

# Death of a Child

## INFORMATION

- Recognize that you are experiencing pain and heartache that is unique. You have lost a child; but as traumatic as that is, you have also experienced the sudden shattering of hopes and dreams for a love that you have been anticipating for a long time.
- Recognize that fathers and mothers may feel very similar pain and expressions of grief BUT they may also have very different and (seemingly) extreme variance of emotion and feelings—know that this is normal.
- Talk out loud with a trusted confidant (or journal) the feelings you're experiencing.
- Know that you are not alone in this incredible trauma and seek all means to find those who have walked this road, who will listen and share openly with you about their own journey.
- Recognize God's heart breaks with yours and resist any notion or suggestion that the loss of your child—in any way—fits within the plan and will of God.
- The message of Easter does directly speak to your pain. For in Easter—in Resurrection—God has forever overpowered death with eternal life. Death DOES NOT get the last word in your child's life!

## 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.

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- **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. I am angry with you. But I also need the ability that you alone can give to know that my child is in 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 to you. Heal my pain and give me the grace, patience and faith to trust in you for however long that takes. Help me to choose forgiveness wherever it's needed. Above all, own me with the promise of the Resurrection and salvation's gift that one day I will hold and live with my child in you... eternally. Amen.*

## SUGGESTED READING

- *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)
- *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)

## RESOURCES

- Daily Emails — [www.griefshare.org](http://www.griefshare.org)