From: **Our Daily Bread Ministries** donotreply@messages.odb.org
Subject: Comfort when grief is heavy
Date: 2 November 2026 at 10:01
To: [redacted]

Our Daily Bread Ministries®



5 Things to Pray for a Suffering Friend by Helen Thorne

We all know someone who is suffering — grieving a loss, walking through illness or carrying heavy loads. This short book offers five simple, meaningful ways to pray for a friend who's hurting, when you're not sure what to say.

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REFLECTIONS

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Hope in Hard Times

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