

DAY 05 | GRIEF, LOSS, AND SPIRITUAL DOUBTS

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**“Immediately the father of the boy cried out, ‘I do believe; help my unbelief!’”
Mark 9:24**

Grief, loss, disappointment, and seasons of spiritual doubt are a natural part of life, even in our walk with God. When we experience broken relationships, unanswered prayers, lost dreams, or the pain of losing someone we love, it can be tempting to isolate ourselves or question where God is. But Scripture reminds us that God is near to the brokenhearted (Psalm 34:18), and Jesus Himself wept in the midst of loss (John 11:35). We don’t have to hide our pain or pretend to have it all together; we can bring our honest questions, doubts, and sorrow to God, just as the father in Mark 9:24 did.

Even in our weakness, His grace is sufficient (2 Corinthians 12:9). God also gives us the gift of community—people who can pray with us, encourage us, carry our burdens, and simply sit with us in our sorrow (Galatians 6:2; Romans 12:15). Healing is a journey, and we don’t have to rush it. As we fast and seek God, may we remember that we are never alone. God is with us, strengthening and helping us even when we cannot see what He is doing.

“Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you; I will hold on to you with my righteous right hand.” (Is. 41:10)

Today, choose to lean into His presence and allow trusted people to walk alongside you.

PRAY

LORD, thank You for keeping me and for holding me in Your mighty hand. Thank You for those You have placed in my life to help guide me back to You. I love You and praise You.

In Jesus’ name, amen.