

# Grace Guide



**MARCH 30 – APRIL 5**

## **“Between Grief and Hope”**

**MONDAY**  
**3/30**

**JOB 19:23-27**

Job speaks from a place of deep loss and confusion, where grief feels overwhelming and answers seem absent. Yet in the middle of his suffering, he makes a bold declaration of hope: “I know that my redeemer lives.” Job does not deny his pain or pretend certainty about his circumstances, but he anchors himself in the character of God. This is what it looks like to live between grief and hope, not escaping or denying sorrow, but refusing to let it have the final word. Even when life feels fractured and faith feels fragile, we cling to the promise that God is still present, God is still redeeming, and God is still bringing life out of what seems lost.

1. Where in your life have you felt (or do you even now feel) the tension between deep grief and a desire for hope?
  
  
  
  
  
  
  
  
  
  
2. What does it mean to you to say, “I know that my redeemer lives”?

**TUESDAY**  
3/31

## **LAMENTATIONS 3:19-26**

These words, traditionally understood to be from the prophet Jeremiah, rise out of a place of devastation. Jerusalem has fallen and everything feels lost. The writer does not hide the bitterness of grief, naming it honestly before God. Yet something shifts: “But this I call to mind, and therefore I have hope.” Hope here is not a feeling that appears naturally, but it is a choice to remember the steadfast love of God. Even in the darkest seasons, God’s mercies are still present, still new, and still enough. Living between grief and hope means learning to preach truth to our own hearts, especially when our emotions tell a different story. We remember who God is, even when life feels like it is falling apart.

1. What truths about God’s character can you “call to mind” when hope feels distant?
2. How have you seen God’s mercies show up in small but meaningful ways recently?

**WEDNESDAY**  
4/1

## **ROMANS 8:18-25**

The apostle Paul acknowledges that suffering is real and present, but he places it within a larger story, where glory is coming and creation itself is longing for renewal. This passage reminds us that we are not alone in the tension between grief and hope. All creation groans alongside us in this time of waiting. Yet this groaning is not empty, it is filled with expectation. We wait, not with despair, but with hope rooted in what God has promised through Jesus. This kind of hope that is trusting in God does not eliminate suffering, but it transforms how we endure our suffering and loss. We learn to wait with patience, trusting that what God is bringing will far outweigh what we are walking through now.

1. Where do you see signs of “groaning” in your life or in the world around you?
2. What does it mean to you to wait with hope rather than simply with resignation?

**THURSDAY**

**4/2**

## **2 CORINTHIANS 4:8-14**

Paul describes a life that feels pressed on every side: afflicted, perplexed, persecuted, struck down. It is a vivid picture of living in the tension between grief and hope. Yet each hardship is paired with a deeper truth – pressed but not crushed; perplexed but not driven to despair; persecuted but not abandoned; struck down but not destroyed. The reason is not human strength, but the life and death and resurrection of Jesus at work within us. Even in suffering, something greater is unfolding: death is at work, but so is life. This is the paradox at the heart of the resurrection story and our own lives of faith. We may feel fragile, like jars of clay (v7), but we carry a hope that cannot be extinguished because it is rooted in the risen Christ.

1. Which of Paul’s descriptions (afflicted, perplexed, persecuted, struck down) resonates most with you in your life of faith?
2. How do you live in the confidence of the resurrection power of God when faced with difficult times?

**FRIDAY**

**4/3**

## **PSALM 13**

This psalm gives voice to one of the most honest prayers in Scripture: “How long, O Lord?” It captures the raw feeling of being forgotten, overwhelmed, and unsure if things will ever change. Yet the psalm does not end there. It turns, slowly but intentionally, toward trust: “I have trusted in your steadfast love.” Living between grief and hope often looks like this kind of prayer which is why about 65 of the 150 Psalms is a lament – a complaint to God that things are not okay. We bring our questions, our frustrations, and our fears directly to God, and in doing so, we create space for trust to grow. Hope does not require us to have everything resolved, hope calls us to keep turning toward God, even when the answers have not yet come.

1. What “how long” questions are you carrying right now or, if none right now, when have you experienced that feeling?
2. What can help you move from lament toward trust, even if your circumstances have not changed?

**SATURDAY/  
SUNDAY  
4/4-5**

## **LUKE 24:1-12**

The women come to the tomb carrying grief, expecting death to be the final reality. Instead, they are met with a question that changes everything: “Why do you look for the living among the dead?” In that moment, grief and hope collide. The resurrection does not erase what they have experienced, the trauma and despair of Jesus’ crucifixion and death, but the resurrection redefines that experience. What seemed like the end is revealed as the beginning. Yet even then, the response is mixed. There’s confusion, amazement, and disbelief. This is often where we live too: hearing the promise of resurrection but still wrestling to fully grasp it, to really live into it as a reality in our lives. Easter – the resurrection – does not rush us past that tension but meets us in the tension between grief and hope and invites us to remember, to trust, and to move toward the hope that is grounded in the living Christ.

1. What does it mean to you to be “looking for the living among the dead”? When have you sought “among the dead” after something that only the living Christ can give?
  
2. What helps you remember and hold onto the truth of the resurrection in daily life? How is God inviting you to step from grief toward hope today?

## **VERSE OF THE WEEK**

**“But I trust in your unfailing love;  
my heart rejoices in your salvation.”**

**(Psalm 13:5)**