christ are not in darkness. They are shepherded by the Lamb Himself, and every tear has been wiped away.

SECTION 7 — Getting Through the Day

37. Psalm 119:28

| *"My soul melts away for sorrow; strengthen me according to your word!"*

The psalmist does not pretend he is fine. He admits the weariness and asks God for strength. That is enough of a prayer.

38. Psalm 31:9

| *"Be gracious to me, O Lord, for I am in distress; my eye is wasted from grief; my soul and my body also."*

David describes the physical weight of grief — exhausted eyes, weakened body. God understands that grief is not only emotional. It is physical.

39. Psalm 119:76

| *"Let your steadfast love comfort me according to your promise to your servant."*

Sometimes all you can do is claim God's promise and ask for comfort. That is a complete prayer.

40. Psalm 30:5

| *"For his anger is but for a moment, and his favour is for a lifetime. Weeping may tarry for the night, but joy comes with the morning."*

Morning is coming. It may not be tomorrow. It may not be next month. But it is coming — because God has promised it, and He does not break His promises.

SECTION 8 — 10 Short Verses to Whisper in the Dark

Sometimes you don't need a long passage. You need one line to hold onto. Here are ten short verses — small enough to memorise, strong enough to carry you.

41. Psalm 34:18

| *"The Lord is near to the brokenhearted."*

42. John 11:35

| *"Jesus wept."*

43. Psalm 46:10

| *"Be still, and know that I am God."*

44. Romans 8:28

| *"And we know that in all things God works for the good of those who love him."*

45. Isaiah 40:31

| *"But those who hope in the Lord will renew their strength."*

46. 2 Corinthians 4:17

| *"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all."*

47. Psalm 55:22

| *"Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."*

48. John 14:27

| *"Peace I leave with you; my peace I give you."*

49. Romans 8:18

| *"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."*

50. Revelation 21:5

| *"He who was seated on the throne said, 'I am making everything new!'"*

Morning Is Coming

Weeping may tarry for the night, but joy comes with the morning.

— Psalm 30:5

If all you can manage today is breathing in and out, that is enough. If the only prayer you can pray is *help*, God hears it. He is here. Right here. In the darkness with you.