

Ten Days of Comfort

When grief and difficult experiences hit us, the feeling of darkness can be overwhelming. We need a guiding light to enable us to take a new direction. Ask people and God for help! Perhaps these Bible words can also guide your steps. Feel free to read one numbered text a day. Take time to reflect.

1

Lament and Cry

- How long must I bear pain in my soul and have sorrow in my heart all day long? ... Consider and answer me, O Lord my God! *(Ps 13:2–3)*
- Give ear to my prayer, O God; do not hide yourself from my supplication. Attend to me and answer me; I am troubled in my complaint. *(Ps 55:1–2)*

2

You Are Not Alone

- The Lord is near to the brokenhearted and saves the crushed in spirit. *(Ps 34:18)*
- He heals the brokenhearted and binds up their wounds. *(Ps 147:3)*

3

You Can Start Over

- The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning ... *(La 3:22–23)*
- I am about to do a new thing; now it springs forth; do you not perceive it? I will make a way in the wilderness and rivers in the desert. *(Isa 43:19)*

4

Share Your Thoughts

- Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart ... *(Jer 29:12–13)*

5

Dare to Hope

- They cried to the Lord in their trouble, and he saved them from their distress; he brought them out of darkness and gloom, and broke their bonds apart. *(Ps 107:13–14)*
- For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. *(Jer 29:11)*

6

Rest

- Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. *(Matt 11:28)*
- He makes me lie down in green pastures; he leads me beside still waters ... *(Ps 23:2)*

7

Regain Strength

- He restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil, for you are with me ... *(Ps 23:3–4)*
- The Lord will guide you continually and satisfy your needs in parched places and make your bones strong, and you shall be like a watered garden, like a spring of water whose waters never fail. *(Isa 58:11)*

8

Look Ahead

- I waited patiently for the Lord; he inclined to me and heard my cry ... and set my feet upon a rock, making my steps secure. *(Ps 40:1–2)*
- Let your eyes look directly forward and your gaze be straight before you. *(Pr 4:25)*

9

Don't Be Afraid

- It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed. *(Deut 31:8)*
- For I, the Lord your God, hold your right hand; it is I who say to you, "Do not fear, I will help you." *(Isa 41:13)*

10

Stand Proud and Firm

- God is the strength of my heart and my portion forever. *(Ps 73:26)*
- The Lord will keep your going out and your coming in from this time on and forevermore. *(Ps 121:8)*

The Lord make
his face to shine
upon you ...

Numbers 6:25

BIBEL
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