

“Safe” Scriptures for Seasons of Grief



surviving
SORROW

A MOTHER'S GUIDE
TO LIVING WITH LOSS

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Encouragement for the Brokenhearted

Below are verses identified by me and the “Lifer Moms” at Real Life Ministries church in Post Falls, Idaho. Thanks to everyone for helping put together this list of Scriptures to encourage someone who is brokenhearted.

Except for the last few, the verses are from the New American Standard Bible (NASB).

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Psalm 34:18

The LORD is near to the brokenhearted
And saves those who are crushed in spirit.

2 Corinthians 1:3-5

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 so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. ⁵ For just as the sufferings of Christ are ours in abundance, so also our comfort is abundant through Christ.

Psalm 23

The LORD is my shepherd,
I shall not want.
² He makes me lie down in green pastures;
He leads me beside quiet 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 fear no evil, for You are with me;
Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies;
You have anointed my head with oil;
My cup overflows.

⁶ Surely goodness and lovingkindness will follow me all the days of my life,
And I will dwell in the house of the LORD ^{li}forever.

Psalm 119:76

O may Your lovingkindness comfort me,
According to Your word to Your servant.

Deuteronomy 31:6

Be strong and courageous, do not be afraid or tremble at them, for the LORD your God is the one who goes with you. He will not fail you or forsake you.

Psalm 18:6

In my distress I called upon the LORD,
And cried to my God for help;
He heard my voice out of His temple,
And my cry for help before Him came into His ears.

Psalm 40:1

I waited patiently for the LORD;
And He inclined to me and heard my cry.

Psalm 72:12

For he will deliver the needy when he cries for help,
The afflicted also, and him who has no helper.

Psalm 18:2

The LORD is my rock and my fortress and my deliverer,
My God, my rock, in whom I take refuge;
My shield and the horn of my salvation, my stronghold.

2 Thessalonians 2:16

Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace,

1 Chronicles 16:34

O give thanks to the LORD, for He is good;
For His lovingkindness is everlasting.

Romans 15:4

For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope.

Colossians 1:9-13

For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, ¹⁰ so that you will walk in a manner worthy of the Lord, to please Him in all respects, bearing fruit in every good work and increasing in the knowledge of God; ¹¹ strengthened with all power, according to His glorious might, for the attaining of all steadfastness and patience; joyously ¹² giving thanks to the Father, who has qualified us to share in the

inheritance of the saints in Light.¹³ For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son,

Deuteronomy 7:9

Know therefore that the LORD your God, He is God, the faithful God, who keeps His covenant and His lovingkindness to a thousandth generation with those who love Him and keep His commandments;

Genesis 15:1

After these things the word of the LORD came to Abram in a vision, saying,

“Do not fear, Abram,
I am a shield to you;
Your reward shall be very great.”

Exodus 14:13

But Moses said to the people, “Do not fear! Stand by and see the salvation of the LORD which He will accomplish for you today; for the Egyptians whom you have seen today, you will never see them again forever.”

Psalms 136:12

With a strong hand and an outstretched arm,
For His lovingkindness is everlasting.

Matthew 19:26

And looking at them Jesus said to them, “With people this is impossible, but with God all things are possible.”

Ezekiel 34:16

I will seek the lost, bring back the scattered, bind up the broken and strengthen the sick; but the fat and the strong I will destroy. I will feed them with judgment.

Job 2:11-13

Now when Job’s three friends heard of all this adversity that had come upon him, ... and they made an appointment together to come to sympathize with him and comfort him. ...¹³ Then they sat down on the ground with him for seven days and seven nights with no one speaking a word to him, for they saw that his pain was very great.

Psalms 23:6

Surely goodness and lovingkindness will follow me all the days of my life,
And I will dwell in the house of the LORD forever.

Isaiah 30:18

Therefore the LORD longs to be gracious to you,
And therefore He waits on high to have compassion on you.
For the LORD is a God of justice;
How blessed are all those who long for Him.

Psalm 18

“I love You, O LORD, my strength.”

²The LORD is my rock and my fortress and my deliverer,
My God, my rock, in whom I take refuge;
My shield and the horn of my salvation, my stronghold.

³I call upon the LORD, who is worthy to be praised,
And I am saved from my enemies.

⁴The cords of death encompassed me,
And the torrents of ungodliness terrified me.

⁵The cords of Sheol surrounded me;
The snares of death confronted me.

⁶In my distress I called upon the LORD,
And cried to my God for help;
He heard my voice out of His temple,
And my cry for help before Him came into His ears.

Job 26:2

“What a help you are to the weak!
How you have saved the arm without strength!

Jeremiah 17:14

Heal me, O LORD, and I will be healed;
Save me and I will be saved,
For You are my praise.

Psalm 10:16-18

The LORD is King forever and ever;
Nations have perished from His land.

¹⁷O LORD, You have heard the desire of the humble;
You will strengthen their heart, You will incline Your ear

¹⁸To vindicate the orphan and the oppressed,
So that man who is of the earth will no longer cause terror.

Acts 10:38

You know of Jesus of Nazareth, how God anointed Him with the Holy Spirit and with power, and how He went about doing good and healing all who were oppressed by the devil, for God was with Him.

Psalm 102:1-13

Hear my prayer, O LORD!
And let my cry for help come to You.
² Do not hide Your face from me in the day of my distress;
Incline Your ear to me;
In the day when I call answer me quickly.
³ For my days have been consumed in smoke,
And my bones have been scorched like a hearth.
⁴ My heart has been smitten like grass and has withered away,
Indeed, I forget to eat my bread.
⁵ Because of the loudness of my groaning
My bones cling to my flesh.
⁶ I resemble a pelican of the wilderness;
I have become like an owl of the waste places.
⁷ I lie awake,
I have become like a lonely bird on a housetop.

⁸ My enemies have reproached me all day long;
Those who deride me have used my name as a curse.
⁹ For I have eaten ashes like bread
And mingled my drink with weeping
¹⁰ Because of Your indignation and Your wrath,
For You have lifted me up and cast me away.
¹¹ My days are like a lengthened shadow,
And I wither away like grass.

¹² But You, O LORD, abide forever,
And Your name to all generations.
¹³ You will arise and have compassion on Zion;
For it is time to be gracious to her,
For the appointed time has come.

Psalm 27:1

The LORD is my light and my salvation;
Whom shall I fear?
The LORD is the defense of my life;
Whom shall I dread?

Psalm 121

I will lift up my eyes to the mountains;
From where shall my help come?
² My help comes from the LORD,
Who made heaven and earth.
³ He will not allow your foot to slip;
He who keeps you will not slumber.
⁴ Behold, He who keeps Israel
Will neither slumber nor sleep.

⁵The LORD is your keeper;
The LORD is your shade on your right hand.
⁶The sun will not smite you by day,
Nor the moon by night.
⁷The LORD will protect you from all evil;
He will keep your soul.
⁸The LORD will guard your going out and your coming in
From this time forth and forever.

2 Samuel 22:17-18

He sent from on high, He took me;
He drew me out of many waters.
¹⁸He delivered me from my strong enemy,

Matthew 11:28-29

“Come to Me, all who are weary and heavy-laden, and I will give you rest. ²⁹Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS.”

2 Corinthians 13:11

Finally, brethren, rejoice, be made complete, be comforted, be like-minded, live in peace; and the God of love and peace will be with you.

Ephesians 3:13-21

Therefore I ask you not to lose heart at my tribulations on your behalf, for they are your glory.

For this reason I bow my knees before the Father, ¹⁵from whom every family in heaven and on earth derives its name, ¹⁶that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, ¹⁷so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, ¹⁸may be able to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

²⁰Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, ²¹to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.

Psalms 100:3-5

Know that the LORD Himself is God;
It is He who has made us, and not we ourselves;
We are His people and the sheep of His pasture.

⁴Enter His gates with thanksgiving
And His courts with praise.
Give thanks to Him, bless His name.

⁵For the LORD is good;

His lovingkindness is everlasting
And His faithfulness to all generations.

Luke 9:42-43

While he was still approaching, the demon slammed him to the ground and threw him into a convulsion. But Jesus rebuked the unclean spirit, and healed the boy and gave him back to his father. ⁴³ And they were all amazed at the greatness of God.

1 Chronicles 29:11

Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in the heavens and the earth; Yours is the dominion, O LORD, and You exalt Yourself as head over all.

Psalms 150:1-2

Praise the LORD!
Praise God in His sanctuary;
Praise Him in His mighty expanse.
² Praise Him for His mighty deeds;
Praise Him according to His excellent greatness.

2 Corinthians 13:3-4

Since you are seeking for proof of the Christ who speaks in me, and who is not weak toward you, but mighty in you. ⁴ For indeed He was crucified because of weakness, yet He lives because of the power of God. For we also are weak in Him, yet we will live with Him because of the power of God directed toward you.

Zechariah 4:6

Then he said to me, “This is the word of the LORD to Zerubbabel saying, ‘Not by might nor by power, but by My Spirit,’ says the LORD of hosts.

John 16:30-33

Now we know that You know all things, and have no need for anyone to question You; by this we believe that You came from God.” ³¹ Jesus answered them, “Do you now believe? ³² Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave Me alone; and yet I am not alone, because the Father is with Me. ³³ These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”

2 Thessalonians 3:16

Now may the Lord of peace Himself continually grant you peace in every circumstance. The Lord be with you all!

2 Corinthians 5:15-19

And He died for all, so that they who live might no longer live for themselves, but for Him who died and rose again on their behalf.

¹⁶ Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer. ¹⁷ Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. ¹⁸ Now all these things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation, ¹⁹ namely, that God was in Christ reconciling the world to Himself, not counting their trespasses against them, and He has committed to us the word of reconciliation.

Psalm 32:7

You are my hiding place; You preserve me from trouble;
You surround me with songs of deliverance. Selah.

Psalm 7:1

O LORD my God, in You I have taken refuge;
Save me from all those who pursue me, and deliver me,

Psalm 18:2

The LORD is my rock and my fortress and my deliverer,
My God, my rock, in whom I take refuge;
My shield and the horn of my salvation, my stronghold.

Psalm 62:6-8

He only is my rock and my salvation,
My stronghold; I shall not be shaken.
⁷ On God my salvation and my glory rest;
The rock of my strength, my refuge is in God.
⁸ Trust in Him at all times, O people;
Pour out your heart before Him;
God is a refuge for us.

Psalm 6:1-4

O LORD, do not rebuke me in Your anger,
Nor chasten me in Your wrath.
² Be gracious to me, O LORD, for I am pining away;
Heal me, O LORD, for my bones are dismayed.
³ And my soul is greatly dismayed;
But You, O LORD—how long?

⁴ Return, O LORD, rescue my soul;
Save me because of Your lovingkindness.

Psalm 71:18-21

And even when I am old and gray, O God, do not forsake me,
Until I declare Your strength to this generation,
Your power to all who are to come.

¹⁹ For Your righteousness, O God, reaches to the ^[e]heavens,
You who have done great things;
O God, who is like You?

²⁰ You who have shown me many troubles and distresses
Will revive me again,
And will bring ^[m]me up again from the depths of the earth.

²¹ May You increase my greatness
And turn to comfort me.

Psalm 119:105-107

Your word is a lamp to my feet
And a light to my path.

¹⁰⁶ I have sworn and I will confirm it,
That I will keep Your righteous ordinances.

¹⁰⁷ I am exceedingly afflicted;

^[a] Revive me, O LORD, according to Your word.

Jeremiah 6:16

Thus says the LORD,
“Stand by the ways and see and ask for the ancient paths,
Where the good way is, and walk in it;
And you will find rest for your souls.

Psalm 112:7

He will not fear evil tidings;
His heart is steadfast, trusting in the LORD.

Psalm 18:31-36

For who is God, but the LORD?

And who is a rock, except our God,

³² The God who girds me with strength

And makes my way blameless?

³³ He makes my feet like hinds' feet,

And sets me upon my high places.

³⁴ He trains my hands for battle,

So that my arms can bend a bow of bronze.

³⁵ You have also given me the shield of Your salvation,

And Your right hand upholds me;

And Your gentleness makes me great.

³⁶ You enlarge my steps under me,

And my feet have not slipped.

Joshua 1:9

Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.

Psalm 9:9

The LORD also will be a stronghold for the oppressed,
A stronghold in times of trouble;

Proverbs 10:29

The way of the LORD is a stronghold to the upright,
But ruin to the workers of iniquity.

2 Samuel 22:3

My God, my rock, in whom I take refuge,
My shield and the horn of my salvation, my stronghold and my refuge;
My savior, You save me from violence.

Philippians 4:19

And my God will supply all your needs according to His riches in glory in Christ Jesus.

Psalm 54:4

Behold, God is my helper;
The Lord is the sustainer of my soul.

Psalm 119:116

Sustain me according to Your word, that I may live;
And do not let me be ashamed of my hope.

Psalm 116:1-6

I love the LORD, because He hears
My voice and my supplications.
² Because He has inclined His ear to me,
Therefore I shall call upon Him as long as I live.
³ The cords of death encompassed me
And the terrors of Sheol came upon me;
I found distress and sorrow.
⁴ Then I called upon the name of the LORD:
“O LORD, I beseech You, save my life!”

⁵ Gracious is the LORD, and righteous;
Yes, our God is compassionate.

⁶ The LORD preserves the simple;
I was brought low, and He saved me.

Isaiah 25:8

He will swallow up death for all time,
And the Lord GOD will wipe tears away from all faces,
And He will remove the reproach of His people from all the earth;
For the LORD has spoken.

Revelation 7:17

For the Lamb in the center of the throne will be their shepherd, and will guide them to springs of the water of life; and God will wipe every tear from their eyes.

Revelation 21:4

And He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away.

Psalms 107:9

For He has satisfied the thirsty soul,
And the hungry soul He has filled with what is good.

Ezekiel 36:26

Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh.

2 Corinthians 2:14

But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.

Proverbs 3:3-8

Do not let kindness and truth leave you;
Bind them around your neck,
Write them on the tablet of your heart.

⁴ So you will find favor and good repute
In the sight of God and man.

⁵ Trust in the LORD with all your heart
And do not lean on your own understanding.

⁶ In all your ways acknowledge Him,
And He will make your paths straight.

⁷ Do not be wise in your own eyes;
Fear the LORD and turn away from evil.

⁸ It will be healing to your body
And refreshment to your bones.

Psalm 85:9-13

Surely His salvation is near to those who fear Him,
That glory may dwell in our land.

¹⁰ Lovingkindness and truth have met together;
Righteousness and peace have kissed each other.

¹¹ Truth springs from the earth,
And righteousness looks down from heaven.

¹² Indeed, the LORD will give what is good,
And our land will yield its produce.

¹³ Righteousness will go before Him
And will make His footsteps into a way.

Psalm 138:8

The LORD will accomplish what concerns me;
Your lovingkindness, O LORD, is everlasting;
Do not forsake the works of Your hands.

The following verses are from the New International Version (NIV) Bible:

Deuteronomy 33:27

The eternal God is your refuge,
and underneath are the everlasting arms.

Psalm 126:3

The LORD has done great things for us,
and we are filled with joy.

Habakkuk 2:2-3

Then the LORD replied:

“Write down the revelation
and make it plain on tablets
so that a herald may run with it.

³ For the revelation awaits an appointed time;
it speaks of the end
and will not prove false.

Though it linger, wait for it;
it will certainly come
and will not delay.”

In Closing:

Psalm 143 (NASB)

Hear my prayer, O LORD,

Give ear to my supplications!

Answer me in Your faithfulness, in Your righteousness!

² And do not enter into judgment with Your servant,

For in Your sight no man living is righteous.

³ For the enemy has persecuted my soul;

He has crushed my life to the ground;

He has made me dwell in dark places, like those who have long been dead.

⁴ Therefore my spirit is overwhelmed within me;

My heart is appalled within me.

⁵ I remember the days of old;

I meditate on all Your doings;

I muse on the work of Your hands.

⁶ I stretch out my hands to You;

My soul *longs* for You, as a parched land. *Selah.*

⁷ Answer me quickly, O LORD, my spirit fails;

Do not hide Your face from me,

Or I will become like those who go down to the pit.

⁸ Let me hear Your lovingkindness in the morning;

For I trust in You;

Teach me the way in which I should walk;

For to You I lift up my soul.

⁹ Deliver me, O LORD, from my enemies;

I take refuge in You.

¹⁰ Teach me to do Your will,

For You are my God;

Let Your good Spirit lead me on level ground.

¹¹ For the sake of Your name, O LORD, revive me.

In Your righteousness bring my soul out of trouble.

¹² And in Your lovingkindness, cut off my enemies

And destroy all those who afflict my soul,

For I am Your servant.

I pray these scriptures will help you or someone you care about. May the Lord use this collection to multiply hope in our hurting world. I pray that our Mighty God will use these Scriptures to heal hearts and encourage the brokenhearted. In Jesus' name I pray, Amen!