

Prayer for the Grieving

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Heavenly Father,

We come before You first saying **Thank You.**

Thank You for Your grace.

Thank You for Your mercy.

Thank You for Your presence.

Thank You for loving us through every season of our lives.

Lord, today we lift up every person who is grieving.

Some are grieving the loss of someone they loved.

Some are grieving a relationship.

Some are grieving changes in their health, their family, their home, their work, or the life they once knew.

Some are grieving a life experience that impacted self-worth, self-esteem or self-respect.

Some are grieving changes in their identity, independence, abilities, roles, or sense of who they once were.

Some are caring for someone they love and grieving changes that are happening before a physical loss has even occurred.

Some have experienced a recent loss of something important.

And some are carrying grief from years ago that can still arrive unexpectedly—as a memory, a song, an empty chair, a familiar smell, a special date, or simply a moment when they wish they could hear that person's voice again.

Some are carrying grief they have spoken aloud—and grief that has remained silent.

Some are grieving something they never had.

Father, You know every story.

You know every HeartAche.

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You know the grief that has been spoken aloud and the grief that has remained silent.

You know the person who can explain exactly what they are feeling, and You know the person who doesn't have words for it yet.

Lord, remind them:

They are seen.

They are heard.

They are loved.

And they are not alone.

Give us permission to grieve without comparing our grief to someone else's.

Remind us that grief is a shared journey with unique experiences.

One person's tears may come immediately.

Another person's tears may come later.

Someone may need to talk.

Someone else may need silence.

Someone may laugh while remembering.

Someone may cry.

And sometimes, Lord, we may do both within the same conversation.

Help us understand that love did not disappear simply because someone's physical presence did.

Help us treasure the memories that make our HeartsSmile while allowing ourselves to acknowledge the memories that make our HeartsAche.

When grief feels overwhelming, remind us that we don't have to understand the entire journey today.

Sometimes we only need enough strength for **this moment**.

Enough grace for **this day**.

Enough faith for **the next step**.

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Father, surround those who are grieving with people who know how to be present.

Give us hearts willing to **Ask**.

Give us ears willing to **Hear**.

Give us patience willing to **Stay**.

Give us lives that **Model** compassion.

And above all, help us **Love** one another through the uncomfortable moments.

Teach us not to rush someone else's grief.

Teach us not to require them to say, "*I'm fine*," when they are not fine.

Help us create spaces where someone can answer honestly—or choose not to answer yet—and still know that the Ask mattered because **they matter**.

Lord, comfort the person who is sitting beside an empty chair.

Comfort the caregiver watching someone they love change.

Comfort the mother missing her child.

Comfort the child missing a parent.

Comfort spouses, siblings, grandparents, grandchildren, extended family, friends, caregivers, and Heart-Connections.

Comfort those experiencing losses that others may not completely understand.

And Father, when grief becomes so deep that we cannot recognize hope, place someone beside us who can hold hope with us until we can see it again.

Remind us that choosing how we walk through grief doesn't mean grief is easy.

Sometimes we are so deep in grief that we don't even realize we have choices.

So meet us there, Lord.

Right there.

Not where someone thinks we should be.

Not where we thought we would be by now.

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Meet us exactly where we are.

Give us peace when our hearts are restless.

Give us comfort when the HeartAche feels heavy.

Give us joy without guilt when laughter unexpectedly returns.

And give us permission to experience moments of happiness while still loving and missing those who are no longer physically with us.

Lord, thank You for the people You place along our journey.

Thank You for the Prayer Warriors.

Thank You for the Intercessors.

Thank You for the Gap Standers.

Thank You for family, friends, communities, ministries, and even unexpected Heart-Connections that remind us:

We do not have to walk alone.

And Father, help us recognize when **we** are the person You are placing in someone else's path.

Give us wisdom to know when to speak.

Give us wisdom to know when to listen.

Give us wisdom to know when silence is enough.

And give us courage simply to remain present.

Today, Lord, we don't ask You to erase every memory that hurts.

Please remind us that some losses may cause HeartAche because a door has closed, while making way for new opportunities, unexpected blessings, or a path we could not yet see.

Help us trust You through the transition—giving ourselves permission to grieve what has changed or ended while remaining open to the possibilities, purpose, and blessings that may still be ahead.

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We ask You to help us carry those memories differently.

Let love remain.

Let gratitude grow alongside grief.

Let beautiful memories become blessings.

Let laughter return without apology.

Let tears come without shame.

Let healing unfold without a deadline.

And when an unexpected wave of grief arrives, remind us again:

You are with us.

Thank You, Lord, for seeing us.

Thank You for hearing us.

Thank You for loving us.

Thank You for reminding us that even in grief—

We Are Not Alone.

We give You the HeartAche.

We give You the memories.

We give You the questions.

We give You the tears.

We give You the love that remains.

And we receive Your peace, Your comfort, Your strength, and Your presence.

In Jesus' name,

Amen.