


A black silhouette of a person walking from left to right against a grey brick wall. The person's head is bowed, and their hands are in their pockets, suggesting a somber or contemplative mood.

HOW TO DEAL WITH HOW YOU FEEL

An exploration of:
Stress, Depression, Guilt,
Anger, Grief, and Bitterness

A black silhouette of a person stands on the left side of the image, facing right with their head bowed and hands clasped in front of them, suggesting a state of deep grief or contemplation. The background is a wall of grey bricks.

"I do not want you to be ignorant about those who have fallen asleep, or to grieve like the rest of mankind, who have no hope."

1 Thessalonians 4:13

Dealing With Grief

Stepping-stones to good grief

- **Recognize grief.**



Stepping-stones to good grief

- **Recognize grief.**
 - Read a book about grief!



Grief resources

- **Grieving the Loss of Someone You Love** Raymond Mitsch and Lynn Brookside
- **When Children Grieve** John James and Russell Friedman
- **Journaling Your December Grief** Harold Ivan Smith
(for holiday grief)
- **No Time for Goodbyes** Janice Harris Lord
- **Holding On to Hope** Nancy Guthrie
- **Losing a Parent** Fiona Marshall
- **Healing After the Suicide of a Loved One** Ann Smolen and John Guinn
- **Good Grief** Granger Westberg
- **Experiencing Grief** H. Norman Wright



Stepping-stones to good grief

- **Recognize grief.**
- **Understand the process of grief.**



Stepping-stones to good grief

- **Understand the process of grief.**

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



Stepping-stones to good grief

- **Recognize grief.**
- **Understand the process of grief.**
 - Go to a support group or talk to your small group about your grief.



Stepping-stones to good grief

- **Recognize grief.**
- **Understand the process of grief.**
- **Allow for your grief.**



Why grief?

- **Through grief you express your feelings about your loss. And you invite others to walk with you.**
- **... you express your protest at the loss as well as your desire to change what happened and have it not be true.**
- **... you express the effects you have experienced from the devastating impact of the loss... you can experience God in a new way that will change your life.**



Stepping-stones to good grief

- **Recognize grief.**
- **Understand the process of grief.**
- **Allow for your grief.**
 - Find a way to memorialize whatever you are grieving.



Stepping-stones to good grief

- **Recognize grief.**
- **Understand the process of grief.**
- **Allow for your grief.**
- **Give voice to your questions.**



Give voice to your questions

“My God, my God, why have you forsaken me?” *Matthew 27:46*

Why, O Lord, do you stand far off? Why do you hide yourself in times of trouble?
Psalm 10:1

How long, O Lord? Will you forget about me forever? How long must I wrestle with my thoughts and everyday have sorrow in my heart? *Psalm 13:1-2*



Stepping-stones to good grief

- **Recognize grief.**
- **Understand the process of grief.**
- **Allow for your grief.**
- **Give voice to your questions.**
 - Write a letter to your grief or from your grief to yourself.



Stepping-stones to good grief

- **Allow for your grief.**
- **Give voice to your questions.**
- **Remember, our connection to God provides us with the context within which grief can and will be healed.**



1 John 3:1-3

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. ² Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when Christ appears, we shall be like him, for we shall see him as he is. ³ All who have this hope in him purify themselves, just as he is pure.



Stepping-stones to good grief

- **Allow for your grief.**
- **Give voice to your questions.**
- **Remember, our connection to God provides us with the context within which grief can and will be healed.**



Stepping-stones to good grief

- **Remember, our connection to God provides us with the context within which grief can and will be healed.**

– Engage in prayer.



Stepping-stones to good grief

- **Remember, our connection to God provides us with the context within which grief can and will be healed.**
- **Be a minister to others.**



Stepping-stones to good grief

- **Recognize your grief.**
- **Understand the process of grief.**
- **Allow for your grief.**
- **Give voice to your questions**
- **Remember, our connection to God provides us with the context within which grief can and will be healed.**
- **Be a minister to others.**



Stepping-stones to good grief

- **Be a minister to others.**



Stepping-stones to good grief

- **Be a minister to others.**

³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,
⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4



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