

TURN YOUR EYES UPON JESUS

- Psalm 22:1-2

- Isaiah 53:3-7

INTENTIONALLY ADJUST YOUR FOCUS

- Look backwards at God's faithfulness.

Genesis 23:1-2

- Look around at what is true today.

Lamentations 3:22-23

What is true about God? What does God say is true about you and your life?

- Look forward to the fulfillment of God's promises.

2 Corinthians 5:6-8

Philippians 1:12-30

TAKE TIME TO GRIEVE, BUT AVOID GETTING STUCK

Psalm 13

GUARD YOUR HEART FROM UNHELPFUL RESPONSES

- Guard your heart from anxiety.

Psalm 37:3-4

- Guard your heart from anger.

Psalm 37:8

- Guard your heart from isolation.

Romans 12:15-16

GRIEVE WITH HOPE

- Sing to the Lord, with others.

Psalm 57:7

Psalm 59:16

Psalm 63:5-7

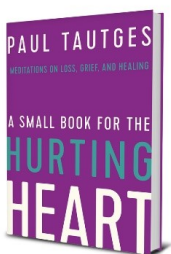
- Remember the rest of the story.

1 Thessalonians 4:13

Revelation 21:3-4

DETERMINE TO BE A CONDUIT OF COMFORT

2 Corinthians 1:3-4



This material is drawn from the 50-day devotional, *A SMALL BOOK FOR THE HURTING HEART: Meditations on Loss, Grief, and Healing* (New Growth Press, 2020). ©Paul Tautges, all rights reserved.