

Grief Scriptures

Ecclesiastes 7:3 (KJV)

³ Sorrow *is* better than laughter: for by the sadness of the countenance the heart is made better.

Ecclesiastes 7:3 (NIV)

³ Sorrow is better than laughter, because a sad face is good for the heart.

Romans 12:15 (NIV)

¹⁵ Rejoice with those who rejoice; mourn with those who mourn.

Palm 119:25-32 (NIV)

²⁵ I am laid low in the dust; preserve my life according to your word. ²⁶ I recounted my ways and you answered me; teach me your decrees. ²⁷ Let me understand the teaching of your precepts; then I will meditate on your wonders. ²⁸ My soul is weary with sorrow; strengthen me according to your word. ²⁹ Keep me from deceitful ways; be gracious to me through your law. ³⁰ I have chosen the way of truth; I have set my heart on your laws. ³¹ I hold fast to your statutes, O LORD; do not let me be put to shame. ³² I run in the path of your commands, for you have set my heart free.

Ecclesiastes 1:18 (NIV)

¹⁸ For with much wisdom comes much sorrow; the more knowledge, the more grief.

Isaiah 53:3-4 (NIV)

³ He was despised and rejected by men, a man of sorrows, and familiar with suffering. Like one from whom men hide their faces he was despised, and we esteemed him not. ⁴ Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted.

Ecclesiastes 3:4 (NIV)

⁴ a time to weep and a time to laugh, a time to mourn and a time to dance,

Psalms 13 (NIV)

¹ For the director of music. A psalm of David. How long, O LORD? Will you forget me forever? How long will you hide your face from me? ² How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? ³ Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; ⁴ my enemy will say, "I have overcome him," and my foes will rejoice when I fall. ⁵ But I trust in your unfailing love; my heart rejoices in your salvation. ⁶ I will sing to the LORD, for he has been good to me.

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Psalm 42 (NIV)

¹ For the director of music. A *maskil* of the Sons of Korah. As the deer pants for streams of water, so my soul pants for you, O God. ² My soul thirsts for God, for the living God. When can I go and meet with God? ³ My tears have been my food day and night, while men say to me all day long, "Where is your God?" ⁴ These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. ⁵ Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and ⁶ my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. ⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸ By day the LORD directs his love, at night his song is with me—a prayer to the God of my life. ⁹ I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" ¹¹ Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 43 (NIV)

¹ Vindicate me, O God, and plead my cause against an ungodly nation; rescue me from deceitful and wicked men. ² You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? ³ Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell. ⁴ Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God. ⁵ Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Psalm 77 (NIV)

¹ For the director of music. For Jeduthun. Of Asaph. A psalm. I cried out to God for help; I cried out to God to hear me. ² When I was in distress, I sought the Lord; at night I stretched out untiring hands and my soul refused to be comforted. ³ I remembered you, O God, and I groaned; I mused, and my spirit grew faint. *Selah* ⁴ You kept my eyes from closing; I was too troubled to speak. ⁵ I thought about the former days, the years of long ago; ⁶ I remembered my songs in the night. My heart mused and my spirit inquired: ⁷ "Will the Lord reject forever? Will he never show his favor again? ⁸ Has his unfaithful love vanished forever? Has his promise failed for all time? ⁹ Has God forgotten to be merciful? Has he in anger withheld his compassion?" *Selah* ¹⁰ Then I thought, "To this I will appeal: the years of the right hand of the Most High." ¹¹ I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. ¹² I will meditate on all your works and consider all your mighty deeds. ¹³ Your ways, O God, are holy. What god is so great as our God? ¹⁴ You are the God who performs miracles; you display your power among the peoples. ¹⁵ With your mighty arm you redeemed your people, the descendants of Jacob and Joseph. *Selah* ¹⁶ The waters saw you, O God, the waters saw you and writhed; the very depths were convulsed. ¹⁷ The clouds poured down water, the skies resounded with thunder; your arrows flashed back and forth. ¹⁸ Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and quaked. ¹⁹ Your path led through the sea, your way through the mighty waters, though your footprints were not seen. ²⁰ You led your people like a flock by the hand of Moses and Aaron.