



GRACE AFTER LOSS

GRACE IN THE BROKENNESS

A 5-DAY DEVOTIONAL
FOR THE GRIEVING
HEART

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GRACE IN THE BROKENNESS: A 5-DAY DEVOTIONAL FOR THE GRIEVING HEART

Dear Friend,

If you are holding this devotional, chances are you are walking through a season of deep loss. First, let me say—I am so sorry. Grief is heavy, unpredictable, and often lonely. But you are not alone here.

This devotional was written to walk gently with you through five days of comfort, rest, strength, beauty, and hope. Each day offers Scripture, reflection, prayer, and a journal prompt. It is not meant to rush you through grief or give you quick answers, but to remind you that the God who loves you is present in every tear and every sigh.

Take this devotional at your own pace. Some days you may want to linger with a single verse or thought, while on other days you may not feel ready to tackle that idea at all. That's okay. Let these pages meet you where you are, and trust that God's timing in your healing is tender and purposeful.

Psalm 34:18 promises us, “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” That is His heart for you—nearness in the brokenness.

My prayer is that these pages will be a companion as you lean on God's promises, discover moments of His peace, and slowly begin to see that even in sorrow, He is writing a story of grace.

With love and prayers,
Jane

DAY 1: GOD IS NEAR

SCRIPTURE:

"The Lord is near to the brokenhearted and saves the crushed in spirit." – Psalm 34:18

REFLECTION:

Grief has a way of making us feel isolated, like no one fully understands the depth of our pain. But Psalm 34:18 assures us of something powerful: God doesn't stand far away, watching from a distance. He draws close. He leans in. He sits with us in the very places we feel most broken.

When your heart aches or your spirit feels crushed, you are not forgotten. The Lord Himself is near, closer than your next breath. His presence is not just comfort — it is healing. Even when you can't put your feelings into words, He knows. And in His nearness, He promises to carry you through.

PRAYER:

Lord, thank You for being near to me, even when my heart is broken and my spirit feels heavy. Help me to sense Your presence today in the quiet moments. Remind me that I am never alone. Amen.

JOURNAL PROMPT:

Think of a moment when you felt unseen or alone in your grief. How does the truth of Psalm 34:18 change the way you view that experience?

[illegible]

DAY 2: GOD GIVES REST

SCRIPTURE:

Come to me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28)

REFLECTION:

Grief has a way of weighing us down—not just emotionally, but physically, mentally, and spiritually. Some days, even the simplest tasks feel heavy. Jesus knows this about us. That’s why His invitation is so tender: “Come to Me.” He doesn’t tell us to figure it all out, to be stronger, or to pretend we’re fine. Instead, He offers a safe place to lay down the exhaustion and burdens we’re carrying.

True rest isn’t just about sleep or escape—it’s about releasing what overwhelms us into His capable hands. Rest in Jesus means letting His peace hold you when your heart feels too tired to keep going. It’s the kind of rest that renews your soul and reminds you that you don’t have to carry this alone.

As you lean into His presence today, imagine handing Him the heaviness piece by piece. His promise is sure: He will give you rest.

PRAYER:

Jesus, You see how tired I am. Sometimes the weight of grief feels too much for me to carry. Thank You for inviting me to come to You just as I am. I lay down my burdens at Your feet today—every worry, every sorrow, every “what if.” Teach me how to rest in You and find peace that my soul desperately needs. Amen.

JOURNAL PROMPT:

What burden do I need to place in Jesus’ hands today? Write it down, and as you do, picture yourself releasing it to Him. How does it feel to let Him carry what you cannot?

DAY 3: GOD IS YOUR STRENGTH

SCRIPTURE:

“Do not grieve, for the joy of the Lord is your strength.” – Nehemiah 8:10

REFLECTION:

When grief feels heavy, the idea of “joy” can almost seem out of reach. But the joy of the Lord isn’t about pretending we’re happy or ignoring the pain of loss. Happiness shifts with circumstances; joy is rooted in God’s presence. It’s a fruit of the Spirit that grows even in sorrow, especially when we choose gratitude.

As you reflect on the life of your loved one, gratitude becomes a pathway to strength. Gratitude that you shared moments together. Gratitude that their suffering is over. Gratitude that God promises to be near to the brokenhearted. This kind of thanksgiving doesn’t erase grief—but it makes space for the joy of the Lord to steady you.

Nehemiah’s words weren’t an instruction to stop grieving altogether, but an invitation not to grieve without hope. When God is in the picture, grief and joy can coexist. The joy that rises in His presence is what brings healing to brokenness. His joy becomes the strength that carries you through.

PRAYER:

Lord, thank You that joy is not something I have to create on my own, but a gift that comes from You. Help me to lean into gratitude even in my grief, and to find strength in the joy of Your presence. May that joy bring healing to my broken places. Amen.

JOURNAL PROMPT:

Take a moment to write down three things you’re grateful for—whether it’s a memory of your loved one, a kind word from a friend, or simply God’s presence with you.. As you write, speak it aloud. Ask God to let gratitude open the door to His joy, and to strengthen your heart today.

DAY 4: BEAUTY FOR ASHES

SCRIPTURE:

“to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair.” – Isaiah 61:3

REFLECTION:

When grief leaves us feeling scattered and fragile, it can seem as though all that’s left are ashes—memories of what once was, burned-down remnants of dreams we cherished. But ashes are not the end of the story. Ashes are also what gardeners place into the soil, because within them are nutrients that can help new life grow.

God promises to take what feels like the ruins of our lives and transform them into something we could never imagine on our own. His hands can shape beauty from the very places we thought were beyond repair. That beauty, while it doesn’t erase the loss, quietly appears in a moment of peace, in a memory that warms your heart, in the kindness of a friend, or in the assurance of His presence. These glimpses are His way of reminding you that His love is stronger than sorrow, and your ashes are not wasted.

PRAYER:

Father, take my ashes and breathe Your life into them. Where I see only loss, help me trust in the beauty You are creating. Let my heart begin to hope again, knowing You are the One who restores and makes all things new. Amen.

JOURNAL PROMPT:

Think of one moment, big or small, where God brought light into your darkness. How did that glimpse of beauty remind you of His nearness? Write it down, and then ask Him to open your eyes to new ways He is weaving beauty from your ashes even now.

DAY 5: COMFORTED TO COMFORT

SCRIPTURE:

“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.” — 2 Corinthians 1:3–4

REFLECTION:

Grief has a way of pressing in on us—it can feel crushing. But Scripture reminds us that even crushing has purpose when surrendered to God. Just as olives must be crushed to release oil and grapes pressed to produce wine, so too, our pain—though never desired—can release something that heals and nourishes. Oil soothes wounds; wine gladdens the heart. In the same way, the comfort God pours into us during grief can become healing balm for others.

Jesus Himself endured crushing beyond anything we can imagine. He was pierced and crushed for us, and from His suffering flowed salvation, peace, and healing. Because of His sacrifice, we can trust that our crushing is not meaningless. God’s comfort is not meant only for us—it is meant to overflow. Out of the ashes of our sorrow, He allows us to comfort others with the same tenderness we have received.

When you share your story, your tears, or even your quiet presence with someone else in pain, you are passing on the oil and wine of God’s comfort. Your grief, refined by His nearness, becomes a vessel of hope for others.

PRAYER:

Father of compassion, thank You for being with me in my crushing places and for holding me when I feel broken. I ask that You take my pain and use it to bring healing to others. Make me a vessel of Your comfort and a witness to Your goodness, even in the midst of sorrow. Amen.

JOURNAL PROMPT:

Think of someone who is hurting right now. How might you offer them comfort—not out of your own strength, but from the comfort God has given you? Write down one practical step you can take this week to pour healing oil or refreshing wine into another’s life.

A CLOSING WORD

As you reach the end of these five days, I hope you've felt the nearness of God in your grief. Healing is not a straight path, and it does not have a timetable. There will be days of deep sorrow and days of quiet joy. Yet through it all, God remains—faithful, gentle, and present.

Remember this: The comfort you have received from Him is not wasted. In time, it may overflow to touch others who are hurting, just as Paul reminds us in 2 Corinthians 1:3–4. Your tears matter to God, and your story, even with its pain, can become a testimony of His sustaining grace.

If this devotional has spoken to your heart, I invite you to stay connected. You'll find more encouragement, resources, and community at [Grace After Loss](#), where we walk together in faith, healing, and hope.

May the Lord bless you, keep you, and surround you with His peace as you continue forward.

With grace,

Jane