

A person stands in a vast, flat, snow-covered landscape under a dark night sky filled with stars and the Milky Way. The person is wearing a dark jacket and pants, and a small red light is visible on their back. The horizon is a thin line of orange light, suggesting a distant city or the glow of the setting or rising sun.

BY CRYSTALENE REYES

A MINI EBOOK
FROM DIVINELY
GUIDED BOOKS

FINDING
God IN THE
Darkness

Finding God in the Darkness

Crystalene Reyes

A Mini eBook

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Scripture References:

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Disclaimer:

This book is intended to provide encouragement and inspiration. It is not intended as a substitute for professional mental health advice, diagnosis, or treatment. If you are struggling with grief or depression, please seek the help of a licensed counselor, pastor, or medical professional.

Fictional Character Note:

The character “Grace” is fictional and used symbolically to represent the lived experience of grief in various forms. Her story is not based on any specific individual.

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*“Grief is the last act of love we give to those we loved. Where
there is deep grief, there was great love.”*

— Anonymous

*“The Lord is close to the brokenhearted and saves those who
are crushed in spirit.”*

— Psalm 34:18 (NIV)

Finding God in the Darkness



“You are not alone.. There is hope.. You will heal..”

Grace sat in her parked car for nearly thirty minutes, staring out the windshield but seeing nothing. No tears came. They had already dried up in the night. Just hours earlier, she had smiled through a video call, encouraged a friend, packed a lunch, and gone to work like nothing was wrong. But inside, something had shifted—something had died. It wasn't a person this time. It was a hope she had carried quietly for years. A silent expectation that things would turn around, that the relationship would heal, that the door would open. Instead, it had slammed shut—and the sound echoed through her chest like thunder.

You see, many of us don't always call it grief. Sometimes we say we're just tired. Disappointed. Hurt. But grief is often hiding behind our clenched smiles and our “I'm fine” replies. It's the ache beneath our productivity, the heaviness in our laughter, the fog that lingers after life doesn't go as planned. It's what we feel when something we counted on is no longer there. And the truth is—grief doesn't

wait for a funeral to show up. It walks into boardrooms, hospital rooms, nursery rooms, and bedrooms. It touches everyone... eventually.

Grief has many faces. Sometimes it wears the black veil of mourning at a funeral. Other times, it sits in silence at a kitchen table where laughter once lived. It doesn't only knock on the door after death. It arrives uninvited after the loss of a job, the end of a friendship, a miscarriage, a betrayal, or the shattering of a dream once held with trembling hope. Grief, in its many forms, is the soul's natural response to loss.

The world often associates grief solely with death, but Scripture tells a broader story. Grief can be the ache of a barren womb, like Hannah's. It can be the sting of rejection, like Joseph's. It can be the sorrow of watching a nation reject God, like Samuel's. It is a spiritual, emotional, and physical cry of the heart that says, "Something that mattered deeply to me is no longer here."

Thankfully for us, the Bible does not shame the grieving heart. Instead, it validates it. Ecclesiastes 3:4 tells us there is "a time to weep and a time to laugh, a time to mourn and a time to dance." These are not suggestions; they are seasons. It tells us that there is a time for tears. In Scripture, we see Jesus Himself, fully divine yet fully human, weeping at the tomb of Lazarus (John 11:35), even though He knew resurrection was coming. His tears weren't theatrical—rather, they were a holy acknowledgment of the pain that death brings. His grief tells us something powerful: if the Son of God wasn't ashamed to cry, neither should we be. It confirms to us that the Creator of the universe, the Savior of

men is no cold, unfeeling, impersonal deity. He loves, He cares and He weeps for men in their misery.

Another of the most compelling biblical pictures of grief is also found in the life of the prophet, Samuel. In 1 Samuel 16:1, the prophet, Samuel, is grieving over King Saul, whom God has rejected as ruler over Israel due to his repeated disobedience. Samuel had anointed Saul himself, mentored him, and invested in him as Israel's first king. His mourning reflects both personal disappointment and national concern. Yet God gently interrupts Samuel's grief, asking, "How long will you mourn for Saul, seeing I have rejected him from reigning over Israel?" But you see, Saul had not just been Israel's first king; he had been Samuel's personal investment. When Saul failed, Samuel didn't just lose a king—he lost a relationship, a vision, and perhaps a dream of what could have been. He was grieving not just Saul, but the collapse of a hope.

Understanding this, God didn't scold Samuel for grieving. He let him mourn. But at some point, the mourning became a weight. It had done its work and begun to become a hindrance. You see, we must recognize that grief is a sacred place, but it is not a permanent residence. "How long?" God asks. It's a question not of guilt, but of grace. It is God reaching down to say, 'You've cried. You've sat with sorrow. Now rise, because there is still more for you to do.' This moment in Samuel's life teaches us something critical: grief is natural, but staying in it too long can paralyze your purpose. God acknowledges our pain, but He also calls us forward.

Grief is a process and it's important for us to understand and identify its appearance. Modern psychology often describes grief in stages: denial, anger, bargaining, depression, and acceptance. While not linear, these stages provide language for a journey that Scripture has long described in narrative form.

As we read God's Word, we are introduced to the character of David. David was a shepherd, warrior, poet, and king—one of the most complex and beloved figures in all of Scripture. Chosen by God while still a young boy tending sheep in Bethlehem, David was the one who had been anointed by the prophet Samuel to be Israel's future king, even as Saul still sat on the throne. Though underestimated by others, God saw in David a heart that pursued Him. Over time, David became known for his military victories, his psalms of worship, and his deep, personal relationship with God. Yet his life was also marked by profound flaws and failures, including moral compromise and family turmoil. Through it all, David remained a man after God's own heart—not because he was perfect, but because he always returned to God in humility and repentance. His life paints a vivid portrait of both divine calling and human struggle.

In David's life, for instance, we see grief after the death of his infant son in 2 Samuel 12. This child had been born from David's union with Bathsheba, a relationship marked by sin and sorrow. When the child fell ill, David fasted, wept, and lay on the ground for days, pleading with God for mercy. Yet when the child died, David did something unexpected—he rose, washed, worshipped, and resumed life. His servants

were astonished, but David explained, “Can I bring him back again? I shall go to him, but he will not return to me” (v. 23). This moment reveals a man who deeply mourned yet also trusted God’s sovereignty. David’s grief was real, but it did not consume him—he gave it its time, then moved forward in faith. His grief didn’t vanish; it matured into hope. This is a key truth: healthy grief doesn’t erase the pain. It transforms it into something God can use—compassion, wisdom, deeper love.

Let’s journey over to a woman named Hagar. Hagar’s grief is the kind that comes from abandonment and injustice. In Genesis 21, she is cast out into the wilderness with her son, Ishmael. She did not choose this path. It was chosen for her. Rejected by Sarah, her mistress, and dismissed by Abraham, the child’s father, she finds herself in a barren place with an empty water skin and a dying child. The Bible says, “Then she went and sat down across from him at a distance of about a bowshot; for she said to herself, ‘Let me not see the death of the boy.’ So she sat opposite him, and lifted her voice and wept” (Genesis 21:16, NKJV). That weeping was grief. It was the cry of a mother watching her future fade. She placed her son under a bush, not out of neglect, but because her heart could not bear to watch him die. It was the ultimate act of surrender—laying her grief down and crying out.

Yet in that moment of deep anguish, God heard the voice of the lad (v.17). Grief may feel silent, but heaven listens. God responded, opened her eyes, and showed her a

well of water. Where she saw the end, God revealed a beginning. Hagar's wilderness wasn't the death of her promise; it was the place of divine intervention. For every person grieving the loss of support, stability, or hope—Hagar's story says: God sees you in the wilderness. He hears your weeping. He has not forgotten you or your child. Grief may have cast you down, but grace will lift you up.

Scriptural grief doesn't just end there though! Grief isn't always the loss of a person—it's often the loss of place, safety, and belonging. Joseph experienced this in Genesis 37 when his own brothers stripped him of his robe and cast him into a pit. That act was more than physical violence. It was a betrayal of identity. He was grieving the loss of family, favor, and future—all at once.

Joseph was the beloved son of Jacob and Rachel, favored among his brothers and marked from a young age by prophetic dreams that hinted at a destiny of leadership and influence. His father's visible affection—symbolized by the richly ornamented robe he gave Joseph—only deepened the resentment of his older brothers. Yet beneath Joseph's youthful confidence was a heart not yet prepared for the weight of his calling.

Betrayed by those closest to him, Joseph's life was suddenly shattered. The pit became his introduction to a long season of suffering: sold into slavery, falsely accused, and imprisoned. Yet through every loss, God was shaping him. Joseph's grief was layered—it was about more than just displacement. It was the ache of being misunderstood, forgotten, and removed from everything familiar. Still, his

story teaches us that even in the darkest places, God is present, preparing something greater.

That pit became a symbol of forced transition, a place where he was trapped between what was and what would be. Sometimes grief feels like that: dark, unfair, and inescapable. You didn't ask for the loss. You didn't deserve the pain. Yet here you are. What's profound is what comes later. Joseph, looking back, says to his brothers, "You meant evil against me; but God meant it for good..." (Genesis 50:20). That's not a cliché—it's testimony. The grief didn't end his story; it redirected it. God never wastes pain. The pit that once symbolized loss became the platform for preservation.

Grief is something that shows up in hospital rooms when a diagnosis changes your life. It shows up in living rooms when someone walks out and doesn't come back. It shows up in the heart of a woman or man who gave everything to a friendship or a job or a church, only to be discarded without explanation. There are women grieving over lost fertility. Men grieving failed dreams. Children grieving the absence of fathers who are still alive but emotionally distant. Grief wears different clothes, but the ache is familiar. It's the longing for what was or what could have been.

I spoke to a woman recently who said, "I didn't cry at my divorce. I cried six months later at the grocery store when I saw his favorite cereal and remembered he wouldn't be coming back." That's how grief works—it sneaks up. It doesn't wait for the right time. It just comes. And when it

does, we need more than advice. We need presence. We need hope. We need a Savior who understands sorrow.

This is what we find in Christ: a Savior who understands grief. The prophet Isaiah gave Him this title: “A Man of sorrows and acquainted with grief” (Isaiah 53:3, NKJV). This wasn’t poetic language—it was prophecy fulfilled in a Savior who wept at Lazarus’s tomb, who grieved over Jerusalem, and who carried the full weight of humanity’s pain on His shoulders.

Jesus did not bypass grief; He bore it. He embraced it. He stood in it so we would never grieve alone. The shortest verse in Scripture—“Jesus wept” (John 11:35)—is among the most powerful. It reveals the God who does not despise your tears but collects them (Psalm 56:8); the God who does not rush your healing but walks with you through the valley of the shadow of death.

What’s even greater is that He does not only sympathize—He redeems. He takes broken pieces and breathes life into them. His resurrection wasn’t just about power over death; it was a declaration that grief would never have the final word. In Him, death is not the end. It’s the soil from which hope can rise.

How can we then name the journey of grief? As mentioned earlier on, psychologists have often identified stages of grief—denial, anger, bargaining, depression, and acceptance. While not always linear, these stages offer a framework for the emotional chaos that grief brings. And it is

important to note that Scripture does not shy away from any of these:

Denial was Sarah laughing at the promise of a child in her old age.

Anger was Moses striking the rock instead of speaking to it.

Bargaining was David pleading for his child's life through fasting and prayer.

Depression was Elijah under the broom tree, asking God to take his life.

Acceptance was Job saying, "The Lord gave, and the Lord has taken away; blessed be the name of the Lord" (Job 1:21).

You're not unspiritual because you grieve. You're human. God gave you emotions, not to control you, but to lead you into deeper reliance on Him. When God interrupted Samuel's mourning, he instructed, "Fill your horn with oil, and go..." God wasn't rebuking Samuel's grief; He was redirecting it. There comes a moment in grief where God says, "You've cried. You've mourned. Now let Me help you move." That moment doesn't minimize the loss—it simply refuses to let the loss define your future. God told Samuel to fill his horn with oil—the symbol of purpose—and go anoint the next king. In other words, your oil still matters. Your assignment still exists. Even in grief, you have something to pour.

Ecclesiastes 3 says it plainly: “To everything there is a season... a time to weep, and a time to laugh; a time to mourn, and a time to dance.” God, in His infinite wisdom, carved out time for grief. He didn’t say hide it. He said feel it. But He also said there is a time to come up from under it. Grief is a season, not a sentence! We often fear forgetting. We think moving forward means letting go of the person or thing we loved. But moving forward doesn’t mean forgetting—it means honoring the past while making space for the future.

How do we then grieve, according to Scripture?

1. Name Your Losses. God asked Hagar, “What ails you?” (Genesis 21:17). He didn’t ignore her emotion—He acknowledged it. Be honest in prayer. Lament like David did in the Psalms.
2. Let Others In. Jesus, while dying on the cross, gave His mother to John. Imagine, at the cross! (John 19:26–27). Even in His grief, He showed the power of community. Don’t suffer in silence. Talk to trusted friends, counselors, or pastors.
3. Anchor Yourself in Hope. “Weeping may endure for a night, but joy comes in the morning” (Psalm 30:5). Even if the night is long, morning is promised.
4. Rehearse God’s Faithfulness. Like Joseph, you may not see the “good” in the grief now—but look back. Trace His hand in your past. Remember how He carried you.

5. Let Purpose Arise from Pain. Your oil still matters. There's still someone to pour into, even after loss.

Remember, grief is not a weakness. It is not a sin. It is not a lack of faith. Grief is proof that you loved deeply and lost greatly—and the God who gave you that capacity to love is the same God who walks with you through the ache of absence. He is not repelled by your pain. He is drawn to it. Scripture says, “The Lord is near to those who have a broken heart, and saves such as have a contrite spirit” (Psalm 34:18, NKJV). In fact, the very first beatitude in Matthew 5:4 says, “Blessed are those who mourn, for they shall be comforted.” Not might be—shall be. Grief, then, becomes the doorway through which divine comfort enters.

You may have buried someone you love. You may have watched a dream die. You may have had to let go of something you never wanted to lose. But hear this: God does not leave His children in graves. Whether it's the tomb of Jesus, the well of Hagar, the pit of Joseph, the rejection of Samuel, or the valley of your own sorrow, He speaks into the darkest places and calls forth life again. Jesus bore His own grief not only to understand yours, but to heal it. In Him, even what is buried can rise. Even what is broken can breathe again. The cross is proof of pain, but the resurrection is proof of hope. You may not feel like you're moving, but if your tears still fall in prayer, if your hands still reach in worship, if your heart still whispers “God help me,”—you are healing.

So go ahead and grieve. Go ahead and weep. Let the waves come. But know this: you will not drown! Your grief may change you, but it will not consume you. Because the One who holds the universe also holds you. But hear this clearly, too—you cannot stay there. Even Samuel, the prophet of God, was told by the Lord, “How long will you mourn for Saul, seeing I have rejected him...? Fill your horn with oil, and go; I am sending you...” (1 Samuel 16:1, NKJV). There comes a point where God calls you to rise—not to dishonor the grief, but because your assignment is not finished.

Grief is a season, not a sentence! There is still oil in your horn. There are still people waiting for what’s in you. You may not feel ready—but God’s call doesn’t wait for perfect peace. It responds to surrendered hearts. At some point, you must rise—not in your own strength, but in His. You can’t stay in the tomb when resurrection has been spoken. You can’t stay in the ashes when God is offering beauty. You can’t keep dressing the wound when He is ready to heal it.

If you're grieving today, accept this holy hug and know that you are not alone. God sees your tears. He’s not rushing you, but He is holding you. Your grief is sacred ground, and God walks there with you—not with judgment, but with tenderness. But, He is also calling you forward; not to forget, but to live. Not to pretend it didn’t happen, but to testify that healing is possible. When you cannot lift your head, He lifts it for you. When you can’t find the words, He hears the cry beneath your silence. When you feel like the grief might last

forever, He gently reminds you that joy is coming, even if it walks slowly.

Let's pray together:

Father, for every heart in mourning, bring comfort that only You can give. For every tear, bring tenderness. For every sleepless night, bring peace. For every loss, bring assurance that You are still writing their story. And when the time is right, give them the strength to rise—just like You raised Your Son. Remind them that healing is not forgetting, and moving forward is not betrayal. Wrap them in the hope that You are the God who restores. In Jesus' name, Ame.

A Quiet Check-in

Am I Grieving More Deeply Than I Realize?

A Gentle Self-Check

Ask yourself:

1. Have I lost interest in things I used to love for an extended period?
2. Do I often feel numb, disconnected, or emotionally flat?
3. Am I withdrawing from others — emotionally or physically?
4. Have I noticed patterns of anger, anxiety, or sadness that I can't seem to shake?
5. Do I struggle to talk about the loss or feel like I "should be over it" by now?
6. Am I turning to unhealthy coping mechanisms (substances, avoidance, overwork)?
7. Do I feel like my grief is getting heavier, not lighter?

If you answered "yes" to more than two of these questions, you may be carrying a weight your soul isn't meant to hold alone. There is no shame in needing help. God designed us for connection, support, and healing!

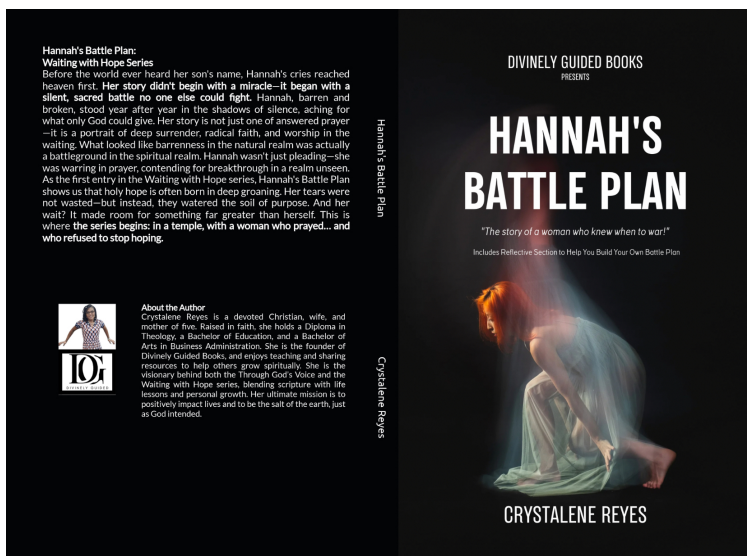
Next Step:

Consider reaching out to a Christian counselor, pastor, or therapist. You are not alone, and there is hope.

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About the Author



Crystalene Reyes is a devoted Christian, wife, and mother of five—three biological and two bonus children whom God blessed her with through the sanctity of marriage. Her love for the Lord began at an early age when her grandmother took her to church, igniting a faith that, though tested, has remained steadfast. She holds a Diploma in Theology, a Bachelor of Education, and a Bachelor of Arts in Business Administration. As a teacher and entrepreneur, Crystalene is the co-owner and founder of Divinely Guided Learning (CS Reyes Learning) in Trinidad and the founder of Divinely Guided Books, an online Christian platform offering both paid and free content to help others grow in their faith. Her passion for God's Word drives her to share its truth with those willing to listen. She is the visionary behind the Through God's Voice series, which intertwines Biblical scripture with life lessons and self-development principles. Her ultimate mission is to positively impact lives and be the salt of the earth, just as God intended!

About the Publisher



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