

THE UNSHAKEABLE WORD

60 Bible Verses on Grief & Loss

New King James Version • For those who are walking through the dark

Grief is not a problem to be solved. It is a weight to be carried, and Scripture does not pretend otherwise. What you will find in these pages is not a shortcut through grief, nor a reason to feel less of it. You will find a God who enters it with you.

Read this when words are hard to find. Let these words do the finding for you.

God Is Close to the Broken

You do not have to find your way to Him in grief. He finds his way to you.

1

PSALM 34:18

“The Lord is near to those who have a broken heart, and saves such as have a contrite and crushed spirit.”

Near — not distant, not watching from a safe remove. When the heart breaks, God moves toward it. This is not a metaphor. It is one of the most consistent patterns in all of Scripture. Grief is an address God knows well.

2

MATTHEW 5:4

“Blessed are those who mourn, for they shall be comforted.”

Jesus does not say mourning will pass quickly. He says it is blessed — which means it carries something sacred within it. And He promises comfort not as a distant reward but as a certainty. The mourning and the comfort are connected.

3

JOHN 11:35

“Jesus wept.”

The shortest verse in Scripture and one of the most important. Jesus did not arrive at Lazarus’s tomb with composed detachment. He arrived and wept. The Son of God, who knew the resurrection was minutes away, still wept with those who wept. So He weeps with you.

4

ISAIAH 43:2

“When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”

Through — three times. Not around, not over, not a different route. Through. God does not promise to extract you from the grief. He promises to walk through it alongside you, and that it will not destroy you.

5

PSALM 73:26

“My flesh and my heart fail; but God is the strength of my heart and my portion forever.”

Asaph names the full collapse: flesh and heart both failing at once. And then the pivot — but God. Not but I recovered, not but time healed. But God. In the middle of the failing, He is still the portion. That word means inheritance, share, what is yours. He is yours.

THE PROMISE OF AN END TO GRIEF

The Promise of an End to Grief

What God has pledged for the day when mourning is finally finished.

6

REVELATION 21:4

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”

Every tear. Not most tears, not the ones that deserve wiping. Every single one. God does not wipe tears from a distance with a gesture — the image is intimate, a hand on a face. And what you are grieving now is named former things. It does not outlast Him.

7

ISAIAH 25:8

“He will swallow up death forever, and the Lord God will wipe away tears from all faces; the reproach of His people He will take away from all the earth; for the Lord has spoken.”

Swallow up death forever — Isaiah saw this coming seven centuries before the cross. Death is not the final word. It is a word that will itself be swallowed. The God who spoke it into being will speak it out of existence.

8

ROMANS 8:18

“For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.”

Present time. Paul writes as someone inside the suffering, not past it. He does not say the suffering is small. He says the coming glory makes the comparison impossible. This is not dismissal of your grief. It is a horizon placed in your hand.

9

1 THESSALONIANS 4:13–14

“But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.”

Paul does not say do not sorrow. He says do not sorrow as those who have no hope. The grief is real. So is the hope. Both can be true at once. The resurrection of Jesus is not comfort theory. It is the fact on which every Christian funeral stands.

1
0**JOHN 14:2–3**

“In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.”

A prepared place. Not a general destination, but something made ready with you in mind. Jesus says this to people facing grief and separation. He doesn’t offer a philosophy. He offers a place and His own return.

WHEN GRIEF FEELS CONSUMING

When Grief Feels Consuming

For the days when the weight of loss is almost too much to carry.

1
1**LAMENTATIONS 3:22–23**

“Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.”

Jeremiah wrote this from the ruins. Jerusalem had fallen. Everything he loved was gone. And he finds — not triumph, not easy resolution — just this: we are not consumed. Still here. New mercy every morning. That is enough to build on.

1
2

PSALM 22:24

“For He has not despised nor abhorred the affliction of the afflicted; neither has He hidden His face from him; but when he cried to Him, He heard.”

He has not hidden His face. When you are in the deepest grief, the fear that God has turned away is one of the cruelest parts of it. Scripture says the opposite is true: when you cry, He hears. The face is turned toward you.

1
3

PSALM 31:9–10

“Have mercy on me, O Lord, for I am in trouble; my eye wastes away with grief, yes, my soul and my body! For my life is spent with grief, and my years with sighing.”

David names it without dressing it up: eye, soul, body — all affected. Life spent with grief. Years with sighing. This is not a lack of faith. It is faith honest enough to say exactly what is happening. God receives this. He does not require composure.

1
4

ISAIAH 53:3

“He is despised and rejected by men, a man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him.”

Man of sorrows, acquainted with grief. These are names for Jesus. He did not enter suffering as an observer. He entered it as a participant. When you grieve, you are not in territory unfamiliar to your God. He has been here before you.

1
5

2 CORINTHIANS 1:3–4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”

The Father of mercies and God of all comfort. Not comfort in some situations. All comfort has its source in Him. And He does not comfort us to make us comfortable — He comforts us so that comfort can move through us to someone else still in the dark.

WHEN YOU CANNOT FIND WORDS TO PRAY

When You Cannot Find Words to Pray

Grief often takes language away. God receives what remains.

1
6

ROMANS 8:26

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.”

Groanings which cannot be uttered. There is prayer beneath language — the kind where you sit before God and nothing forms into words, just sound, just weight. The Spirit intercedes in that. You do not have to find the words. He carries the wordless ones.

1
7

PSALM 56:8

“You number my wanderings; put my tears into Your bottle; are they not in Your book?”

God keeps a bottle of your tears. He counts your wanderings. Nothing is lost or unnoticed — not a sleepless night, not a tear in the car, not a grief you could not explain to anyone. He has kept record of it all.

1
8

HEBREWS 4:15–16

“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

He sympathizes — not from a distance, not theoretically. Come boldly. Not carefully, not only when you’re together enough. Boldly, exactly as you are, in the time of need. That is precisely when the throne of grace is available.

1
9

PSALM 62:8

“Trust in Him at all times, you people; pour out your heart before Him; God is a refuge for us.”

Pour out. Not present a tidy summary. Not manage the telling. Pour. Everything. All of it on the floor before Him. He is a refuge large enough to hold the full weight of what you carry.

20

MATTHEW 11:28*“Come to Me, all you who labor and are heavy laden, and I will give you rest.”*

Heavy laden is the language of grief — weight that doesn’t lift, that you carry everywhere. Jesus does not say manage it better or wait for it to pass. He says come. And He gives rest — not information, not perspective. Rest.

GRIEF HAS A DIRECTION

Grief Has a Direction

God does not promise the grief will be short. He promises it will not be permanent.

21

PSALM 30:5*“For His anger is but for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.”*

But joy comes in the morning. This is not a dismissal of the night — it acknowledges the night exists and lasts. Endures is the word. But the night is not forever. Morning is God’s direction. Grief has a trajectory, even when you cannot feel it.

22

PSALM 126:5–6*“Those who sow in tears shall reap in joy. He who continually goes forth weeping, bearing seed for sowing, shall doubtless come again with rejoicing, bringing his sheaves with him.”*

Sow in tears. The weeping is not wasted — it is seed going into ground. The one who keeps walking through grief, keeps showing up, keeps planting even while crying — that person comes back with a harvest. The tears and the seeds are the same thing.

23

ISAIAH 61:3*“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness.”*

Beauty for ashes. This is an exchange, not a removal. God takes what the grief has burned down and makes something different from the ash. Not pretending the fire didn’t happen. Making something from what the fire left.

2
4

JEREMIAH 31:13

“For I will turn their mourning to joy, will comfort them, and make them rejoice rather than sorrow.”

I will turn it. Not you will feel better, not time will heal. I will turn. God takes the mourning itself and redirects it. He is not passive in your grief. He is working, turning, moving toward a different destination for you.

2
5

ROMANS 8:28

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

We know — not we feel, not we hope. We know. This is not denial that the thing that happened is bad. It is the conviction that God’s hand in your story does not stop at the hard parts. He works even there. Especially there.

GOD IS REFUGE IN THE STORM OF LOSS

God Is Refuge in the Storm of Loss

When everything solid seems to have shifted, He remains.

2
6

PSALM 46:1-2

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear, even though the earth be removed, and though the mountains be carried into the midst of the sea.”

Even though the earth be removed. This is not exaggeration — it is the psalmist naming what grief can feel like. The ground gone, everything familiar lost. And even then. Even then, God is the refuge. The earth moving does not move Him.

27

2 CORINTHIANS 4:8-9

“We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.”

Not crushed. Not in despair. Not forsaken. Not destroyed. Paul says all four negative things are happening and then draws a line each time. The line is God. You can be everything grief makes you and still not cross into the final word Paul refuses.

28

NAHUM 1:7

“The Lord is good, a stronghold in the day of trouble; and He knows those who trust in Him.”

The day of trouble. Not a theoretical bad day. The actual day when the call came, when the news arrived, when the world changed. That specific day — He was already a stronghold in it. And He knows those who trust in Him. He knows you.

29

DEUTERONOMY 33:27

“The eternal God is your refuge, and underneath are the everlasting arms; He will thrust out the enemy from before you, and will say, ‘Destroy!’”

Underneath are the everlasting arms. However far you fall in grief, these arms are further down still. You cannot fall through God. The bottom is not an empty place. It is held.

30

ZEPHANIAH 3:17

“The Lord your God in your midst, the Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing.”

He will quiet you with His love. Not argue you into peace, not explain the theology of your situation. He quiets you — the way you quiet someone who is inconsolable, with presence and sound and the warmth of being held. You are the one He sings over.

THE SHEPHERD IN THE VALLEY

The Shepherd in the Valley

You are not walking through the dark alone.

3
1

PSALM 23:4

“Yea, 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.”

The valley of the shadow of death is grief’s address. David does not pretend the valley isn’t dark. He walks through it, and he walks through it with a Shepherd. The rod and staff are working tools — they guide and protect. Not decorations. Real help.

3
2

PSALM 147:3

“He heals the brokenhearted and binds up their wounds.”

Heals and binds — active, present tense, medical language. God does not observe the broken heart from outside. He tends it. The binding of a wound requires being close enough to touch. He is that close.

3
3

LUKE 4:18

“The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed.”

To heal the brokenhearted is the second thing Jesus names in His mission statement. Not a footnote. Not a secondary ministry. The healing of broken hearts is what He was sent to do. Your grief is not outside His purpose. It is inside it.

3
4

PSALM 9:9

“The Lord also will be a refuge for the oppressed, a refuge in times of trouble.”

In times of trouble — specifically then, not generally. God’s nature as refuge becomes most concrete in the moments of greatest need. The refuge is not a place you earn access to. It is a place that opens precisely when trouble arrives.

3
5

ISAIAH 66:13

“As one whom his mother comforts, so I will comfort you; and you shall be comforted in Jerusalem.”

As a mother comforts. Isaiah reaches for the most instinctive, unconditional comfort image he can find: a mother with her child. God says: that is what I am to you. Not distant, not formal. That tender, that close, that certain.

HONEST FAITH IN THE MIDDLE OF LOSS

Honest Faith in the Middle of Loss

The Bible does not require you to pretend you are fine.

3
6

JOB 1:21

“Naked I came from my mother’s womb, and naked shall I return there. The Lord gave, and the Lord has taken away; blessed be the name of the Lord.”

Job says this having just lost his children, his wealth, everything. Not as a cliché but as a shaking declaration. He does not say he understands. He does not say it doesn’t hurt. He says the Lord’s name is still blessed. That is not easy faith. That is hard-won faith.

3
7

PSALM 88:1–2

“O Lord, God of my salvation, I have cried out day and night before You. Let my prayer come before You; incline Your ear to my cry.”

Psalms 88 is the only psalm with no resolution, no turn toward hope at the end. It ends in darkness. And it is in the Bible. God does not edit out the prayers that do not end well. He keeps them. Your darkest prayer is welcome.

3
8

LAMENTATIONS 3:1-3

“I am the man who has seen affliction by the rod of His wrath. He has led me and made me walk in darkness and not in light. Surely He has turned His hand against me repeatedly throughout the day.”

Jeremiah does not soften this. He writes it raw. And it sits in the canon of Scripture, which means God heard it and kept it. He kept it so that grieving people would know: this kind of prayer is allowed. You will not be struck down for honesty.

3
9

PSALM 42:3

“My tears have been my food day and night, while they continually say to me, ‘Where is your God?’”

Tears as food day and night. The psalmist has not lost his appetite — grief has become the appetite. And the question ‘where is your God’ comes from outside and from inside. This is the voice of authentic grief and it finds a place in Scripture.

4
0

MARK 14:34

“Then He said to them, ‘My soul is exceedingly sorrowful, even to death. Stay here and watch.’”

Jesus in Gethsemane says His soul is sorrowful to the point of death. He did not moderate His grief for the disciples’ comfort. He named it at full weight. You are in good company when grief feels like more than you can carry. Even Jesus said so.

THE MINISTRY OF PRESENCE: GRIEVING TOGETHER

The Ministry of Presence: Grieving Together

What God calls His people to do for one another in loss.

4
1

ROMANS 12:15

“Rejoice with those who rejoice, and weep with those who weep.”

Weep with those who weep. Paul does not say fix those who weep, or explain to those who weep, or remind those who weep that God is in control. He says weep with them. Sometimes presence and shared tears are the entire ministry.

4
2**1 THESSALONIANS 4:18**

“Therefore comfort one another with these words.”

These words — meaning the resurrection promise. The comfort is not vague encouragement. It has specific content: Jesus rose, and those who died in Him will rise. Comfort one another with this. It is not insensitive to speak of hope in grief. It is the kindest thing you can do.

4
3**ECCLESIASTES 4:9–10**

“Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.”

Grief is not meant to be carried alone. The one who has fallen and has no one to help them up — that is the woe Scripture wants to prevent. Being present for someone in grief, lifting them, staying — that is the work of the body of Christ.

4
4**GALATIANS 6:2**

“Bear one another’s burdens, and so fulfill the law of Christ.”

Bear, not manage from a distance. The burden of grief is not lightened by advice or theology alone. It is lightened by someone willing to get under it with you and carry part of the weight. That is the law of Christ: his weight, shared.

4
5**PROVERBS 17:17**

“A friend loves at all times, and a brother is born for adversity.”

Born for adversity. The brother — the true friend — is not present despite the hard time. They are made for it. Their presence in your hardest days is not an imposition. It is the very thing they were placed in your life for.

THOSE WHO HAVE GONE BEFORE: DEATH IN GOD’S HANDS

Those Who Have Gone Before: Death in God’s Hands

What Scripture says about the ones we have lost who died in faith.

4
6

PSALM 116:15

“Precious in the sight of the Lord is the death of His saints.”

Precious. Not tragic, not a loss, not a failure — precious. The death of one who belongs to God is treated by God as something of great value. He receives it. He receives them. The one you grieve did not disappear into nothing. They arrived somewhere.

4
7

PHILIPPIANS 1:21–23

“For to me, to live is Christ, and to die is gain. But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell. For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better.”

Far better. Paul does not call death a tragedy for the one who dies in Christ. He calls it far better. Your grief is real. And so is this: wherever they are, it is far better than here. Both things are true at the same time.

4
8

2 CORINTHIANS 5:8

“We are confident, yes, well pleased rather to be absent from the body and to be present with the Lord.”

Absent from the body, present with the Lord. The gap between those two clauses is what used to seem so large. In Christ, it is no gap at all. They are not somewhere in between. They are with Him.

4
9

JOHN 11:25–26

“Jesus said to her, ‘I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?’”

Do you believe this? Jesus asks Martha the direct question, right there in the grief, before the miracle. Not after. He invites her to faith before she can see the evidence. He invites you to the same. Do you believe this?

50

1 CORINTHIANS 15:55-57

“O Death, where is your sting? O Hades, where is your victory?” The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.”

Paul taunts death. Not recklessly but from the other side of the resurrection. The sting is real, but it has been drawn. The victory is won, not pending. The loss you feel is real. What death says it has taken, Christ says is His to return.

SCRIPTURE AS COMPANION IN GRIEF

Scripture as Companion in Grief

The word of God is not an explanation of suffering. It is a companion inside it.

51

PSALM 119:50

“This is my comfort in my affliction, for Your word has given me life.”

Your word has given me life. Not good advice, not helpful perspective. Life. Scripture itself is a life-giving thing when you are in the place where life feels thin. Come to it not as a reader but as someone who needs what only it can give.

52

PSALM 119:76

“Let, I pray, Your merciful kindness be for my comfort, according to Your word to Your servant.”

According to Your word. The grieving person goes back to what God has promised and asks Him to do it. This is how Scripture works in grief — you bring the promise back to the Promiser. You say: You said this. I need this. Please.

53

ROMANS 15:4

“For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.”

The patience and comfort of the Scriptures. Both. Scripture is patient with your grief — it does not rush you through it. And it comforts. And the destination of both is hope: not a feeling, but a direction, a future, a Person.

5
4**PSALM 119:28**

“My soul melts from heaviness; strengthen me according to Your word.”

My soul melts — grief that goes all the way down, that affects everything. The response is not to manage it or push through it. It is to ask God to strengthen, according to His word. The asking is enough to begin.

5
5**2 TIMOTHY 3:16–17**

“All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”

Profitable for — Scripture is purposeful. It is not background noise. Every verse in this collection was written for a reason and kept for a reason. They found their way to you for a reason. Nothing in grief is outside Scripture’s reach.

RENEWED IN THE WAITING

Renewed in the Waiting

Strength comes to the ones who wait — and grief is a long waiting.

5
6**ISAIAH 40:31**

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Those who wait. Grief is a season of waiting — waiting for the weight to lift, for the morning to come, for strength to return. God meets the waiting ones with renewal. Not reward for patience, but gift for staying.

5
7**ISAIAH 40:29**

“He gives power to the weak, and to those who have no might He increases strength.”

To those who have no might — grief empties you of strength. There is nothing left. That is exactly who this promise is for. You do not need to have some strength for God to increase it. None is enough to start from.

5
8

GALATIANS 6:9

“And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.”

In due season — not yet, but coming. The one in grief who keeps showing up, keeps trusting, keeps moving forward one small step — there is a harvest ahead with their name on it. The season turns. Hold on until it does.

5
9

HEBREWS 12:1-2

“Let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross.”

He endured. Jesus kept His eyes on what was ahead and endured the thing directly in front of Him. He is the author and finisher of your faith, which means He is writing the part you are in right now. And He finishes what He starts.

6
0

PHILIPPIANS 1:6

“Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.”

He who has begun. God began something in you before this grief arrived. He has not abandoned it because of what you are going through. He will complete it. Loss does not end the story. The author is still writing, and He finishes what He starts.

Sixty witnesses across thousands of years — kings, exiles, widows, fathers, apostles, and Christ Himself — all saying versions of the same thing to the same grief:

You are not alone in it. God has not moved. And this is not the last page.

Grief does not mean God is absent. Sometimes it is the room in which He is most present.

A CLOSING PRAYER

*Lord, I come to You with the weight of what I've lost.
I don't have the right words. I barely have words at all.
But You know the name of what I'm carrying.
You know the day it happened and what it cost.
You wept at a grave before You raised the one inside it.
So weep with me first, if You will.
And then — in Your time, in Your way —
show me the morning.*

Amen.

* Weeping may endure for a night, but joy comes in the morning *