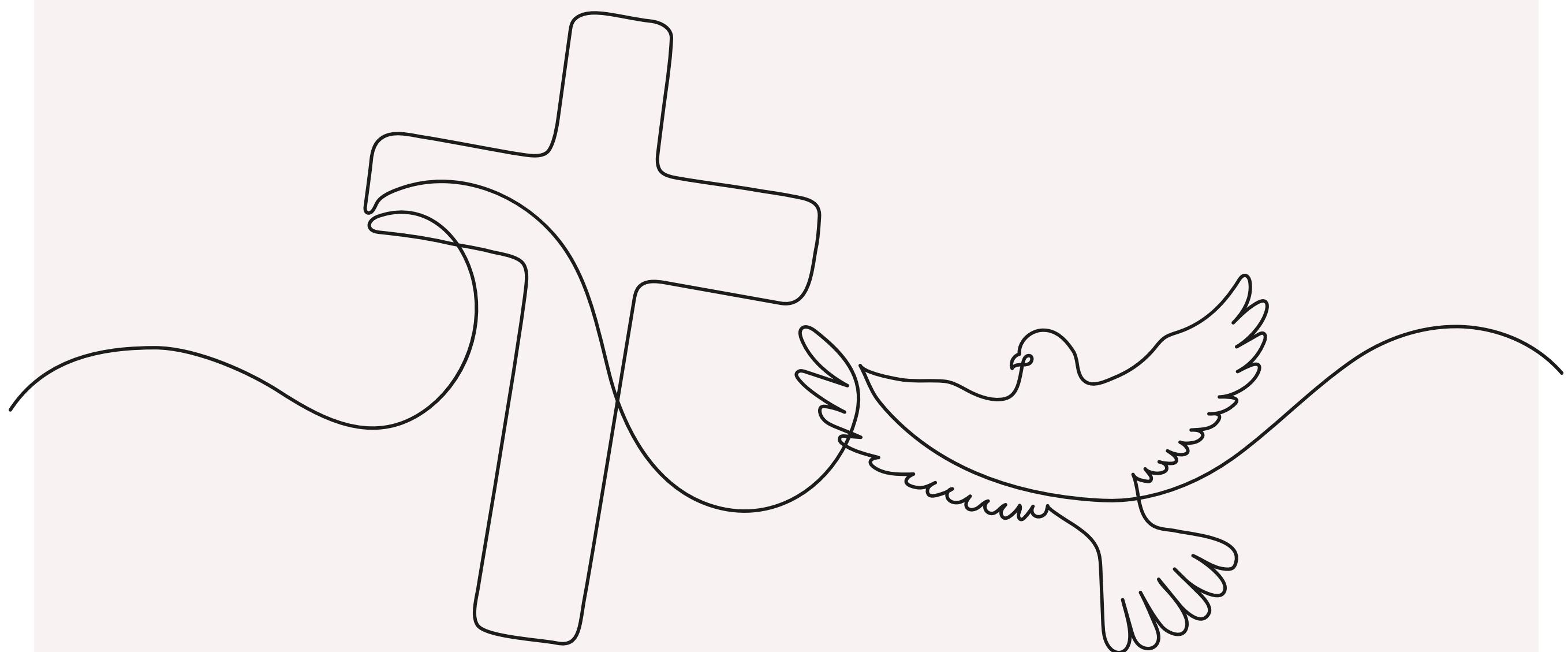


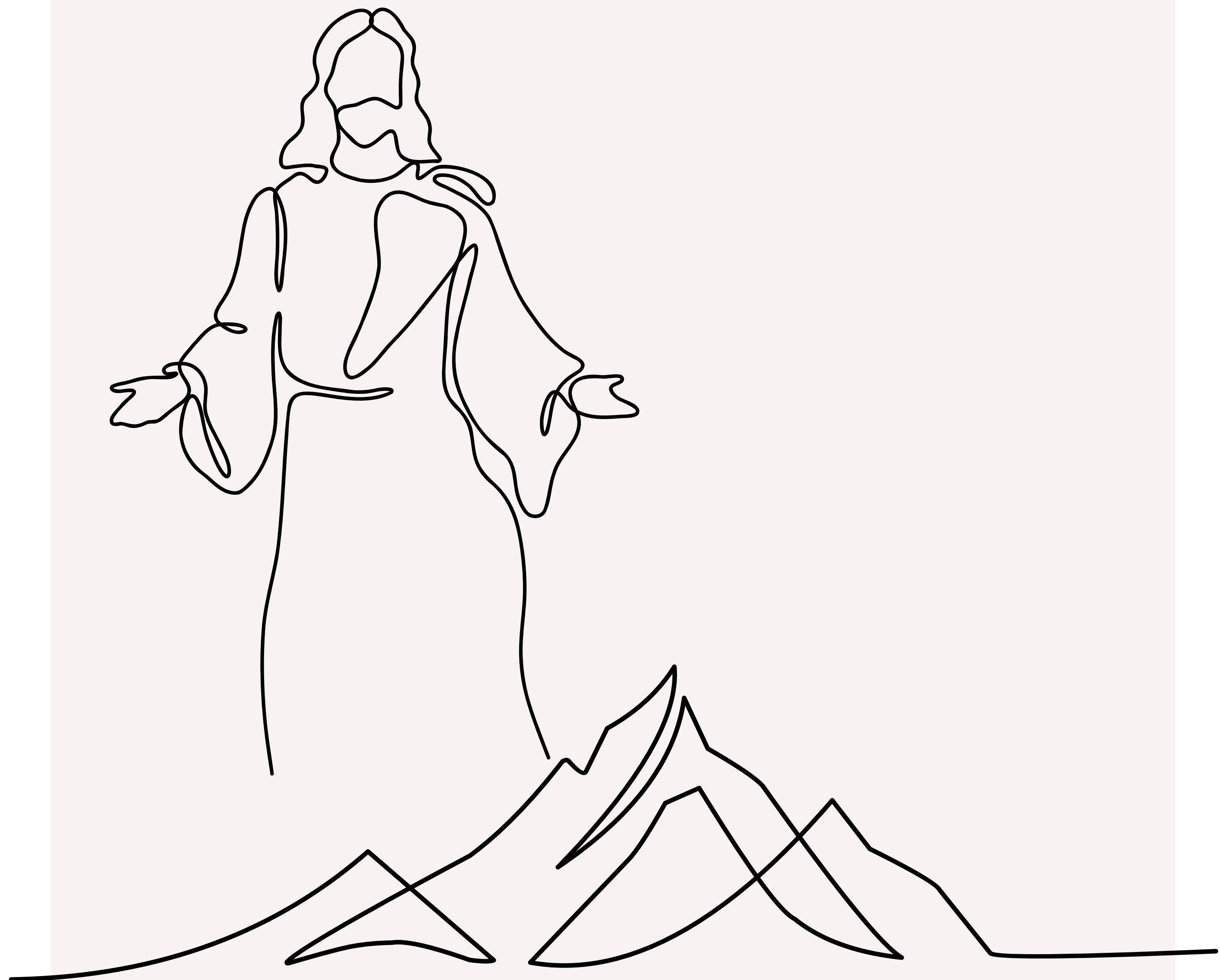
Spring Psalm of Comfort:

Five Weeks of Spring Reflections: Psalm verses with gentle reminders of God's presence, paired with reflections and simple prayers to bring comfort through the season.

Come back to read one each week throughout the spring.



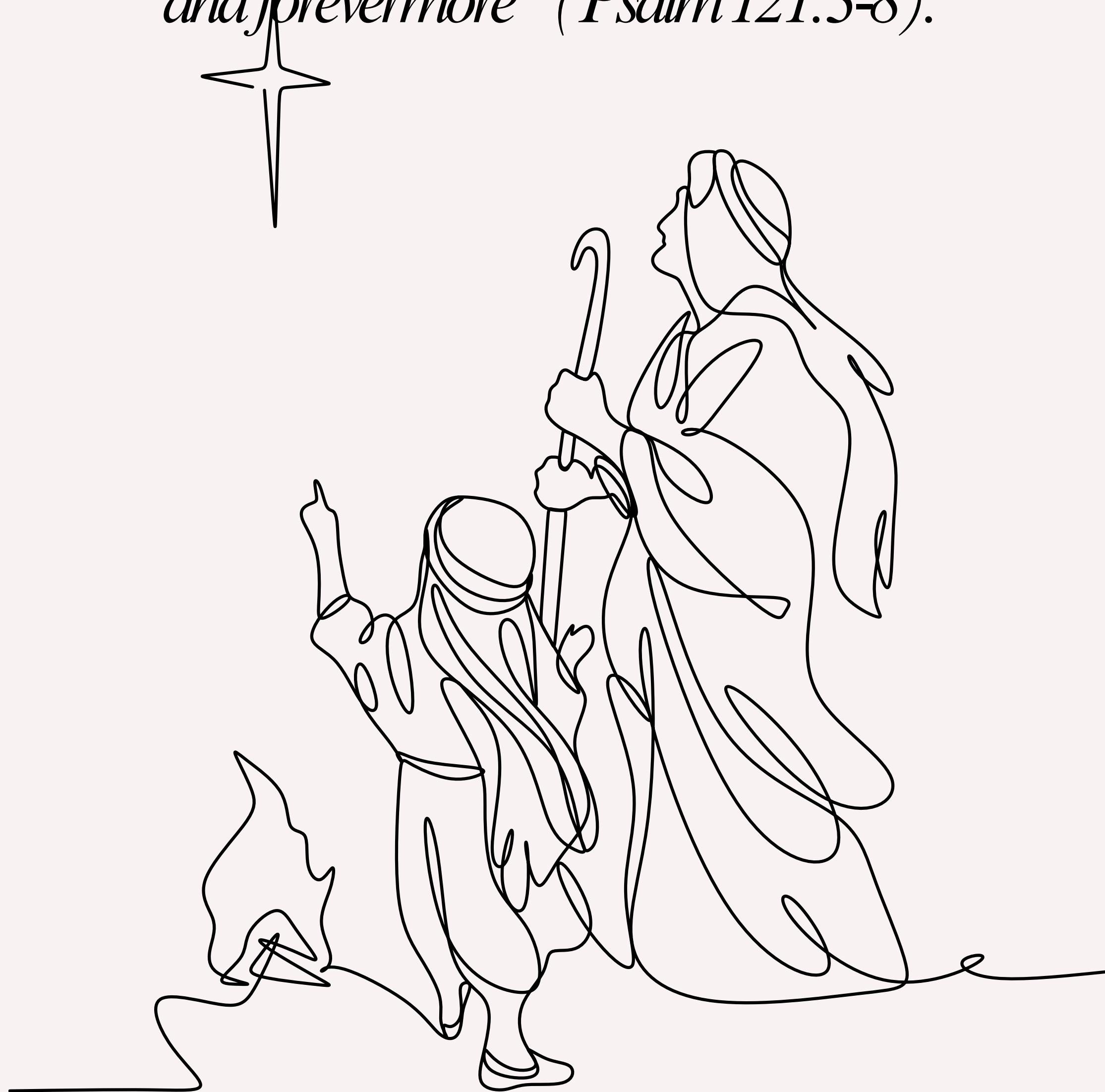
“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging” (Psalm 46:1-3).



Just as spring storms eventually give way to clear skies, God is steady through life's upheavals. His presence shelters us when everything feels uncertain.

When you feel shaken, step outside and breathe in the fresh spring air as a reminder of God's unshakable strength.

“He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you—the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore” (Psalm 121:3-8).



Spring sunshine brings warmth and renewal,
reminding us that God's watchful care never fades.

Day and night, His protection surrounds us like
shade on a bright day.

As you notice the lengthening days of spring,
thank God for His constant presence watching over
you in every season.

“Hear my cry for help, my King and my God, for to you I pray. In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly” (Psalm 5:2-3).



Spring mornings bring light and birdsong, reminding us of new beginnings each day. God hears every prayer, spoken in hope or in grief.

Begin one morning this week with a simple prayer outdoors, listening to the sounds of spring as you place your heart before God.

“Lord my God, I called to you for help, and you healed me ... You turned my wailing into dancing; you removed my sackcloth and clothed me with joy...” (Psalm 30:2, 11).



Spring turns bare branches into blossoms, just as God can turn sorrow into renewed joy. Healing may come slowly, but His promise is life restored.

Notice one sign of new growth—a flower, a bud, or a tree, and let it remind you that God is bringing renewal to your spirit too.

“Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up. You will increase my honor and comfort me once more” (Psalm 71:20-21).



Spring reminds us that after the cold of winter, life rises again. Even in seasons of pain, God promises restoration and comfort.

Plant a seed or flower in memory of your loved one, trusting that God will bring new life even after loss.