

TEARS IN HIS BOTTLE

Day 1: God Sees Your Sorrow

Scripture: *“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.”*

— Psalm 56:8 (NLT)

Devotional Thought:

Loss comes in many forms. It’s not just the death of a loved one—though that grief cuts deep. Loss can also be the end of a marriage, the distance of a friendship, the pain of miscarriage, the diagnosis that changes your future, the job that gave you purpose, or the dream that no longer seems possible. Sometimes it’s the loss of normalcy, stability, or even your sense of identity.

Grief doesn’t follow a straight path. It shows up in waves—sometimes crashing, sometimes quietly soaking through everything. But in every kind of loss, one thing remains: **God is near.**

This five-day devotional is for anyone navigating the valley of loss. Whether your heart is raw with fresh pain or aching with a sorrow you’ve carried for years, these daily readings will remind you that God sees, God cares, and God heals.

You are not alone. Let’s walk through this together.

Grief has a way of making us feel invisible. In moments of overwhelming pain, it’s easy to believe that no one truly understands what you’re going through. Even well-meaning friends may not know what to say or how to show up for you. But there is One who never misses a single tear.

Psalm 56:8 paints a beautiful and intimate picture of God’s attention to your suffering. It says He **keeps track of your sorrows**—not one heartbreak escapes His notice. He **collects your tears**, not to store them away, but to show how deeply He treasures your emotions. And He **writes them in His**

book, a reminder that your story matters to Him. Every sigh, every silent cry in the night, every whispered “Why?”—He sees and remembers. When we hurt, God does not stand far off. He draws near. Just like a parent who bends low to comfort their weeping child, your Heavenly Father bends toward your brokenness. His presence surrounds you, even in the loneliest moments. You may feel forgotten by people—but you are not forgotten by God.

Reflection Questions:

1. What specific sorrow are you carrying today that you haven’t fully brought to God?
2. How does it change your view of grief to know God keeps record of every tear?
3. Can you think of a time in the past when God met you in a painful season? What did He teach you through it?

Practical Step for Today:

Find a quiet place, and take five minutes to write a letter to God. Don’t filter your pain—pour out your heart honestly. Tell Him what hurts. Tell Him what feels broken. End your letter with these words: *“But I know You see me, and I trust You to hold my heart.”*

Prayer:

Heavenly Father,

You are not distant. You are close to the brokenhearted and attentive to my every tear. Thank You for caring so deeply about my pain. Help me to feel Your nearness even when grief clouds my view. I surrender my sorrow to You today. Thank You for collecting every tear and writing my story with compassion and grace.

In Jesus Name We Pray, Amen.