

TEARS IN HIS BOTTLE

Day 6: Picking Up the Pieces

Scripture: “*He heals the brokenhearted and binds up their wounds.*” — Psalm 147:3 (NIV)

Devotional:

Sorrow just comes in so many fashions. Trying to heal what your loss or whether its a relationship, someone close to you or the loss of what you always believed in.

So what happens after the funeral is over, the calls and messages slow down, and everyone else returns to normal?

You're left staring at the empty chair, the quiet house, the fractured dream—and you wonder, *How do I go on?*

This is the part of sorrow no one talks about much. The moment when **life continues, but yours feels like it's paused**. The grief is no longer loud—but it's still there, whispering in the background, showing up in unexpected moments. You might find yourself trying to smile through a conversation, then breaking down in the grocery store because of a song or a smell. God knows this kind of pain. And He doesn't hand you a quick fix or a perfect five-step plan to “feel better.” Instead, He offers Himself.

The healing He brings isn't always instant, but it is **intentional and intimate**. Psalm 147:3 says He *binds up* our wounds. That's a picture of hands-on care—a slow, steady mending of what has been torn. Like a skilled healer, He doesn't rush the process. He applies truth where lies have left scars. He wraps you in peace when anxiety tries to return. And He rebuilds you, not to your old self, but into someone stronger, more compassionate, more deeply aware of His presence.

Picking up the pieces doesn't mean pretending nothing happened—it means learning to carry your loss and live again. That may begin with something simple: making your bed. Taking a walk. Texting a friend. Praying a raw, tear-filled prayer.

There will be days when sorrow still speaks loudly. But there will also be glimmers of joy, flickers of hope. You may laugh again—without guilt. You may begin to dream again—without fear. You may even find purpose from the very pain you thought would destroy you.

The God who collects your tears is also the God who **builds beauty from brokenness**. No piece of your life is too shattered for His restoration. Let Him lead you. Let Him rebuild you.

Reflection Questions:

1. What part of your life still feels “broken” or difficult to touch?
2. What small act of healing or growth could you take today?
3. How have you seen God slowly begin to restore parts of your heart?

Prayer:

GOD, Healer of my heart, You see the pieces of my life scattered all around me. I don't know where to start or how to feel whole again. But I trust that You do. Teach me to take one step at a time with You. Bind up what has been torn inside me. Give me courage to live again—not as if the pain never happened, but as someone who has walked through it with You. Thank You for restoring what I thought was lost. Help me believe that joy can still rise, and that my life—though forever changed—still has meaning, still has purpose, and still matters to You. In Jesus Name We Pray, Amen.