

Grieving a Suicide

INFORMATION

- The United Methodist Church believes that nothing, including suicide, can separate us from the love of God (Romans 8:38-38).
- Talk out loud with a trusted confidant (or journal) about the feelings you're experiencing.
- Remember that, above all, through the unconditional love of Jesus Christ, we are Easter people and we are people of the Resurrection.

SCRIPTURES

- **John 10:28** — I give them eternal life, and they will never perish. No one will snatch them out of my hand.
- **Romans 8:38-39** — Nothing can separate us from the love of God in Christ Jesus our Lord.
- **John 3:16** — Everyone who believes in him may not perish but may have eternal life.
- **Psalms 34:18** — The Lord is near to the broken hearted and saves the crushed in spirit.

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PRAYER

Dear God, during this time of deep grief and bitter sorrow may I lift my eyes to you. God I pray that you may be near to me and not forsake me to feelings of despair. God of life, despite the anger that I feel because of such an unexpected loss, I desperately ask for your peace to fill my heart. I know that nothing can separate your love from us God, not even suicide. Lord, I pray that I may have a genuine confidence and hope in the promise of resurrection found in your word. Holy Spirit, come and bind up my broken heart. My hope is in you Lord. In Jesus' name I pray. Amen.

SUGGESTED READING

- *Why?* — Adam Hamilton
- *Take the Dimness of My Soul Away: Healing After a Loved One's Suicide* — William A. Ritter
- *No Time to Say Goodbye — Surviving the Suicide of a Loved One* — Carla Fine
- *Grieving a Suicide* — Albert Y. Hsu
- *After Suicide — A Ray of Hope for Those Left Behind* — Eleanora Betsy Ross