

Heavenly Father,

I come before you with a heavy heart, grieving the loss of [mention the person or thing you are grieving]. You are the God of all comfort, and I need your strength and presence to carry me through this season of grief.

Lord, you understand the depth of my sorrow and the pain that I am feeling. You have promised to be near to the brokenhearted and to bind up their wounds (Psalm 34:18). I pray for your comforting presence to surround me, Lord, bringing peace to my troubled heart and solace to my grieving soul.

Father, I lift up to you all the emotions that I am experiencing in this time of grief - the sadness, the anger, the confusion, and the longing. Help me to process my feelings in a healthy way, Lord, and to find healing and restoration in your presence. Give me the courage to lean into my emotions and to express them honestly before you and others who care for me.

God, I pray for strength to walk through the stages of grief with grace and resilience. Help me to navigate the ups and downs, the moments of despair and the glimpses of hope, knowing that you are with me every step of the way. Give me wisdom to know when to seek support and when to take time for self-care, Lord, that I may find healing in body, mind, and spirit.

Lord, I surrender my grief into your loving hands, knowing that you are able to carry my burdens and bring beauty from ashes. Help me to trust in your promises of resurrection and eternal life, knowing that one day you will wipe away every tear from my eyes and there will be no more death or mourning or crying or pain (Revelation 21:4).

Thank you, Father, for your unfailing love and compassion. May your Holy Spirit continue to minister to me, bringing comfort, peace, and hope in the midst of my grief. Help me to cling to your promises and to find strength in your presence, knowing that you are with me always.

In Jesus' nam