

Grief

INFORMATION

- Grief includes a sadness, which is unique and a natural response toward loss.
- Talk out loud with a trusted confidant (or journal) the feelings you're experiencing.
- Above all, remember that through the unconditional love of Jesus Christ, we are Easter people and we are people of the Resurrection.

SCRIPTURES

- **Psalm 23** — The Lord is my shepherd; when I walk through the valley of the shadow of death.
- **Isaiah 43:1-3** — Do not fear for I have redeemed you, I have called you by name and you are mine.
- **Romans 8** — Nothing separates us from the love of God.
- **1 Corinthians 15** — The Hope of the Resurrection.
- **John 14:1-7** — Jesus goes to prepare a place for you.
- **Revelation 21** — A vision of the new heaven and the new earth.

PRAYER

Lord be to me what you promise in Psalm 23. I need Your grace and strength in order to want to move forward; I need the faith to believe you and I need the ability that you alone can give to release my loved one to your eternal care. Lord, help me be honest about my feelings and keep me from the tendency to choose bitterness and resentment. Give me the grace to take one day at a time and commit each feeling and memory to your eternal care. Help me to celebrate and live into the good memories without those causing me pain and help me to choose forgiveness wherever it's needed. Above all, own me with the promise of the Resurrection and salvation's gift of one day seeing my loved one again...eternally. Amen.

SUGGESTED READING

- *I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing after the Sudden Death of a Loved One* by Brook Noel and Pamela D. Blair (Sourcebooks, 2008)
- *Healing after Loss: Daily Meditations for Working through Grief* by Martha Whitmore Hickman (Harper, 1999)
- *The Will of God* by Leslie Weatherhead (Abingdon Press, 1999)
- *I'm Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal* by Linda Feinberg (New Horizon, 1994)
- *Getting to the Other Side of Grief: Overcoming the Loss of a Spouse* by Susan J. Zonnerbelt-Smeege and Robert C. De Vries (Baker, 1998)
- *Good Grief* by Granger E. Westberg (Fortress, 2010)
- *When Grief Breaks Your Heart* by James W. Moore (Abingdon Press, 1995)
- *Lament for a Son* by Nicholas Wolterstorff (Eerdmans, 1987)
- *And Then Mark Died* by Susan Sonnenday Vogel (Abingdon Press, 1999)
- *Life After the Death of My Son* by Dennis Apple (Beacon Hill, 2008)

FOR CHILDREN

- *Fall of Freddie the Leaf* by Leo Buscaglia (Slack, 1982)
- *What's Heaven?* by Maria Shriver (St. Martin's Press, 2007)
- *Water Bugs and Dragonflies: Explaining Death to Young Children* by Doris Stickney (Pilgrim Press, 1997)

RESOURCES

- Daily Emails — www.griefshare.org