

Grieving

“Grief is not a problem to be cured. It is simply a statement that you have loved someone.” – Barbara Baumgardner *A Passage Through Grief*

Grief Relates to Change

- All change incurs loss
- Loss leads to grief
- Our grief response has been modelled to us
- Ignoring loss does not make it go away

Stages of Grieving

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Dealing with Transition

- Recognize what has changed
- Identify the loss
- Honor the past
- Accept the new
- Return to joy

Strategies and Concepts

- Grieving takes time
- Losses are personal
- Losses can accumulate and combine
- Grieve losses as they come to mind

Prayer

- Ask for the root of the loss
- Share a confession of the loss
- Honor God for the past
- Ask God to reveal the new beginning
- Thank God for the coming opportunity