

Drippings of Grace Ministries

Rev. Dr. Lisa Renee Sherman

7-Day Devotional: Finding God in Chronic Sorrow

Day 1: Naming the Sorrow

Scripture: *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” – Psalm 34:18 (NIV)*

Reflection: Chronic sorrow isn't just sadness—it's the quiet ache that returns, sometimes unpredictably, around deep, unresolved grief. Today, start by naming your sorrow before God. He does not turn away from your pain. In fact, He draws near.

Prayer: *God, I carry a sorrow that lingers. Help me name it honestly and invite You into it. I don't want to pretend I'm okay when I'm not. Thank You for being close.*

Day 2: God Sees the Long Haul

Scripture: *“You have seen my troubles, and you care about the anguish of my soul.” – Psalm 31:7 (NLT)*

Reflection: Chronic sorrow can feel invisible. People stop asking, time moves on, and you might feel forgotten. But God sees the long, slow ache. Your pain is not lost on Him. He knows every tear, even the silent ones.

Prayer: *Lord, thank You for seeing what others miss. Even when no one else notices, remind me that You do. Help me rest in that truth today.*

Day 3: Grace for the Repetition

Scripture: “*My grace is sufficient for you, for my power is made perfect in weakness.*” – 2 Corinthians 12:9 (NIV)

Reflection: Chronic sorrow often repeats. It may rise up without warning. You may wonder, “Shouldn’t I be over this by now?” But God doesn’t demand you to be done. He offers grace, again and again.

Prayer: *Jesus, help me stop shaming myself for how often this sorrow returns. Meet me with fresh grace each time it does.*

Day 4: Lament Is Worship Too

Scripture: “*How long, Lord? Will you forget me forever? ... But I trust in your unfailing love.*” – Psalm 13:1, 5 (NIV)

Reflection: God invites us to lament. Not to sugarcoat our sadness, but to bring it to Him in raw honesty. Lament is not faithless—it is an act of trust. Even in your questions, you are drawing near to the One who holds you.

Prayer: *God, I bring You my questions, my doubts, and my weariness. Teach me to worship through lament.*

Day 5: You Are Not Alone

Scripture: “*Even though I walk through the darkest valley, I will fear no evil, for you are with me.*” – Psalm 23:4 (NIV)

Reflection: Chronic sorrow can be isolating. But you do not walk through it alone. God is with you *in* it—not just on the other side. He walks at your pace. He stays.

Prayer: *Lord, thank You for not rushing me through this valley. Thank You for simply walking beside me.*

Day 6: Beauty in the Broken

Scripture: “*He has sent me to bind up the brokenhearted ... to give them a crown of beauty instead of ashes.*” – *Isaiah 61:1, 3 (NIV)*

Reflection: God is not asking you to pretend the brokenness never happened. He promises to meet you in it and transform it—not by erasing it, but by redeeming it. Beauty and sorrow can coexist.

Prayer: *Jesus, take the ashes of my sorrow and begin to shape something beautiful. Even if I can't see it yet, I trust You are at work.*

Day 7: Hope Still Holds

Scripture: “*Let us hold unswervingly to the hope we profess, for he who promised is faithful.*” – *Hebrews 10:23 (NIV)*

Reflection: Chronic sorrow may not resolve quickly. But God’s faithfulness does not expire. Hope in Him is not wishful thinking—it’s anchored in His character. Some days, hope is a whisper, but it still holds.

Prayer: *God, when sorrow stays longer than I want, help me cling to hope in You. Remind me that You are faithful, and You are not finished.*