

The **7** Foundations of **Faith**

(30 Scriptures for Steadfast Trust)

Volume 7 **Comfort in Grief**

Rooted in Scripture.
Strengthened in Faith.
Steadfast in Christ.

RETAG Foundation

About This Series

The *7 Foundations of Faith* series was created to provide believers with a structured and Scripture-centered journey through the essential pillars of Christian life.

In a time when fear, uncertainty, and emotional instability are common, we believe the answer is not found in human motivation but in the unchanging Word of God.

Each volume in this series focuses on one foundational area of spiritual growth:

- Fear & Anxiety
- Worry & Stress
- Healing & Restoration
- Hope & Future
- Love
- Strength & Encouragement
- Comfort in Grief

These journals are designed to help you slow down, reflect deeply, and anchor your heart in biblical truth over 30 days.

This is not a quick devotional. It is a guided Scripture discipline.

Our prayer is that through daily meditation on God's Word, your mind would be renewed, your faith strengthened, and your heart steadied in Christ.

How to Use This Guide

This journal is designed to be used over 30 days.

Each day includes:

- A carefully selected Scripture
- A key biblical truth
- Reflection questions
- A guided prayer
- Space for personal journaling

We encourage you to:

- 1. Read** the Scripture slowly and thoughtfully.
- 2. Reflect** honestly on the questions.
- 3. Write** your response without rushing.
- 4. Pray** the provided prayer as a starting point, then continue in your own words.

Consistency matters more than speed.

Set aside a specific time each day.

Return to the previous entries as needed.

Allow Scripture—not emotion—to shape your understanding.

30 Scriptures for Steadfast Trust

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Matthew 5:4	Psalms 34:18	2 Corinthians 1:3–4	Revelation 21:4	Psalms 147:3
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
John 14:1–3	Isaiah 66:13	Psalms 23:1–4	Romans 8:18	1 Thessalonians 4:13–14
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Psalms 73:26	Isaiah 41:10	Lamentations 3:22–23	Psalms 116:15	John 11:25
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Psalms 30:5	2 Corinthians 4:17	Psalms 9:9	Isaiah 25:8	Psalms 55:22
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Romans 15:13	Psalms 56:8	Hebrews 4:15–16	Psalms 27:10	Isaiah 49:13
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Psalms 31:9	Romans 12:15	Psalms 6:6	Isaiah 53:4	John 16:22

PHASE 1

God Near the Brokenhearted

DAY 1 /	DAY 2 /	DAY 3 /	DAY 4 /	DAY 5 /
Matthew 5:4	Psalms 34:18	2 Corinthians 1:3-4	Revelation 21:4	Psalms 147:3
DAY 6 /	DAY 7 /	DAY 8 /	DAY 9 /	DAY 10 /
John 14:1-3	Isaiah 66:13	Psalms 23:1-4	Romans 8:18	1 Thessalonians 4:13-14

DAY 1 “Comfort in Christ”

Matthew 5:4 (WEB)
Blessed are those who mourn,
for they shall be comforted.

Reflection

1. What loss or sorrow are you carrying that you have not brought to God in faith?
2. How would your grief change if you believed Christ’s comfort is sure and holy?

Prayer

Father, You bless those who mourn and You promise real comfort. Forgive me for turning grief into bitterness or unbelief. Teach me to mourn under Your truth, not apart from it. Comfort me through Christ, and make my sorrow produce humility, dependence, and obedience.

Journal

DAY 2 “God is near”

Psalm 34:18 (WEB)

Yahweh is near to those who have a broken heart,
and saves those who have a crushed spirit.

Reflection

1. Where do you feel crushed in spirit, as if you have no strength left?
2. What would it look like to trust God’s nearness instead of retreating into isolation?

Prayer

Yahweh, You are near to the brokenhearted and You save the crushed in spirit. Forgive me for believing my pain pushes You away. Draw me to Your presence with reverent confidence. Restore my heart to steady trust, and help me walk faithfully in the strength You provide.

Journal

DAY 3 “God of comfort”

2 Corinthians 1:3–4 (WEB)

3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,

4 who comforts us in all our affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God.

Reflection

1. Where do you need God’s mercy more than explanations right now?
2. How might God use your comfort in Christ to strengthen someone else?

Prayer

Father, You are the God of all comfort and the Father of mercies. Forgive me for demanding comfort without surrender to Your purposes. Comfort me in my affliction through Your Word and the hope of Christ. Make me humble and ready to serve others with the same comfort You give.

Journal

DAY 4 *“Tears will end”*

Revelation 21:4 (WEB)

He will wipe away every tear from their eyes. Death will be no more; neither will there be mourning, nor crying, nor pain any more. The first things have passed away.

Reflection

1. What present pain feels like it will never end?
2. How does the promise of God’s final renewal reshape your endurance today?

Prayer

Lord, You promise a day when tears, death, mourning, crying, and pain will be no more. Forgive me for living as though this broken world is my final home. Strengthen my hope in the coming kingdom secured by Christ. Teach me to grieve with faith and to endure with obedience until You make all things new.

Journal

DAY 5 “God binds wounds”

Psalm 147:3 (WEB)
He heals the broken in heart,
and binds up their wounds.

Reflection

1. What wound has been shaping your thoughts and reactions lately?
2. Where do you need God to bind you up rather than trying to numb the pain?

Prayer

Father, You heal the brokenhearted and You bind up wounds with wise care. Forgive me for hiding pain behind distraction or pride. Teach me to seek Your healing through prayer, Scripture, and faithful counsel. Restore me so my life reflects trust in Christ and steady love toward others.

Journal

DAY 6 “Christ prepares home”

John 14:1–3 (WEB)

1 “Don’t let your heart be troubled. Believe in God. Believe also in me.

2 In my Father’s house are many homes. If it weren’t so, I would have told you. I am going to prepare a place for you.

3 If I go and prepare a place for you, I will come again and will receive you to myself; that where I am, you may be there also.

Reflection

1. What is troubling your heart that you keep replaying in your mind?
2. How would belief in Christ’s promises change the way you face grief today?

Prayer

Lord Jesus, You command troubled hearts to believe, and You speak with authority and kindness. Forgive me for letting fear govern my inner life. Strengthen my faith in Your promise to prepare a place and to come again. Keep me anchored in Your presence and hopeful obedience until I am with You.

Journal

DAY 7 “God comforts you”

Isaiah 66:13 (WEB)

As one whom his mother comforts, so I will comfort you.
You will be comforted in Jerusalem.”

Reflection

1. Where do you need comfort that is gentle yet steady and true?
2. What keeps you from receiving God’s comfort with humility and trust?

Prayer

Father, You promise comfort that is personal and faithful. Forgive me for resisting Your care when sorrow feels heavy. Teach me to receive Your comfort without demanding my own terms. Let Your comfort lead me to worship, repentance, and renewed strength in Christ.

Journal

DAY 8 “Shepherd with you”

Psalm 23:1–4 (WEB)

1 Yahweh is my shepherd; I shall lack nothing.

2 He makes me lie down in green pastures. He leads me beside still waters.

3 He restores my soul. He guides me in the paths of righteousness for his name’s sake.

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.

Reflection

1. What “valley” are you walking through that makes you fear evil?
2. How can you follow the Shepherd’s guidance instead of forcing your own path?

Prayer

Yahweh, You are my Shepherd and You do not abandon Your flock. Forgive me for acting as though I must secure myself by control. Restore my soul and guide me in righteousness for Your name’s sake. Comfort me in the valley and make me fearless through trust in Your presence.

Journal

DAY 9 “*Glory outweighs pain*”

Romans 8:18 (WEB)

For I consider that the sufferings of this present time are not worthy to be compared with the glory which will be revealed toward us.

Reflection

1. What suffering is tempting you to lose perspective and hope?
2. How can you set your mind on coming glory while still living faithfully today?

Prayer

Father, teach me to weigh present suffering against promised glory with biblical clarity. Forgive me for treating temporary pain as ultimate reality. Strengthen my endurance with hope grounded in Christ. Help me live obediently now, confident that Your glory will be revealed as You have promised.

Journal

DAY 10 “Grieve with hope”

1 Thessalonians 4:13–14 (WEB)

13 But we don’t want you to be ignorant, brothers, concerning those who have fallen asleep, so that you don’t grieve like the rest, who have no hope.

14 For if we believe that Jesus died and rose again, even so God will bring with him those who have fallen asleep in Jesus.

Reflection

1. How has grief been pressing you toward hopeless thinking?
2. How does Jesus’ death and resurrection redefine the way you mourn?

Prayer

Lord, You do not forbid grief, but You forbid hopeless grief. Forgive me for mourning as though death has the final word. Strengthen my faith that Jesus died and rose again and that You will bring with Him those asleep in Jesus. Teach me to grieve with reverence, hope, and steady trust in Christ.

Journal

PHASE 2

Lament & Trust

DAY 11 /	DAY 12 /	DAY 13 /	DAY 14 /	DAY 15 /
Psalm 73:26	Isaiah 41:10	Lamentations 3:22–23	Psalm 116:15	John 11:25
DAY 16 /	DAY 17 /	DAY 18 /	DAY 19 /	DAY 20 /
Psalm 30:5	2 Corinthians 4:17	Psalm 9:9	Isaiah 25:8	Psalm 55:22

DAY 11 “*God is your portion*”

Psalm 73:26 (WEB)

My flesh and my heart fails,
but God is the strength of my heart and my portion forever.

Reflection

1. Where do you feel your strength failing in a way that frightens you?
2. What would it mean to treat God Himself as your portion, not merely His gifts?

Prayer

Father, when my flesh and heart fail, You remain the strength of my heart. Forgive me for seeking security in what cannot last. Teach me to rest in You as my portion forever through Christ. Make my weakness a place of deeper worship and faithful obedience.

Journal

DAY 12 “*God upholds you*”

Isaiah 41:10 (WEB)

Don't you be afraid, for I am with you. Don't be dismayed, for I am your God. I will strengthen you. Yes, I will help you. Yes, I will uphold you with the right hand of my righteousness.

Reflection

1. What fear is making you feel dismayed and unstable right now?
2. How can you practically lean on God's promise to uphold you today?

Prayer

Yahweh, You command me not to fear because You are with me. Forgive me for letting fear dictate my choices. Strengthen me, help me, and uphold me by Your righteous hand. Teach me to stand firm in Christ with steady confidence in Your character.

Journal

DAY 13 “Mercies are new”

Lamentations 3:22–23 (WEB)

22 It is because of Yahweh’s loving kindnesses that we are not consumed, because his mercies don’t fail.

23 They are new every morning. Great is your faithfulness.

Reflection

1. What would change if you began today expecting God’s mercy, not condemnation?
2. Where do you need to remember God’s faithfulness instead of rehearsing despair?

Prayer

Yahweh, Your loving kindness keeps me from being consumed, and Your mercies do not fail. Forgive me for forgetting Your faithfulness when sorrow is loud. Give me a thankful heart to receive new mercy each morning. Strengthen my trust in Christ, who proves Your steadfast love.

Journal

DAY 14 “*God values saints*”

Psalm 116:15 (WEB)

Precious in Yahweh’s sight is the death of his saints.

Reflection

1. How does this truth confront the fear that death is meaningless or ignored?
2. What does it look like to entrust the life and death of believers to God’s care?

Prayer

Yahweh, You are not indifferent to the death of Your saints. Forgive me for thinking loss is unseen or wasted. Teach me to honor Your sovereignty with reverent trust. Comfort me with the assurance that Your people are precious to You and kept in Christ.

Journal

DAY 15 “Christ is life”

John 11:25 (WEB)

Jesus said to her, “I am the resurrection and the life. He who believes in me will still live, even if he dies.

Reflection

1. Where does death or loss threaten your confidence in God’s goodness?
2. How does believing Christ is the resurrection shape your daily hope?

Prayer

Lord Jesus, You are the resurrection and the life, and Your word is true. Forgive me for fearing death as though You have not conquered it. Strengthen my faith to believe and to live with eternal perspective. Help me walk in obedience and comfort, knowing life in You cannot be lost.

Journal

DAY 16 “Joy comes morning”

Psalm 30:5 (WEB)

For his anger is but for a moment. His favor is for a lifetime.

Weeping may stay for the night, but joy comes in the morning.

Reflection

1. What “night” season are you in that tempts you to believe joy will not return?
2. How can you interpret your sorrow under God’s favor rather than under fear?

Prayer

Father, You teach me that weeping may stay for the night, but joy comes in the morning. Forgive me for despair that forgets Your favor. Give me patience to wait for Your appointed morning. Keep me faithful in Christ as You turn sorrow into joy according to Your wisdom.

Journal

DAY 17 *“Affliction bears glory”*

2 Corinthians 4:17 (WEB)

For our light affliction, which is for the moment, works for us more and more exceedingly an eternal weight of glory,

Reflection

1. What affliction feels “heavy” and constant to you right now?
2. How can you submit your suffering to God’s purpose without minimizing real pain?

Prayer

Father, You are working even through affliction to produce eternal glory. Forgive me for measuring Your goodness by comfort alone. Teach me to endure with faith that looks beyond what is temporary. Strengthen me in Christ so my suffering is met with obedience, hope, and worship.

Journal

DAY 18 “God is refuge”

Psalm 9:9 (WEB)

Yahweh will also be a high tower for the oppressed;
a high tower in times of trouble.

Reflection

1. Where do you feel oppressed by sorrow, pressure, or fear right now?
2. What would it look like to run to God as your high tower instead of coping alone?

Prayer

Yahweh, You are a high tower for the oppressed in times of trouble. Forgive me for seeking refuge in distractions that cannot save. Draw me into Your protection through prayer and faith. Keep me steady in Christ, secure under Your rule.

Journal

DAY 19 *“Death will be swallowed”*

Isaiah 25:8 (WEB)

He has swallowed up death forever! The Lord Yahweh will wipe away tears from off all faces. He will take the reproach of his people away from off all the earth, for Yahweh has spoken it.

Reflection

1. What reproach or shame has grief stirred up in your heart?
2. How does God’s promise to swallow death forever strengthen you to persevere?

Prayer

Lord Yahweh, You have spoken and You will accomplish what You promise. Forgive me for living as though death still rules without limit. Comfort me with the certainty that You will wipe away tears and remove reproach. Anchor my hope in Christ, and teach me to endure with reverent confidence.

Journal

DAY 20 *“Cast your burden”*

Psalm 55:22 (WEB)

Cast your burden on Yahweh and he will sustain you.
He will never allow the righteous to be moved.

Reflection

1. What burden are you refusing to release because you fear losing control?
2. How can you practice casting your burden on Yahweh in a specific habit today?

Prayer

Yahweh, You command me to cast my burden on You, and You promise to sustain. Forgive me for holding burdens as though my strength is enough. Teach me to entrust every weight to Your care through prayer and obedience. Keep me unmoved in Christ, steady under Your faithful hand.

Journal

PHASE 3

Hope Beyond Loss

DAY 21 /	DAY 22 /	DAY 23 /	DAY 24 /	DAY 25 /
Romans 15:13	Psalms 56:8	Hebrews 4:15-16	Psalms 27:10	Isaiah 49:13
DAY 26 /	DAY 27 /	DAY 28 /	DAY 29 /	DAY 30 /
Psalms 31:9	Romans 12:15	Psalms 6:6	Isaiah 53:4	John 16:22

DAY 21 “God fills with hope”

Romans 15:13 (WEB)

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

Reflection

1. Where has grief drained your joy and left your faith thin?
2. How can you depend on the Holy Spirit to abound in hope today?

Prayer

God of hope, fill me with joy and peace in believing Your Word. Forgive me for unbelief that turns grief into despair. Strengthen me by the power of the Holy Spirit to abound in hope. Keep my eyes on Christ, and make my heart steady in worship and obedience.

Journal

DAY 22 “*God keeps your tears*”

Psalm 56:8 (WEB)

You count my wanderings. You put my tears into your container.
Aren't they in your book?

Reflection

1. What does it reveal about God that He counts your wanderings and keeps your tears?
2. Where do you need to stop pretending you are fine and speak honestly to Him?

Prayer

Father, You are not distant from my sorrow; You record and remember. Forgive me for thinking my tears are unnoticed or useless. Teach me to pray plainly and trust Your careful attention. Comfort me in Christ, and lead me forward with faith as You hold every detail in Your book.

Journal

DAY 23 “Jesus sympathizes”

Hebrews 4:15–16 (WEB)

15 For we don’t have a high priest who can’t be touched with the feeling of our infirmities, but one who has been in all points tempted like we are, yet without sin.

16 Let’s therefore draw near with boldness to the throne of grace, that we may receive mercy and may find grace for help in time of need.

Reflection

1. Where do you feel misunderstood in your weakness and grief?
2. What would boldness at the throne of grace look like in your prayer today?

Prayer

Lord Jesus, You are a sympathetic High Priest who knows weakness without sin. Forgive me for avoiding prayer when I most need mercy. Teach me to draw near with boldness, trusting Your intercession. Give me grace for help in time of need and keep me faithful to You.

Journal

DAY 24 “God takes you in”

Psalm 27:10 (WEB)

When my father and my mother forsake me,
then Yahweh will take me up.

Reflection

1. Where do you fear abandonment or feel left behind?
2. How can you rest in God’s receiving love rather than seeking human approval?

Prayer

Yahweh, even when human support fails, You take Your people up. Forgive me for seeking ultimate security in people who cannot carry my soul. Teach me to rest in Your receiving love and faithful presence. Hold me close in Christ and keep me steady in obedience.

Journal

DAY 25 “God comforts afflicted”

Isaiah 49:13 (WEB)

Sing, heavens, and be joyful, earth! Break out into singing, mountains!
For Yahweh has comforted his people, and will have compassion on his afflicted.

Reflection

1. What would it mean to worship God even while you still feel afflicted?
2. Where do you need to believe God’s compassion is real, not theoretical?

Prayer

Yahweh, You comfort Your people and You have compassion on the afflicted. Forgive me for assuming my affliction disqualifies me from praise. Teach me to worship with honesty and faith. Let Your compassion strengthen me to endure and to walk faithfully with Christ.

Journal

DAY 26 “*Mercy in distress*”

Psalm 31:9 (WEB)

Have mercy on me, Yahweh, for I am in distress.

My eye, my soul, and my body waste away with grief.

Reflection

1. What part of your grief feels like it is affecting your whole being—mind, body, and soul?
2. How can you ask for mercy without demanding your own timetable?

Prayer

Yahweh, I am in distress and I come to You for mercy. Forgive me for trying to appear strong while my soul wastes away in grief. Teach me to pray with humility and patience under Your hand. Sustain me through Christ, and guide me in faithful steps as You heal and restore.

Journal

DAY 27 *“Weep with others”*

Romans 12:15 (WEB)

Rejoice with those who rejoice. Weep with those who weep.

Reflection

1. Whose sorrow are you being called to enter with humility and presence?
2. How can you weep with others without trying to fix them or make it about you?

Prayer

Father, You command love that shares both joy and grief. Forgive me for avoiding others' pain or offering empty words. Teach me to weep with those who weep with sincere compassion. Make me faithful in Christ to serve, listen, and pray with steady strength.

Journal

DAY 28 “God hears weeping”

Psalm 6:6 (WEB)

I am weary with my groaning. Every night I flood my bed.
I drench my couch with my tears.

Reflection

1. What has been keeping you awake with groaning and tears?
2. How can you bring your weariness to God instead of letting it harden your heart?

Prayer

Lord, You see the nights filled with tears and You are not indifferent. Forgive me for turning weariness into despair or anger. Teach me to pour out my grief before You with faith, not accusation. Sustain me in Christ and give me strength to endure one day at a time.

Journal

DAY 29 “Christ bore sorrow”

Isaiah 53:4 (WEB)

Surely he has borne our sickness and carried our suffering;
yet we considered him plagued, struck by God, and afflicted.

Reflection

1. How does Christ carrying suffering reshape the way you view your pain?
2. Where do you need to trust the Savior’s compassion more than your assumptions?

Prayer

Lord Jesus, You have borne sickness and carried suffering with humble obedience. Forgive me for doubting Your compassion when grief is heavy. Teach me to see the cross as proof of Your love and Your willingness to enter our affliction. Help me trust You fully and walk in faith under Your wise care.

Journal

DAY 30 *“Joy cannot be stolen”*

John 16:22 (WEB)

Therefore you now have sorrow, but I will see you again, and your heart will rejoice, and no one will take your joy away from you.

Reflection

1. What sorrow are you carrying that makes joy seem impossible right now?
2. How can you anchor your joy in Christ’s promise rather than changing circumstances?

Prayer

Lord Jesus, You acknowledge real sorrow and You promise lasting joy. Forgive me for seeking joy in fragile things that can be taken away. Strengthen my faith to trust that You will see Your people again and cause hearts to rejoice. Keep me faithful until the joy You give is fully revealed and cannot be stolen.

Journal

About RETAG FOUNDATION

Retag Foundation is a federally incorporated evangelical Christian nonprofit organization in North America.

Our mission is to strengthen pastors, seminary students, missionaries, and their families by reconnecting churches, households, and ministry fields around faithful stewardship and prayer-centered support.

We believe that healthy ministry ecosystems are built on:

- Biblical truth
- Spiritual accountability
- Financial integrity
- Long-term faithfulness

This Scripture series is part of our broader commitment to providing solid, accessible biblical resources that help believers stand firm in Christ.

For more information, visit:

<https://retagfund.org>

