

Scripture Verses Which Offer Comfort and Hope During Times of Grief

By Justin J. Agoglia
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When it comes to suffering, the Bible doesn't offer an exhaustive amount of information as to why we suffer. We can infer certain reasons as to why some things happen, but there are plenty of questions that still remain. If there is one thing that scripture does point to us, it is that God is in control and we're not. We're only asked to trust him, even when we don't understand his reasoning. The Bible does provide us with many verses that can offer us comfort during our most difficult times. Even if you have read some - if not all - of these before, maybe there is a verse or two that may "speak" to you in a fresh way and even comfort you as you work through your grief.

I am feeble and utterly crushed; I groan in anguish of heart. All my longings lie open before you, O Lord; my sighing is not hidden from you. I wait for you, O LORD; you will answer, O Lord my God.

Psalm 38:8-9,15

So my spirit grows faint within me; my heart within me is dismayed. I spread out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O LORD; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

Psalm 143:4, 6-8

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18

Jesus said, "Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."

John 16:22

Blessed are you who weep now, for you will laugh.

Luke 6:21

Though God brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to the children of men.

Lamentations 3:32-33

O LORD my God, I called to you for help and you healed me.

Psalms 30:2

I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.

Jeremiah 31:13

...weeping may remain for a night, but rejoicing comes in the morning.

Psalms 30:5

He heals the brokenhearted and binds up their wounds.

Psalms 147:3

"As a mother comforts her child, so will I comfort you," says the Lord.

Isaiah 66:13

I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you."

Genesis 28:15

I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.

Isaiah 42:16

But you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless.

Psalm 10:14

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

1 Peter 5:10

The LORD is a refuge for the oppressed, a stronghold in times of trouble.

Psalm 9:9

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

Isaiah 58:11

For he will deliver the needy who cry out, the afflicted who have no one to help.

Psalm 72:12

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

1 John 5:14

Do not withhold your mercy from me, O LORD; may your love and your truth always protect me.

Psalm 40:11

The LORD is gracious and righteous; our God is full of compassion. The LORD protects the simple-hearted; when I was in great need, he saved me.

Psalm 116:5-6

For the LORD comforts his people and will have compassion on his afflicted ones.

Isaiah 49:13

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor.

Isaiah 61:1-3

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:16

In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help.

Psalms 31:22

In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. He reached down from on high and took hold of me; he drew me out of deep waters.

Psalms 18:6, 16

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows.

2 Corinthians 1:3-5

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

Psalms 18:2

For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

Psalm 22:24

Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief...But I trust in you, O LORD; I say, "You are my God."

Psalm 31:9, 14

A righteous man may have many troubles, but the LORD delivers him from them all;

Psalm 34:19

In you our fathers put their trust; they trusted and you delivered them. They cried to you and were saved; in you they trusted and were not disappointed.

Psalm 22:4-5

For the LORD loves the just and will not forsake his faithful ones. They will be protected forever;

Psalm 37:28

For your Father knows what you need before you ask him.

Matthew 6:8

You hear, O LORD, the desire of the afflicted; you encourage them, and you listen to their cry,

Psalm 10:17

For you, O God, tested us; you refined us like silver...we went through fire and water, but you brought us to a place of abundance.

Psalm 66:10, 12

The LORD is righteous in all his ways and loving toward all he has made. The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.

Psalm 145:17-19

Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed," says the LORD, who has compassion on you.

Isaiah 54:10

My soul finds rest in God alone; my salvation comes from him.

Psalm 62:1

He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.

Psalm 91:1

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

Cast all your anxiety on him because he cares for you.

I Peter 5:7

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

Isaiah 40:11

You understand, O LORD; remember me and care for me.

Jeremiah 15:15

Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

Psalm 126:5-6

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Psalm 55:22

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.

Romans 5:1-2

My comfort in my suffering is this: Your promise preserves my life.

Psalm 119:50

Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.

Isaiah 58:9

He brought me out into a spacious place; he rescued me because he delighted in me.

Psalm 18:19

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

Keep me as the apple of your eye; hide me in the shadow of your wings.

Psalm 17:8

But you, O Sovereign LORD, deal well with me for your name's sake; out of the goodness of your love, deliver me. For I am poor and needy, and my heart is wounded within me.

Psalm 109:21-22

We do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord's own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage each other with these words.

I Thessalonians 4:13-18

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

Psalm 46:10

The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.

Zephaniah 3:17

Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalm 51:12

Jesus said, "I am the good shepherd; I know my sheep and my sheep know me— just as the Father knows me and I know the Father—and I lay down my life for the sheep.

John 10:14-15

Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory.

Psalm 73:23-24

Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

Lamentations 3:21-23

But for you who revere my name, the sun of righteousness will rise with healing in its wings.

Malachi 4:2

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.

Isaiah 53:5

Since you are my rock and my fortress, for the sake of your name lead and guide me.

Psalm 31:3

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Psalm 32:7

For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ.

Romans 5:17

Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed. I cry out to God Most High, to God, who fulfills {his purpose} for me.

Psalm 57:1-2

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust.

Psalm 91:2

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Ephesians 3:16-19

Blessed are those who mourn, for they will be comforted.

Matthew 5:4

But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.

Psalm 59:16

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

Psalm 91:4

The LORD is good, a refuge in times of trouble. He cares for those who trust in him.

Nahum 1:7

I am still confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD.

Psalm 27:13-14

The name of the LORD is a strong tower; the righteous run to it and are safe.

Proverbs 18:10

If you make the Most High your dwelling—even the LORD, who is my refuge— then no harm will befall you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone.

Psalms 91:9-12

The LORD is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even 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.

Psalms 23:1-4

I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.

Psalms 34:4-5

O people of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you.

Isaiah 30:19

May your unfailing love be my comfort, according to your promise to your servant. Let your compassion come to me that I may live, for your law is my delight.

Psalms 119:76-77

I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. ³And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. ⁴He will

wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

Revelation 21:2-4

O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you.

Psalms 63:1-3

The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

Psalms 121:7-8

And my God will meet all your needs according to his glorious riches in Christ Jesus.

Philippians 4:19

Answer me, O LORD, out of the goodness of your love; in your great mercy turn to me. Do not hide your face from your servant; answer me quickly, for I am in trouble.

Psalms 69:16-17

...because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

Hebrews 13:5-6

But as for me, it is good to be near God. I have made the Sovereign LORD my refuge; I will tell of all your deeds.

Psalms 73:28