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,

Psalm 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 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 unfailing 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.