

Scriptures for the Journey



Truth to Carry Through Grief and Becoming

These verses are meant to be carried—on mirrors, in journals, by your bedside or tucked into a book. They are not platitudes. They are promises. They are words to cling to when yours run out. Let these be your breath when grief takes yours away.

When You Feel Alone

God is near to the brokenhearted. His presence doesn't depend on your peace.

- Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 - "Do not fear, for I am with you... I will strengthen you and help you."
- Hebrews 13:5 - "Never will I leave you; never will I forsake you."

When Grief is Heavy

God welcomes your sorrow. He weeps with you and walks with you.

- Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."
- Romans 8:26 - "The Spirit himself intercedes for us through wordless groans."
- Psalm 56:8 - "You keep track of all my sorrows. You have collected all my tears in your bottle."

When You Need Strength

You don't have to be strong. God is strength in your weakness.

- Isaiah 40:31 - "Those who hope in the Lord will renew their strength."
- 2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."
- Exodus 14:14 - "The Lord will fight for you; you need only to be still."

When You're Becoming

God is not done with your story. This chapter still matters.

- Isaiah 43:19 - "See, I am doing a new thing... I am making a way in the wilderness."
- Philippians 1:6 - "He who began a good work in you will carry it on to completion."
- 2 Corinthians 3:18 - "We are being transformed... with ever-increasing glory."

When You Need Peace

Peace doesn't mean understanding. It means presence in the unknown.

- John 14:27 - "Peace I leave with you; my peace I give you... Do not let your hearts be troubled."
- Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast."
- Philippians 4:7 - "The peace of God... will guard your hearts and your minds in Christ Jesus."



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