

UNDERSTANDING GRIEF

II Cor. 1:3-4

Grief: An emotion which follows a loss

I. Characteristics of Grief:

- *Grief is a journey.*
- *Grief cannot be rushed.*
- *Grief does not follow a direct route.*
- *Grief is extended in multiple losses.*
- *Grief is not healed by time alone.*
- *Grief can be triggered by special days.*
- *Grief is Biblical.*
- *Grief is normal.*
- *Grief is healthy.*

II. Stages of Grief:

- *Denial*
- *Anger*
- *Bargaining*
- *Depression*
- *Acceptance*

III. Suggestions for Coping:

- Give yourself plenty of time and be patient and gentle with yourself.
- Put off major decisions for at least a year or eighteen months.
- Search out fellowship with others who have been victimized in the same way as you.
- Maintain regular contact with your physician, because stress can lead to a number of serious illnesses.
- Try to be patient with those who say the wrong thing.
- Search out those who are willing to listen.
- Beware of involving yourself in so much activity that you do not have time to face yourself and your feelings.
- Tell God exactly how you feel.
- Lean on God.

