



Prayers of Compassion

FOR SOMEONE IN GRIEF



A 31-DAY GUIDE TO PRAYER

INTRODUCTION



It's difficult to walk alongside people who are hurting—especially those who have experienced loss and are deeply impacted by grief. You might feel powerless to help, but you're not. One way you can support a grieving friend or loved one is to pray for them. While it may be hard to know exactly what words to pray, Scripture is a powerful guide. Below you'll find 31 prayers for you to offer for someone who is grieving. Each day simply insert your friend or loved one's name in the blank. If time permits, we encourage you to read not only the Scripture passage that is printed, but the entire passage that is referenced at the top.

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Day 1

PSALM 3

But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain (Psalm 3:3-4).

The One who lifts our head, deliver _____ from the challenges of grief that they may be facing today. Defeat the spiritual, emotional, and mental weights of grief that entrap and snare. Lord, be a shield and the one who sustains and delivers in the midst of assaults from every side. In the name of the One who hears and answers, Amen.

Day 2

PSALM 9:3-10

The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you (Psalm 9:9-10).

Lord, I praise you for being a refuge for the oppressed and a stronghold in times of trouble. Be that for _____ today. Empower them to continue to put their trust in you, knowing that you will not forsake those who seek you. May sorrow and loneliness be turned back, stumble, and perish before you. In the strong name of Jesus, Amen.



Day 3

PSALM 11

The Lord is in his holy temple; the Lord is on his heavenly throne. He observes everyone on earth; his eyes examine them (Psalm 11:4).

Gracious Father, may _____ continue to take refuge in you—knowing that you are in your holy temple and on your heavenly throne. Nothing escapes your observations; your eyes examine everything on earth. May they sense your presence and see your face wherever _____ is in this grief journey. In the powerful name of Jesus, the Great Physician, Amen.

Day 4

PSALM 13

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me (Psalm 13:5-6).

Almighty God, we acknowledge that grief causes people to wrestle with their thoughts and to have sorrow in their hearts. Today, I lift before you _____, asking you to empower them to keep praying so that _____ may trust in your unfailing love and rejoice in your salvation. May they trust in you for answers, for you are good. In Jesus' name, Amen.



Day 5

PSALM 17:6-8

I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. Show me the wonders of your great love, you who save by your right hand those who take refuge in you from their foes. Keep me as the apple of your eye; hide me in the shadow of your wings. Psalm 17:6-8

Loving God, I pray to you because I know that you will answer; bend down, turn your ear, and listen to my prayer for _____. You know what they are facing today, so save them by your right hand and provide refuge that is found in you alone. Keep _____ as the apple of your eye and hide them in the shadow of your wings. In the mighty name of Jesus, Amen.

Day 6

PSALM 18:1-3

I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. I called to the Lord, who is worthy of praise, and I have been saved from my enemies. (Psalm 18:1-3)

Strong and powerful God, use your mighty power to protect _____ from whatever enemies (fear, loneliness, and guilt) may be before them this day. Be _____'s rock, refuge, and fortress, both now and in the days ahead. In the name of the one who is worthy of our praise, Jesus Christ, Amen.



Day 7

PSALM 18:16-19

He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the Lord was my support. He brought me out into a spacious place; he rescued me because he delighted in me. (Psalm 18:16-19)

Almighty God, reach down from on high and take hold of _____. Rescue them from any deep waters of fear, feelings of disaster they may be facing, and lead them to a place of safety away from enemies. Support _____ each day with the reminder that you delight in them. In Jesus' powerful name, Amen.

Day 8

PSALM 20

May the Lord answer you when you are in distress; may the name of the God of Jacob protect you (Psalm 20:1).

God the Protector, in times of distress, I pray that _____ will seek you, knowing that you are the one who answers. May you protect, help, and grant them the support they need to get through times of loneliness. Thank you that in challenging times, we do not need to trust in things of this world, but rather in you, the one who is always there. Answer _____ when they call! Amen.



Day 9

PSALM 23

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul (Psalm 23:1-3).

Gentle Shepherd, remind _____ today that you are their shepherd, and that they lack nothing because you provide. Lead _____ beside the quiet waters of time in your Word and in prayer so that you can restore their soul each day. Even in dark valleys of grief, may they fear nothing because you are near. May your overflowing goodness and love saturate all the days of their life, especially in times of loneliness. In the name of the Gentle Shepherd, Jesus Christ, Amen.

Day 10

PSALM 25:15-21

My eyes are ever on the Lord, for only he will release my feet from the snare. Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish (Psalm 25:15-17).

Lord, empower _____ to keep their eyes on you, for only you can release them from the challenges of today. Turn to _____ and be gracious, relieving any troubles of the heart and freeing them from anguish. May they always take refuge in you, but especially in times of loneliness, for you are our hope. In Jesus' strong and powerful name, Amen.



Day 11

PSALM 28:1, 7-9

The Lord is the strength of his people, a fortress of salvation for his anointed one. Save your people and bless your inheritance; be their shepherd and carry them forever (Psalm 28:8-9).

Father of Salvation, in times of grief, sorrow, or loneliness, may you be the refuge, strength, and shield that _____ needs. Allow them to fully trust in you because you are the one who is our helper. Be their shepherd and carry _____ forever...no matter what comes their way. In the name of Jesus, our Savior, Amen.

Day 12

PSALM 31:1-3

Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since you are my rock and my fortress, for the sake of your name lead and guide me (Psalm 21:2-3).

Lord, give _____ the courage to cry out and take refuge in you. May they call out to you as you turn your ear to hear. Come quickly to _____'s rescue, be their rock of refuge, and lead and guide them during any times of challenge. In Jesus' name, and by the power of your Holy Spirit, Amen.



Day 13

PSALM 31:9-16

Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief (Psalm 31:9).

Father, I pray today for those whose eyes have grown weak with sorrow, whose soul and body are weighed down by grief, and whose strength may be failing. Lord, pour out your mercy upon _____. Let your face shine upon them and save them in your unfailing love. Empower _____ to trust in you, to say that “you are my God,” and “my times are in your hands.” In the name of our merciful Savior, Jesus Christ, Amen.

Day 14

PSALM 31:21-24

Praise be to the Lord, for he showed me the wonders of his love when I was in a city under siege (Psalm 31:21).

Praise be to you, O Lord, for you show the wonders of your love when people feel under siege by grief or other challenges. Show that wonderful love today to _____. As they call out to you and seek your mercy, may _____ see your love in a specific way. Enable them to be strong and take heart, for hope is found in you alone. In Jesus’ name, Amen.



Day 15

PSALM 32:7

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance (Psalm 32:7).

Almighty God, be a hiding place for _____, protecting them from trouble and surrounding them with songs of deliverance from whatever challenge they may be facing. Empower _____ to trust you completely, for you are the one who surrounds us with your unfailing love. In the powerful name of Jesus Christ, our Savior, Amen.

Day 16

PSALM 33:18-22

But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love...(Psalm 33:18).

Heavenly Father, may your eyes be upon _____. Be their help and shield as you deliver them from anything that may be lacking today. Empower _____ to rest in your unfailing love and to put their hope in you alone, the one who is our help and our shield. In Jesus' mighty name, Amen.



Day 17

PSALM 37:23-24

The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the Lord upholds him with his hand (Psalm 37:23-24).

Father of Delights, uphold _____
by your hand and keep them from
falling even though they may stumble at
times under the weight of grief. Guide
_____’s steps each day, may
they find delight in you and may they be
reminded of your great delight in them.
In the name of Jesus, Amen.

Day 18

PSALM 40:1-3

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand (Psalm 40:1-2).

Gracious God, may _____
patiently wait for and turn to you each
day, knowing that you hear their cry. Lift
them up from the mud and mire of this
world and set them on the rock of Jesus
Christ so that they have a firm place to
stand. May _____ give praise to
you for your goodness, and may others
see that testimony and put their trust in
you. In the strong name of Jesus Christ,
Amen.



Day 19

PSALM 43

Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight (Psalm 43:3-4a).

God, our stronghold, keep _____ from feeling rejected by you or oppressed by enemies associated with grief. Surround them with people who will offer care and compassion. Guide them each day by your light and your faithful care. In the name of Jesus, our joy and our delight, Amen.

Day 20

PSALM 46

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging (Psalm 46:1-3).

All powerful God, be a refuge and strength today for _____. May they know that you are always their help—no matter what difficulties or troubles persist—loneliness, confusion, or hopelessness. Instead, fill _____ to overflowing with your grace so that they can be still and know that you are God. In Jesus' name alone, the one who is always with us, Amen.



Day 21

PSALM 55:1-2, 22-23

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken (Psalm 55:22).

Sustaining God, we are often distraught and filled with troubling thoughts.

Empower _____ to cast their cares on you, for you will uphold them.

You will never let the righteous be shaken, nor will you ignore their pleas.

May _____ be able to say with confidence, "...as for me, I trust in you."

In Jesus' name, Amen.

Day 22

PSALM 61:1-3

Hear my cry, O God; listen to my prayer. From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. For you have been my refuge, a strong tower against the foe (Psalm 61:1-3).

Hear my cry, O God; listen to my prayer for _____. I call to you because there are times when their heart may grow faint. Lead them to the rock that is higher than the circumstances of life, for you are a refuge, a strong tower against any foe _____ may be facing today. Give them insight on getting extra help if needed. In the powerful name of Jesus, and by the mighty working of your Holy Spirit, Amen.



Day 23

PSALM 62:1-8

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge (Psalm 62:5-7).

Loving Father, I pray today that _____ may find rest in you alone.

Be their rock, salvation, and fortress so that they will not be shaken by any assaults from the evil one. Empower _____ each day to trust in you, to pour their heart out to you, for you are our refuge. Help them recognize any unacknowledged anger and give them courage to express all the complicated emotions that come with grief and loss.

In the strong name of your son, our Savior, and by the power of the Holy Spirit, Amen.

Day 24

PSALM 63:1-8

On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me (Psalm 63:6-8).

Ever-present God, on days when the land feels dry and parched from grief, may _____ seek and long for you always, for you alone are the one who can quench their thirst. On days when they feel weighed down, may _____ be able to lift their hands and praise you because your love is better than life. And during days and nights that seem long, may they cling to you—the one who is his help at all times. In the name of the one who fully satisfies, as with the richest of foods, Jesus Christ, Amen.



Day 25

PSALM 68

A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families; he leads out the prisoners with singing... (Psalm 68:5-6).

Perfect Father, you give strength to your people, especially as you father the fatherless, defend the widow, set the lonely in families, and lead prisoners with singing. May you arise, O God, and scatter the enemies that _____ faces. We praise you that you are the God who daily bears our burdens and ask that you would send abundant showers of mercy and grace on all your weary people. In the name of Jesus, Amen.

Day 26

PSALM 91:1-4

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust" (Psalm 91:1-2).

May _____ rest today in your shelter, O Most High. Cover them with your feathers, and may they find refuge under your wings. Even in challenging times of grief, may your faithfulness be _____'s shield and fortress. We thank you for your promise that when we call on you, you will answer and be with us in times of trouble. In Jesus' mighty name, Amen.



Day 27

PSALM 100

Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture (Psalm 100:3).

Almighty God, despite the challenges of grief that _____ may be facing, remind them each day that you are God, that you are the one who made them, and that they are one of the beloved sheep of your pasture. May this enable them to enter your gates with thanksgiving and your courts with praise. Lord, you are good, so shower _____ with your love that endures forever, and may they be reminded of your faithfulness that continues through all generations. In Jesus' name, Amen.

Day 28

PSALM 142

Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. Set me free from my prison, that I may praise your name (Psalm 142:6-7a).

Heavenly Father, empower _____ to cry out and lift up their voice for mercy. When their spirit grows faint, may you remind them that it is you who watches over their ways. Give them energy to face each day, freedom from desperation, and rescue _____ from the prison of hopelessness, so that they may praise your name and proclaim your goodness. In the strong name of Jesus, and by the power of the Holy Spirit, Amen.



Day 29

ISAIAH 40:28-31

...those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (Psalm 40:31).

Almighty God, may _____ put their hope in you during this grief journey. Give occasions when they soar on wings like eagles, provide times when they can serve by running and not growing weary, but most of all, day by day, allow _____ to walk with you and not grow faint. Allow them to see that your love and presence is more powerful than the empty darkness they fight. In the name of Jesus, the one who is always with us, Amen.

Day 30

ISAIAH 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand (Isaiah 41:10).

Righteous God, help _____ not fear the enemy. Instead, hold them by your right hand so that they are strengthened and protected from the devil's lies. Remind _____ this day that you are with them, that you are their God, and that they are your precious child. In the powerful name of our Savior, Jesus Christ, Amen.



Day 31

LAMENTATIONS 3:19-23

I remember my afflictions...yet I call this to mind and I have hope: because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning (Lamentations 3:21-23).

Heavenly Father, in the midst of whatever afflictions _____ might be facing, may they experience your hope, mercy, and compassion afresh and anew in this day and in the days to come. Give _____ the courage to continue to cry out to you, knowing that you hear. In the name of the Father of Compassion, I pray, Amen.

ADDITIONAL RESOURCES

REFRAME MINISTRIES:

Groundwork

[Finding Strength in Scripture](#); a Bible study podcast for times of physical, mental, or emotional suffering.

[Questioning God's Promises](#); a 25-minute Bible study for when unanswered prayers leave us questioning God's promises.

[When Life Falls Apart](#); a Bible study podcast for times of fear, uncertainty, and loss.

[Job and the Problem of Suffering](#); a Bible study podcast series.

[Unanswered Prayer and the Problem of Evil](#); a 25-minute Bible study from the book of Habakkuk.

Today

[Dealing with Hopelessness and Suffering](#); articles offering encouragement in trouble.

[Our Only Comfort](#); a 21-day devotional ebook for hard times.

[Seeking God in Suffering](#); a devotional ebook for seeking God in sickness and grief.

Family Fire

The "Praying Through the Valley" blog series:

[Finding Hope Amid Loss](#)

[Overcoming Loneliness](#)

[Discovering My Worth](#)

[Overcoming Grief](#)

OTHER RESOURCES

[Find a therapist](#)

[Grief Share](#)

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Lifeline:**

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