



PRACTICAL STEPS FOR GREIVING

Interacting with God

Managing Daily Life: Grab an anchor – God

- ~ Most important to remember is that *God is with you-keep your faith firmly in your mind*
- ~ The One who promises that his love endures forever during all changes
- ~ **Isaiah 41:13:** *“For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you”*
- ~ Do not demand of yourself what God does not ask of you-give yourself room and time
- ~ Do not expect instant function
- ~ But know you *can* do what God calls you to do because He is with you
- ~ Ask for help when you need it-the Lord intends for his body-the church-to function as a living organism to help the one who hurts

Keep going to God and asking for the help you need

- ~ Make that your morning and evening prayer—or anytime during the day feel overcome by grief, fear
- ~ Take your feelings to the Lord-the Psalms are written for this reason
- ~ Cling to the knowledge that His arms are around you and will carry you (Ps 28:9; Isaiah 40:11)
- ~ Promises in His Word He will care for you (Ps 23; 103; Isaiah 49:13-16; Matt 6:25-34; 1 Peter 5:7)
- ~ If you are too numb to read the Bible ask a friend to read to you

Interacting with Others

- ~ People mean well but don't always say the right thing
- ~ Set the pace: some don't know if you want to talk about the person you lost or not
- ~ **Everyone grieves differently-do not let others dictate how you should grieve or try to rush you through the process**