

Scripture for someone who is grieving

The funeral is over, the casseroles have stopped, and the house is quiet for the first time. This is the stretch nobody prepares you for, and the stretch where a friend who shows up matters most. These passages are for then. Pick one. Read it slowly. You don't need to explain it.

FOR THE FIRST WEEKS

Psalm 34:18

“Yahweh is near to those who have a broken heart, and saves those who have a crushed spirit.”

Near to the brokenhearted. It asks nothing of the person but being broken, which is where they are.

John 11:35

“Jesus wept.”

Jesus wept at a tomb he was about to empty. Grief is not a failure of faith; it is the right response to loss.

Matthew 5:4

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

Blessed are those who mourn. Jesus doesn't tell them to stop, and he doesn't say when the comfort comes.

FOR THE MORNINGS

Lamentations 3:22-23

“It is because of Yahweh's loving kindnesses that we are not consumed, because his compassion doesn't fail. They are new every morning. Great is your faithfulness.”

New every morning, written in a burned city. Not a promise the day will be good; a promise you weren't abandoned in the night.

Psalm 30:5

“For his anger is but for a moment. His favor is for a lifetime. Weeping may stay for the night, but joy comes in the morning.”

Weeping may stay for the night. The night can be long. Someone who has been through one says it ends.

FOR LATER, WHEN THEY ARE READY

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 affliction, that we may be able to comfort those who are in any affliction, through the comfort with which we ourselves are comforted by God.”

The God of all comfort, from a man who needed comforting and got it. Eventually, their grief will be what someone else needs. Not yet.

Revelation 21:4

“He will wipe away every tear from their eyes. Death will be no more; neither will there be mourning, nor crying, nor pain, any more. The first things have passed away.”

Every tear wiped away. Offer it once, quietly, and let them decide when.

WHAT TO SAY

- “I don't have anything wise to say. I loved her too.”
- Say the name. People in grief say the worst part is when everyone stops saying it.
- “I'm dropping dinner on the porch Tuesday. No need to answer the door.”
- In three weeks, when it's quietest, send one line: “Thinking of you today. No reason.”

WHAT NOT TO SAY

- ✗ “Everything happens for a reason.” Not in the Bible.
- ✗ “She's in a better place.” They want her here.
- ✗ Anything that begins with “at least.”
- ✗ “Let me know if you need anything.” They won't. Say what you'll do and when.

HOW TO USE THIS

Choose one passage and keep it for a month rather than reading all seven. If you're sending one, Psalm 34:18 and one honest sentence is enough. Romans 8:28 is true and it is the wrong verse for fresh grief; save it for the one-year mark.