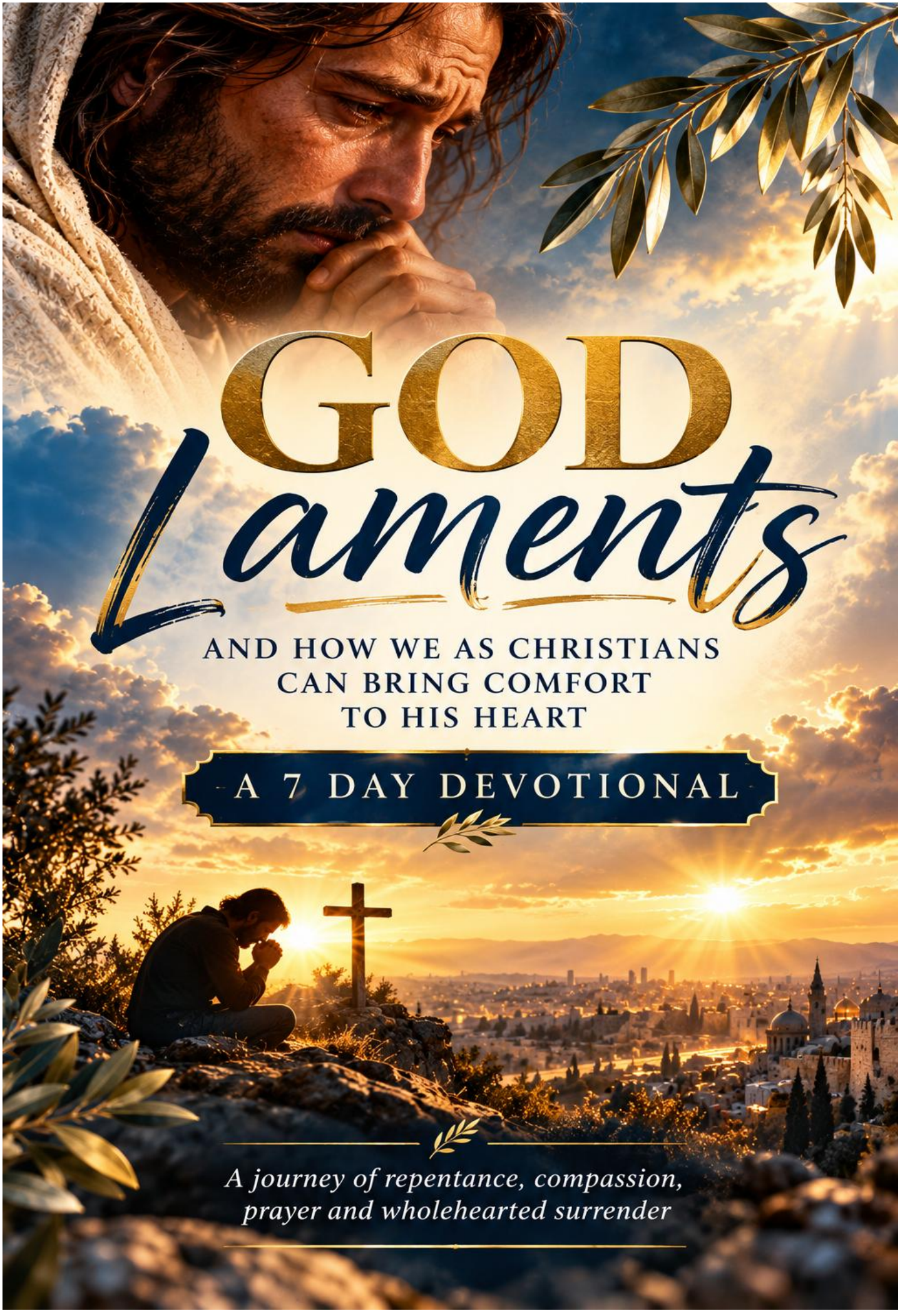

GOD
Laments
AND HOW WE AS CHRISTIANS
CAN BRING COMFORT
TO HIS HEART
A 7 DAY DEVOTIONAL
A journey of repentance, compassion,
prayer and wholehearted surrender



DAY 1 — GOD'S HEART STILL WEEPS

SEEING THE WORLD THROUGH HIS EYES

KEY SCRIPTURE

"The LORD saw how great the wickedness of the human race had become on the earth … and his heart was deeply troubled."

Genesis 6:5–6



DEVOTIONAL REFLECTION

The opening chapters of Genesis give us a sobering glimpse into the heart of God. As human wickedness increased, the Lord saw the corruption and violence on the earth, and His heart was deeply troubled.

God is not indifferent to the suffering, injustice and brokenness in our world. He sees the pain behind every act of violence, the families torn apart, the lives destroyed by sin, and the many who are lost and hurting.

Today, we are invited to see the world as God sees it. This is not about becoming overwhelmed by every tragedy, but about allowing His love to awaken compassion in our hearts. A tender heart is a heart that refuses to let darkness make it cold.

REFLECT AND RESPOND

1. When was the last time I truly felt sorrow for the brokenness in our world?
2. Do I ever become so accustomed to bad news that it no longer touches me?
3. What might God be showing me today about His heart?
4. How can I keep my heart tender and compassionate like Jesus?

A PRACTICAL RESPONSE

- Take time today to pause and pray for a specific situation in the world that grieves God.
- Be intentional about seeing people around you with God's eyes – noticing those who are hurting, lonely or overlooked.
- Choose to speak words of kindness and avoid adding to the negativity or hatred in your community or online.

PRAYER

Lord, open my eyes to see what breaks Your heart.
Keep my heart tender and sensitive to the suffering of others.
Help me not to become indifferent to the pain in our world.
Give me Your compassion, so that my thoughts, words and actions may bring comfort to Your grieving heart. In Jesus' name, Amen.

TODAY'S WATCHWORD

Lord, keep my heart tender to what grieves Yours.



GOD Laments

SEVEN DAYS TO COMFORT THE HEART OF JESUS

DAY 2

ALLOW GOD TO SEARCH YOUR HEART

REPENTANCE IS LOVE RETURNING HOME

KEY SCRIPTURE

"Do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Ephesians 4:30–32

DEVOTIONAL REFLECTION

It is easy to look at the brokenness in the world and see the sins of others, yet God also invites us to allow Him to search our own hearts. The same God who laments over the wickedness of our world is also a God who lovingly draws near to each of us, calling us to repentance and a deeper transformation.

Sin grieves the heart of God. It damages relationships, brings suffering and hardens hearts. But before we can effectively pray for change in the world, we must be willing to let God deal with the sin, pride, bitterness or unforgiveness within our own hearts.

Repentance is not about shame, but about love returning home. It is allowing God to remove what does not reflect His character and to make us more like Jesus — people who bring comfort to His heart.

When we allow God to search our hearts, He gives us grace, healing and the strength to live differently. A heart that is surrendered and cleansed becomes a vessel through which His love, peace and compassion can flow to others.

REFLECT AND RESPOND

1. Is there anything in my heart that may grieve the Holy Spirit?
2. Have I allowed bitterness, anger or unforgiveness to take root?
3. Do I sometimes judge others without first examining my own heart?
4. What is God showing me that I need to confess, release or change?
5. How can I create more space in my heart for His love, mercy and peace?

A PRACTICAL RESPONSE

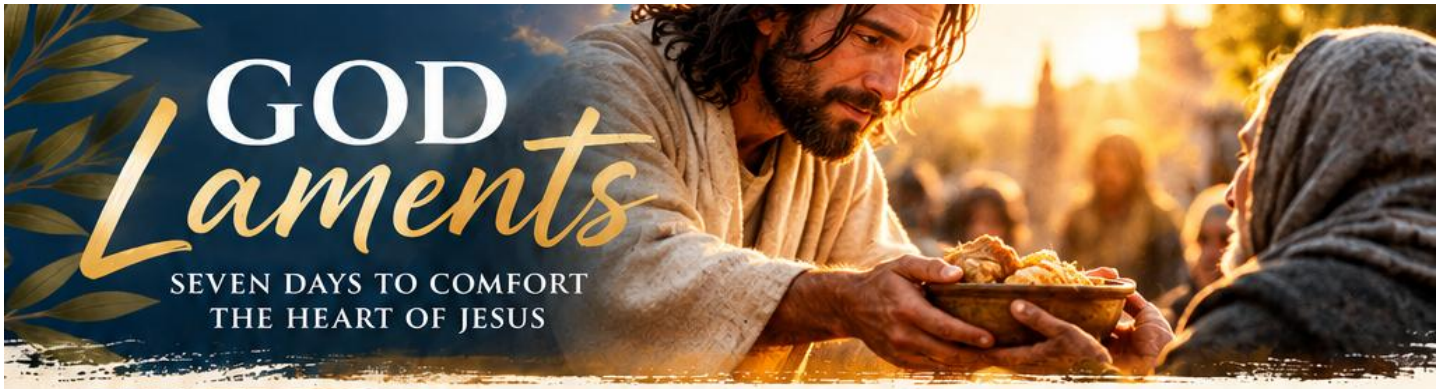
- Set aside quiet time today and ask God to search your heart (Psalm 139:23–24).
- Confess anything He brings to mind, and receive His forgiveness.
- Choose to forgive someone you have been holding a grudge against.
- Let go of a critical or negative thought, replacing it with a prayer of blessing.
- Ask God to help you live with a heart that reflects His love, kindness and compassion.

PRAYER

Search me, O God, and know my heart. Show me anything that grieves You, and give me the courage to repent. Cleanse me, heal me, and help me to live in the freedom of Your forgiveness. Make my heart more like Yours, Lord Jesus, that my life may bring You comfort and honour. Amen.

TODAY'S WATCHWORD

The repentance I seek in the world must begin in me.



GOD Laments

SEVEN DAYS TO COMFORT THE HEART OF JESUS

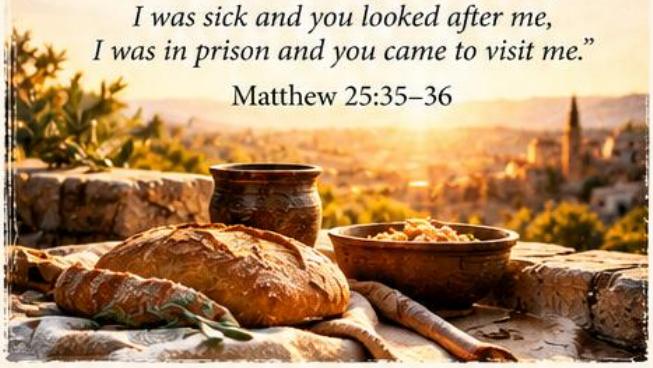
DAY 3 — LOVE CANNOT REMAIN INDIFFERENT

SEEING PEOPLE THROUGH JESUS' EYES

KEY SCRIPTURE

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

Matthew 25:35–36



DEVOTIONAL REFLECTION

Jesus' words in Matthew 25 show us that true love is not just a feeling — it is a response. He identifies with the hungry, the thirsty, the stranger, the sick and those in prison. When we show kindness to them, we are showing kindness to Him.

God laments when people are treated with cruelty, indifference or injustice. A world that ignores the needs of the vulnerable grieves His heart. Yet Jesus calls us to live differently — to see people through His eyes, to notice those who are hurting, and to respond with practical love.

Love cannot remain indifferent. It moves us beyond sympathy to action. It opens our eyes to the needs around us — in our families, communities and the wider world. Even small acts of kindness can bring comfort to the heart of Jesus. When we choose to be His hands and feet, His love becomes visible, and our lives reflect His compassion.

REFLECT AND RESPOND

1. Do I see the needs of others around me, or do I often look the other way?
2. Are there people in my community who may feel lonely, overlooked or rejected?
3. How can I show practical love to someone this week?
4. Do my actions reflect the compassion of Jesus, or am I too comfortable in my own world?
5. What might God be calling me to change or do differently?

A PRACTICAL RESPONSE

- Look for one practical way to meet a need — this might be a kind word, a phone call, a meal, helping a neighbour, or supporting a ministry.
- Be intentional about welcoming someone who feels excluded or new.
- Give generously to help those in need, whether locally or internationally.
- Ask God to show you the people He wants you to notice and bless this week.
- Commit to being a person who brings His love into your community, home, workplace or church.

PRAYER

Lord Jesus, open my eyes to see people as You see them. Give me a heart that notices, cares and responds. Help me to be Your hands and feet in a world that is hurting. Use my time, my resources and my love to bring comfort to Your heart. May my life reflect Your compassion. Amen.

TODAY'S WATCHWORD

Let my love become visible in what I do.



DAY 4 — LET YOUR TEARS BECOME INTERCESSION

BRINGING OTHERS TO GOD IN PRAYER

KEY SCRIPTURE

"Jesus wept.
Then the Jews said,
'See how he loved him!"

John 11:35–36

DEVOTIONAL REFLECTION

The shortest verse in the Bible captures the depth of Jesus' compassion: "Jesus wept." (John 11:35). His tears showed us that God is not distant from human suffering. He feels our pain and the pain of the world.

Jesus wept for His friend Lazarus, but His tears also represent His grief over the suffering, injustice and brokenness that affects so many. He sees the mothers who weep, the children who are afraid, the victims of violence, the families torn apart by war and those who live in despair.

Our tears can become a holy place of intercession. When we bring the pain we see to God, we are participating in His heart. Prayer does not remove us from the world's suffering — it connects us to God's redemptive work in the world. Our intercession brings comfort to Jesus, because it shows that we care about what He cares about.

REFLECT AND RESPOND

1. What situations or people cause my heart to weep?
2. Do I bring their needs to God in prayer?
3. Is there a danger that I become overwhelmed and discouraged by the world's suffering?
4. How can I pray with more faith, believing that God hears and is at work?
5. Am I willing to intercede regularly for nations, communities, and individuals in need?

A PRACTICAL RESPONSE

- Set aside a specific time this week to pray for a nation or situation that grieves God.
- Keep a list of people, countries or needs to pray for regularly.
- When you see or hear about suffering, pause and lift it to God instead of simply moving on.
- Ask God to show you one person you can encourage or support through prayer and practical help.
- Let your prayers lead to faithful action where possible.

PRAYER

Lord Jesus, You wept because You love. Give me a heart that is moved by what moves You. Help me to bring the suffering of others to You in prayer. When I feel helpless, remind me that You are still at work. Use my prayers to bring comfort to Your heart and hope to a hurting world. Amen.

TODAY'S WATCHWORD

Let sorrow turn me towards prayer, not despair.



DAY 5

BECOME A PEACEMAKER

REFUSING TO ADD FUEL TO HATRED AND DIVISION

KEY SCRIPTURE

"Blessed are the peacemakers, for they will be called children of God."

Matthew 5:9

"Do not let any unwholesome speech come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Ephesians 4:29

DEVOTIONAL REFLECTION

God grieves when people live in hatred, hostility and division. Every act of violence, every harsh word, and every attitude of contempt wounds His heart. The world is deeply divided — between nations, communities, cultures, families and even within the church. Anger and blame are easily fuelled, and it is often simpler to criticise than to seek understanding.

Yet Jesus calls us to be peacemakers. A peacemaker does not ignore injustice, but chooses to respond with wisdom, truth and love. Being a peacemaker means refusing to add fuel to the fire of hatred, whether through our words, actions, social media posts or attitudes.

We may not be able to end wars or solve global conflicts, but we can make a real difference where we are. We can choose to speak with kindness, to listen rather than judge, to build bridges rather than walls, and to treat every person with dignity and respect. When we live as peacemakers, we reflect the character of Jesus and bring comfort to His heart.

REFLECT AND RESPOND

1. Do I sometimes add to division through my words, attitudes or online comments?
2. Am I quick to judge or slow to listen?
3. How can I show respect and kindness to people who think differently to me?
4. Are there relationships in my life where I need to seek reconciliation?
5. In what areas is God calling me to be a peacemaker this week?

A PRACTICAL RESPONSE

- Be intentional about speaking words that build up rather than tear down.
- Avoid sharing or spreading negative, angry or hateful content online.
- Take a step of reconciliation — reach out to someone you have been estranged from.
- Choose to listen to others, even when you disagree with them.
- Pray for those in positions of leadership and influence, asking God to give them wisdom and a heart for peace.

PRAYER

Prince of Peace, thank You for calling me to be a peacemaker. Help me to guard my words, refuse to add to hatred or division, and to treat every person with dignity and love. Give me wisdom, patience and a heart that seeks unity and reconciliation. May my life reflect Your peace and bring comfort to Your heart. Amen.

TODAY'S WATCHWORD

I will not add fuel to the fire of hatred.



GOD Laments

SEVEN DAYS TO COMFORT THE HEART OF JESUS

DAY 6

THE COST OF A WHOLEHEARTED YES

RESPONDING TO GOD'S VOICE WITH OBEDIENCE

KEY SCRIPTURE

"If you love me, keep my commands."

John 14:15

"When he came near and saw the city, he wept over it and said, 'If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes.'"

Luke 19:41–44

DEVOTIONAL REFLECTION

Jesus laments over Jerusalem because the people did not recognise the things that would bring them true peace. He longed for them to turn to God, but they refused. His tears revealed a heart of deep love, and a sorrow over the cost of disobedience.

A wholehearted yes to Jesus is not always easy. Obedience can require us to let go of comfort, pride, selfishness or plans of our own. It may mean standing for what is right when it is unpopular, choosing forgiveness when it is painful, or stepping out in faith even when we are unsure of the outcome.

Yet when we respond to God's voice with obedience, we bring comfort to His heart. Our willingness to follow Him, even in the small, hidden places, is an expression of our love. It shows Him that we trust His wisdom and that we desire His will above our own.

A surrendered heart becomes a life that reflects His character. It is through our obedience that His peace, love and truth can shine in a world that so desperately needs Him.

REFLECT AND RESPOND

1. Is there an area in my life where I sense God is calling me to greater obedience?
2. What comforts or habits might I need to surrender to Him?
3. Am I willing to follow Jesus even when it is difficult or costly?
4. How can I be more attentive to God's voice in my daily life?
5. In what ways can my obedience today bring comfort to the heart of Jesus?

A PRACTICAL RESPONSE

- Spend time in Scripture, asking God to show you one specific step of obedience this week.
- Surrender an area of your life to Him in prayer — whether it is a habit, attitude, fear or plan.
- Choose to be faithful in the small things, knowing these also bring Him joy.
- Be willing to step out in faith, even if it feels uncomfortable.
- Ask a trusted friend or spiritual mentor to pray with you as you seek to follow God more fully.

PRAYER

Lord Jesus, I want to say yes to You with my whole heart. Help me to hear Your voice, to trust Your leading, and to be obedient, even when it costs me. Take away anything that keeps me from following You fully. May my life bring comfort to Your heart, and may Your will be done in and through me. In Your precious name, Amen.

TODAY'S WATCHWORD

My love for Jesus must become a willing yes.



DAY 7 — MAKE YOUR LIFE AN ANSWER TO HIS LAMENT

LIVING A LIFE THAT BRINGS GOD COMFORT

KEY SCRIPTURE

"He has shown you, O mortal,
what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God."

Micah 6:8

"You are the light of the world.
A town built on a hill cannot be hidden."

Matthew 5:14–16

DEVOTIONAL REFLECTION

Throughout this week we have seen the heart of God — His sorrow over sin and suffering, and His deep desire for people to turn to Him. But He also invites us to be part of His redemptive work in the world.

God does not only want us to lament with Him; He wants us to live lives that bring comfort to His heart. A life of repentance, prayer, compassion, peace and obedience becomes a beautiful response to His lament.

We may not be able to change the whole world, but we can make a real difference where we are. Every act of love, every prayer, every step of faith, every word of encouragement and every choice to stand for what is right reflects the character of Jesus. Our faithful witness can bring light into dark places and hope to hurting hearts.

As we walk humbly with God, He uses ordinary people to do extraordinary things. When we live surrendered to Him, our lives become an answer to His lament — showing His love, bringing His peace, and pointing others to the hope found in Jesus.

REFLECT AND RESPOND

1. What has God been showing me about His heart this week?
2. How has my perspective on the world, others and myself changed?
3. What is one key thing God is inviting me to continue or do differently?
4. How can I be a light and bring hope in my home, workplace, community or church?
5. What step of faith will I take this week as a response to His love?

A PRACTICAL RESPONSE

- Choose one area of your life where you will purposefully act this week to bring comfort to the heart of Jesus.
- Commit to a specific act of love, kindness or service.
- Be a peacemaker — refusing to add to division and instead seeking to build unity.
- Set aside regular time to pray for your community, your nation and the needs God has placed on your heart.
- Ask God to make your life a living testimony of His love, truth and peace.

PRAYER

Lord Jesus, thank You for revealing Your heart to me. Help me to live a life that brings You comfort. Give me a heart that loves what You love, grieves what grieves You, and responds with faith and obedience. Use my life to be a light in this world, pointing others to You. May I walk humbly with You each day and bring glory to Your name. Amen.

TODAY'S WATCHWORD

Lord, let my life become an answer to Your lament.