

## Prayer Labyrinth Devotional on Grief

### Scripture Focus:

*“When you search for me, yes, search for me with all your heart, you will find me.”*

Jeremiah 29:13 (CEB)

### RELEASE

#### Laying Down What You Carry

As you enter the labyrinth, pause and breathe deeply.

Acknowledge the weight you bring—loss, confusion, unanswered questions, or the ache of what used to be.

Name your grief before God:

- “I miss...”
- “I don’t understand...”
- “I wish...”
- “I’m afraid...”
- “I feel alone...”

This is a place to release what has been held tightly.

You are not letting go of love—only the pressure to carry everything alone.

**Prayer: *God, I release what hurts. Hold what I cannot.***

### RECEIVE

#### Meeting God in the Center

As you walk inward, let the Scripture rise in your heart:

*“When you search for me with all your heart, you will find me.”*

This is not a demand for more effort.

It is a promise of God’s nearness.

You do not need a strong heart to seek Him—  
only the heart you have right now, even if it is cracked or weary.

At the center, pause.

This is the still place.

The holy place.

The meeting place.

Listen for God’s gentle words.

Let God’s presence be something you receive, not something you earn.

**Prayer: *God, meet me in my grief. I receive Your presence.***

## **RETURN**

### **Walking Forward with New Strength**

As you follow the path outward, imagine God walking beside you.

Your grief may remain, but you are no longer carrying it alone.

Let each step remind you that healing is a journey, not a single moment.

Carry with you the promise you encountered at the center—

that when you seek Him, even with a broken heart, you will find Him.

**Prayer: *God, stay close as I return to my life. Help me find You again tomorrow.***

### **Blessing:**

May the God who meets those who search

walk with you in your grief,

steady you in your sorrow,

and guide you toward peace that grows slowly,

like light returning after a long night.